NEW TRENDS ON PUPIL’S BEHAVIOUR AND EMOTION

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Anxious, depressed and anti-social. These are how the biggest time trend study in Britain described the youth of today.

Anxious means that the youth is experiencing worry. They are uneasy or typically nervous about an imminent event or something with an uncertain outcome. Take the case of a pupil who is about to take an exam in school. In spite of burning the midnight oil in reviewing and studying, during the actual examination time, the pupil still gets worried and nervous of what will be the outcome of the examination taken.

As stated in the article of Madeleine Bunting in The Guardian, @theguardian.com, it is showed that when depressed, boys are more likely to exhibit behavioral problems while girls are more likely to suffer emotional problems. This is where parents and teachers must provide support and more concern on the welfare of the little children. Inside the classroom, teachers greatly affect the emotional well being of their pupils. Teachers as a second parents of a child, play a vital role in this shaping.

As for being anti-social in pupils are less severe and oftentimes involves opposing, disobeying or defying the adults who look after them. The emergence of the use of gadgets, social media, on line games turn the focus of pupils into modern technology instead of going outside of their shell to socialize. A lot of the pupils’ time are utilized in playing with their gadgets rather than playing with young people like them. This results for the pupil to become anti-social.

However, with the proper guidance of both parents and teachers, pupils who are anxious, depress and anti-social will be able to overcome this phase of their lives. Here
are some ways teachers (and parents) do to help a pupil who are anxious, depress and anti-social:

1. Pay attention with your pupil’s feelings.
2. Teachers must stay calm when pupils become anxious or depress about certain situation.
3. Praising pupils on small and big accomplishment is a big help.
4. Do not punish, not even shout at their mistakes.
5. Teachers should prepare a variety of activities to make pupils enjoy classroom situations.
6. Pupils like attention. So once in a while a one on one talk can help. Teachers who most of the time during school days are with their pupils play an important role in helping their pupils fight anxiety depression and being anti-social. A conscious effort of teachers is needed in helping their pupils deal with these new trends on pupils’ behaviour and emotions.

Reference:

The Guardian

Madeleine Bunting, Monday 13 September 2004 13.42EDT