

Stress in Adolescent Scholars and it's Repercussions: a Realistic Study



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Abstract

Background: Stress which is part and parcel of normal living is the biological fight or flight response to the life challenging stimulus/stimuli called stressor/s. Total avoidance of stress means cease of life. It is hold that one's best comes out when s/he is challenged. Therefore stress as the challenge seems very essential for best output. It is not actually all stress but moderate stress that is indispensable to do well. Too little stress renders one inefficient due to less motivation hence arousal and high stress deteriorates performance due to inability to cope up with it.

Purpose: This research paper attempts to explore the most potent etiological factor/s of chronic stress, aftermath of chronic stress, coping and effective management of chronic stress among adolescent scholars.

Methodology: The present study is primary and descriptive. It is based on survey conducted at the Sub Division Uri. For the study data is collected from three randomly chosen Higher Secondary Schools namely Government Girls Higher Secondary School Uri, Government Higher Secondary School Bijhama and Government Higher Secondary School Boniyar. In the present study random sampling is followed. Size of sample is hundred. Sample includes boy and girl scholars of class 11th and class 12th in equal proportion. Questionnaire is used as data collection tool.

Results: There are various personal, social and psychological factors which act as noxious stimuli and cause stress in adolescent scholars. Among them over protection, low grades, adolescence sex and dependence in general as well as feelings of loneliness and discrimination in particular are most potent chronic stressors causing mood disorders and telling upon the overall health of adolescent scholars hence upon their performance, rendering them aggressive as well as agitate and increasing among them the risk of committing suicide as well as absconding. To cope up with chronic stress adolescent scholars alter conscious by play, watching movies, listening music, et cetra generally and resort to substance abuse and agitation particularly. Chronic stress among adolescent scholars can be effectively reduced or controlled by educating parents, by guidance and counseling of adolescent scholars in addition to helping both to learn stress management.

Conclusion: Due to continuous exposure to stressors, stress in tender and amateur adolescent scholars develops to adverse levels and culminates into manic depressive bipolar disorder. As such they remain mentally preoccupied, feel tired, restless, lose interest in pleasurable activities, exude aggressive behavior, indulge into agitation, tend to commit suicide and resort to absconding.

Keywords: Adolescent Scholars, Distress, Manic- Depressive Bipolar Disorder.

Introduction

It is the period of transition from childhood to early adulthood, entered approximately at 10 to 12 years of age and ending around 18 to 22 years of age. Adolescence is a period of great stress and strain, storm and strife, remarks the father of 'adolescence psychology', G. Stanley Hall. Sex is fundamental fact of adolescence. Like overflow of Great River, it irrigates and fertilizes great tracts of life's territory, holds J. S. Ross. During adolescence, pursuits of independence and identity as well as feelings of altruism and patriotism are prominent (J. S. Walia, 2010).

Implications of Chronic Stress and its Management

Implication of chronic stress refers to consequences of distress. Distress among adolescent scholars is generally associated with mood disorders- depression and mania telling upon their mental as well as physical well being.

Management of stress refers to reducing, controlling or learning to tolerate the threats that lead to stress. At unconscious level chronic stress is managed by defense mechanisms of the body of an organism (R.S. Feldman, 1990). Conscious management of chronic stress revolves round certain techniques which include turning to God, turning to others for social support, positive thinking, assertiveness, prioritization, time management, balanced diet, exercise, relaxation techniques, meditation, et cetra (Anand Prakash et al, 2007).

Review of Literature

Prakash, A. et al (2007) reports that stress kills silently. Stress is on the increase due to change in lifestyle. Stress can be managed by meditation procedures, relaxation techniques, biofeedback, creative visualization, exercises and cognitive behavioral techniques.

Walia, J. S. (2003) writes that handicap, bad companionship, overprotection, discrimination and very high ideals of parents are responsible for unsound mind.

Feldman, R. S. (1990) reveals that stress is normal part of life. There are two types of stress coping responses- non conscious and conscious. Non

Classification and Analysis of the Data

conscious coping responses are called defense mechanisms.

Objectives of the Study

1. To study potent etiological factor/s of chronic stress among adolescent scholars.
2. To study the consequences of chronic stress among adolescent scholars.
3. To study how adolescent scholars cope up with chronic stress.
4. To study how chronic stress can be managed effectively among adolescent scholars according to them.

Methodology

The present study is primary and descriptive. It is based on survey conducted at the Sub Division Uri. For the study data is collected from three randomly chosen Higher Secondary Schools namely Government Girls Higher Secondary School Uri, Government Higher Secondary School Bijhama and Government Higher Secondary School Boniyar. In the present study random sampling is followed. Size of sample is hundred. Sample includes fifty boys and fifty girl scholars of class 11th and class 12th. Questionnaire is used as data collection tool.

Table 1:

Q. No. 1. Which among the following personal factors are more responsible for causing distress?				
S. No.	Personal Stressor	Number of Respondents		Percentage
		Male	Female	
01.	High Expectations, getting low scores in examination, dependence and adolescence sex	48	50	98
02.	Eating disorders, Phobias & Not getting desired things	02	Nil	02
Total				100

Interpretation

The table reveals that all most all the respondents agree that high expectations, getting low scores in examination, dependence and adolescence sex act most potent personal distressors.

Table 2:

Q. No. 2. Which among the following social factor/s acts as more inevitable stressor/s?				
S. No.	Social Stressor	Number of Respondents		Percentage
		Male	Female	
01.	Overprotection, high parental aspiration, breakup with friend, and discrimination	40	47	87
02.	Arguments and fight with parent, friend or stranger	10	03	13
Total				100

Interpretation

The table reveals that more than three fourth of the respondents hold view that overprotection, high

parental aspiration breakup with friend and discrimination act as most inevitable social stressors.

Table 3:

Q. No. 3. Which among the following psychological factors is/ are mainly basis of stress?				
S. No.	Psychological Stressor	Number of Respondents		Percentage
		Male	Female	
01.	Conflict and feeling of loneliness	42	45	87
02.	Deep feeling of guilt	08	05	13
Total				100

Interpretation

The table reveals that more than three fourth of the respondents believe that conflict and feeling of

loneliness are the main psychological factors causing chronic stress.

Table 4:

Q. No. 4. Which factor/s among the above factors do you feel is responsible for embarrassing you the most?				
S. No.	Factor	Number of Respondents		Percentage
		Male	Female	
01.	Over protection, low grades adolescence sex and dependence	42	43	85
02.	Discrimination and feeling of loneliness	06	09	15
Total				100

Interpretation

The table reveals that more than three fourth of the respondents agree that among the personal , social and psychological stressors over protection,

low grades, adolescence sex and dependence mostly disturbs them hence act as most potent etiological factors of distress.

Table 5:

Q. No. 5. What is the implication of chronic stress on you?				
S. No.	Chronic Stress Implication	Number of Respondents		Percentage
		Male	Female	
01.	Feeling tired and restless, loss of interest, suicide and abscond attempts	38	45	83
02.	Poor performance, aggression and agitation	12	05	17
Total				100

Interpretation

The table reveals that more than three fourth of the respondents agree that tiredness, restlessness,

loss of interest in pleasurable activities thoughts of committing suicide and run away are the implications of chronic stress.

Table 6:

Q. No. 6. How do you try to cope up the stress and feel happy?				
S. No.	Stress Coping Approach	Number of Respondents		Percentage
		Male	Female	
01.	Substance abuse and agitation	35	10	45
02.	Alteration of conscious (Play, watching movies, listening music, etc.)	15	40	55
Total				100

Interpretation

The table reveals that about half of the respondents resort to substance abuse (charas,

alcohol and depressant pills) to cope up with the stress and to alter their mood.

Table 7:

Q. No. 7. Do you believe chronic stress can be avoided?				
S. No.	Response	Number of Respondents		Percentage
		Male	Female	
01.	Yes	48	50	98
02.	No	02	Nil	02
Total				100

Interpretation

The table reveals that almost all the respondents agree that chronic stress can be avoided to live productive life.

Table 8:

Q. No. 8. How chronic stress can be managed effectively according to you?				
S. No.	Effective Management of Stress	Number of Respondents		Percentage
		Male	Female	
01.	Educating parents and learning stress management	41	43	84
02.	Guidance and counseling of students	09	07	16
Total				100

Interpretation

The table reveals that more than three fourth of the respondents believe that by parental education

and knowhow of stress management, chronic stress can be reduced and controlled.

Table 9:

Q. No. 9. Is there any provision for stress management at your schools?				
S. No.	Response	Number of Respondents		Percentage
		Male	Female	
01.	Yes	Nil	Nil	Nil
02.	No.	50	50	100
Total				100

Interpretation

The table reveals that all the respondents agree that there is no provision of stress management at their schools.

Results

Classification and analysis of collected data reveals that sufficiently more than ¾th (43% females and 42% males) of the total respondents are in agreement that over protection, low grades, dependence and adolescence sex are most potent chronic stressors and 15% (9% females and 6% males) of the total respondents are in conformity that discrimination and feeling of loneliness act as most potent chronic stressors. Feeling tired and restless, loss of interest, suicidal tendency and abscond attempts are the aftermath of chronic stress as per sufficiently more than ¾th (45% females and 38% males) of the total respondents and poor performance, aggression and agitation are the implication of chronic stress among adolescent scholars according to 17% (5% females and 12% males) of the total respondents. All are the symptoms of mood disorders. To cope up with chronic stress more than ½ (40% females and 15% males) of the total respondents alter conscious by play, watching movies, listening music, et cetra and 45 % (10% females and 35% males) resort to substance abuse

and agitation. Sufficiently more than 85% (43% females and 41% males) of the total respondents hold that chronic stress among adolescent scholars can be effectively reduced or controlled by educating parents and learning stress management techniques and 16% (7% females and 9% males) of the total respondents believe that chronic stress among adolescent scholars can be managed by guidance and counseling of adolescent scholars.

Conclusion

Due to continuous exposure to stressors, stress in tender and amateur adolescent scholars develops to adverse levels and culminates into the mood disorder called manic depressive bipolar disorder. As such they remain mentally preoccupied, feel tired, restless, lose interest in pleasurable activities, exude aggressive behavior, indulge into agitation, tend to commit suicide and resort to absconding. This fact is supported by the recorded responses of adolescent scholars to the questions presented to them. The most recorded responses are symptoms of the said mood disorder.

Suggestion

Stress is something that cannot be avoided but can be managed before it becomes handicap by surpassing the optimal tolerance level. Adolescents due to less ability to mitigate stress are agitated

physically as well as mentally by strife and storm after fall into the trap of chronic stress which renders them paralyzed. To ensure happy life of adolescent scholars, parents should be educated not to behave as stressors by deciding goals and establishing standards for their teens but stress mitigates by heeding and respecting to their wishes, desires and wants to help them in becoming which they are destined to be for their maximum personal development and optimum social productivity. Adolescent should also be guided and counseled that only realistic goals are realized and one should expect according to one's ability as well as low performance or failure in achieving the target is the stepping stone towards the goal and there is no need to fall into trap of stress and switch to substance abuse or suicide or absconding. There should also be the provision of helping them to learn stress management techniques to enable them to avoid developing stress to intolerable chronic level for their overall well being. Due advantage of network of schools and trained educators should be taken to effectively achieve the end.

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