Dropping Stress in the Learning Environment

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A typical student who is going to school every day with several tasks to be accomplished is usually stressed. Attending classes for seven hours with different subjects and lessons to be absorbed make them exhausted. Solving equations, writing a simple paragraph and performance in TLE are some of those everyday jobs of our precious students. Additional tasks are cleaning the room and the garden to maintain the cleanliness in the school. Moreover, the feeling of anxious in every recitation of students especially with those with low self-esteem gives pressure to the learning environment. Whenever the learners feel this uncomfortable feeling of stress, most of the time their eagerness to learn gets lower.

We as educators, play an important role in the lives of our students. As advisers, we can help them to reduce stress in the learning environment. According to Torres (2015) to minimize stress in the classroom, teachers must use appropriate decors. Colors that make them distract and an overcrowded area must be fixed for them to motivate to learn. One of the motivations of the students to study is the ambiance of the classroom that must be conducive for learning. She also added that posting a daily or weekly schedule can help the students to manage their time in studying. They must be informed with the expected activities in school or even in different subjects for them to be well-prepared and reduce the anxiety in learning.

Furthermore, Whitaker (2018) suggests that teachers must keep humor and laughter in the classroom. Mathematics is a serious discussion but if you’re going to throw jokes that will make the students laugh can reduce stress. Hearing their laughter implies the enjoyment and fun during discussion. This also lessen the tension and make them feel relaxed. If a teacher has a good sense of humor, it will be easy for the students to love the subject. It is better that they are accomplishing their tasks because they appreciate the subject and the company with the teacher instead of having fear with the lessons taught.
Likewise, Deneen (2013) recommends that teachers must offer a five-minute meditation at the beginning and at the end of the class. We can teach them breathing exercises and some other ways to relax their minds. Let them listen to music during break time. You can also provide group activities that will show their team work. Collaborative learning such as sharing ideas and helping each other to accomplish a simple task will make them realize the sense of belongingness in the class. This also remind them that they have their classmates as peers to comfort them and help them in different activities.

Stress in the learning environment is usual. We, educators are parents in the classroom. Aside from teaching them lessons, we can also help them to reduce anxiety in school. Students are like plants that must be watered every day to grow. A simple help to cope with stress will motivate them to learn more. Guiding them in every activity and showing them care will create a healthy learning environment that is full of love and wisdom.

References:
Stress: How Teachers Can Help Their Students to Cope
Lou Whitaker 2018

Reducing Stress in Your Classroom
Lizzy Torres 2015

Why You Need To Manage Student Stress and 20 Ways to Do It
Julie DeNeen 2013