NURTURING PUPILS’ PROBLEM-COPING SKILLS

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Nowadays, high reported number of pupils who are suffering from stress, anxiety and depression are very alarming. The intense pressure and influence rooted from peer, family, school, social media and environmental issues cause these. Meanwhile, the common thread is that pupils do not have the tools they need to focus, regulate their emotions, adjust to change or handle frustration that is sometimes a part of interacting with others or when learning something new.

That is why the educational institutions are taking steps to create preventative and proactive school environment for pupils dealing with such adverse experiences. It is necessary as an educator to help pupils build the resilience and self-awareness that they need for problem-coping skills.

Create and promote a positive and child-friendly learning atmosphere within the classroom premises. The teacher should be in the lead to make the classroom feel like a safe learning space where strengths are emphasized and weaknesses are nurtured to become a positive one.

Develop pupils’ skills in pointing out the source of stress. Have the pupils point out the things that make them stressed, upset or sad. Let them give the opportunity to express what, when, how and why they feel that way. When pupils know that you are willing to listen, consequently, they will build a sense of trust in you.

Identify pupils’ actions when confronted with stress. Identify pupils’ instinctive and initial reaction to each stressor. To visualize clearly the reality, present scenarios what will happen if they do well or what will be the consequences if they do bad. Let them analyze the effect of following or breaking the rules and regulations not only to them but also to the significant people around them.
Wade other options on how to respond to stress. Once the pupils identify their feelings and stressors, it is essential that they learn how to channel and regulate their emotions. Introduce the idea of problem-coping skills to minimize stress or conflict in a positive and constructive way.

Application of problem-coping skills in real-life situations. Pupils can share how they have used their problem-coping skills in real-life situations. At this point, you can see how pupils became empowered to take responsibility for their actions. A teacher can provide additional advice and suggestions to them. It is also important to keep an eye on those pupils who needed more support and always encourage them to do better. Remember that each pupil is unique, what work for one could probably not work for all.

From the aforementioned practices, problem-coping skills are a powerful way for all pupils to build resilience, self-awareness and self-regulatory skills as they face the stressors in life. Most importantly, these skills are the ones that will benefit them for a lifetime even after they left the school. Thereby, molding a pupil to be emotionally, mentally and socially healthy individual.

References:

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