STRESS AMONG SENIOR HIGH SCHOOL STUDENT

by

Timi T. Labandilo

Stress can be described as an emotional disturbance. It can be noticed in different ways by different individuals. And it can lead to a serious problem if not handled effectively.

Senior High School Students are the most affected individuals when it comes to stress. This stage, experience a lot of changes happened to teenagers not only physically but also psychologically. One of the example of teenage stress is having pimples, for them physical appearance is the major concerned of our young individuals. One of the factor that contributed to this issue is our social media. Another is high technology gadgets. Sometimes having cellphone or technology serves as a symbol of economic status of the people. Cyber bullying are the most dangerous form of stress.

Stress can have both good and bad effects on people. But we have to understand that stress may be a normal reaction to such things which we are not ready to handle, reaction to threat or unpleasant state of emotional reaction to a disrupt circumstances. Everyone wants a happy life, easy task to perform but when a difficult task comes, we feel pressured, tensed, anxiety and anger as a defense to the situation. If the students is stress he/she feels uncomfortable, uneasy and no focus on their studies, as a result of this, better for them not to attend school rather than going having unstable emotion and listening attentively to a lesson. Absenteeism is a chronic disease of student in school. A factor of increasing drop outs and effects of being unemployment in the future.

Mishandled stress resulting to suicide. Teenagers feels that they are alone, nobody understand them, nobody feels the pain they are experiencing and nobody cares for them. Their families are the one supposed to be with them in times of troubled. But if their parents are separated, the simple stress becomes frustration, depression and anger. Their
life is not important anymore much more of their future, so what’s the reason why they still have to continue going to school.

Resolving stress is not easy to perform, it is a long process of listening and counselling. Most of the time you need professionals or medical consultation to solve such stress. Understanding and belongingness goes hand-in-hand to make them feel that somebody is with them to become whole again and believes that they can able to perform the best abilities they can.

Reference: