REFERENCES


Coping with Stress. Coping is the process of spending conscious effort and energy to solve personal and interpersonal problems. In the case of stress, coping mechanisms seek to master, minimize, or tolerate stress and stressors that occur in everyday life. These mechanisms are commonly called coping skills or coping strategies. All coping strategies have the adaptive goal of reducing or dealing with stress, but some strategies can actually be maladaptive (unhealthy) or merely ineffective. Maladaptive behaviors are those that inhibit a person’s ability to adjust to particular situations. This text discusses Stress on a Child. Coping With Childhood Stress. When to Consult a Doctor. Last Updated on September 21, 2020. Everyone experiences stress; it is a mechanism established by the body to handle and adapt to challenging situations. Recent studies show that stress levels in children have been increasing over the past decades. This is mainly due to the vast amount of accomplishments they are expected to achieve and the pressure to compete with other kids successfully. Being unsuccessful has become a taboo, generating a deep-set feeling of inadequacy in Indian kids, so much so that our teens and youth have one of the highest suicide rates in the world. Causes of Stress in Kids. There are various stressors children could face in their daily lives. Some of them are Academic stress is a serious issue which affects nearly two thirds of senior high school students in Kolkata. Potential methods for combating the challenges of academic pressure are suggested. Academic stress involves mental distress regarding anticipated academic challenges or failure or even an awareness of the possibility of academic failure. During the school years, academic stressors may show in any aspect of the child’s environment: home, school, neighbourhood, or friendship. Kouzma and Kennedy reported that school-related situations such as tests, grades, studying, self-imposed need to succeed. Anxiety has substantial negative effects on children’s social, emotional and academic success. Some key indicators of childhood stress can include: Changes in moods. Shifts in sleeping patterns. The children around you will emulate your strategies whether the coping mechanisms are healthy or unhealthy. Healthy stress management techniques can include: Support at home — providing an arena for children to discuss their daily activities helps them put situations in proportion and gives perspective. In the home environment, where and when are the times that children and adults can talk about their day? Teach children to be aware of how their body reacts to stress in the early stages. Do the palms sweat; does the eye start to twitch? Recognizing early symptoms and helping children have a plan of what to do when these appear can keep stress under control. Parental Stress and its Effect on Children / 113. with both parenting behaviors and child adjustment. Numerous studies have shown that parents who report higher levels of parenting stress are more likely to be authoritarian, harsh, and negative in their interactions with their child. To find the effect of parental stress on academic performance of children across three socio economic groups. Review of literature. Moore and Vandivere (2000) argued that the means by which parents cope with stressful circumstances, such as poverty and ill health, influence children’s experience of a. Adopted to select the sample from various schools of the Allahabad City School going children in the age group of 6 to 12 years and their parents were selected for the pres