STRESS AMONG STUDENTS

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Feelings of emotional or physical tensions are instances that cause stress. It maybe a compelling situation or just a simple thought which can lead to frustration, anger or nervousness. In short when we feel stressed our body reacts. It may also be possible that being stressed can be useful such as when someone is in great danger, it makes a person act at once to overcome the situation or comply with a demand.

Students are no exception to stressful moments. It should be noted that if students experience significant amount of stress, it is tantamount to ill health as how they behave in their eating habits, sleeping, and more commonly they tend to dislike their usual exercise habits or play. More often they experience sadness thus skip classes thereby affect their academic performance.

Parents and teachers should be aware of the causes of stress among students to avoid being one of the persons that may trigger stress or provide stressful moments. Mostly, stress originates in school, other times, at home, these include teachers giving too many home works and even examinations. Another stressor is the presence of extracurricular activities wherein students are compelled to join even if they are not interested in them. Relations with classmates/schoolmates can also cause stress apart from bullying students.

Based on the aforementioned stressors, there is a dire need of parental support if teachers cannot handle situations. Stress would continue among students until adulthood if root causes are not identified and remedies rendered. It may be hard to identify the
causes of student stress but a supportive environment like home and school can help relieve such stress.

References:

https://www.google.com/search?q=causes+of+stress+in+students&rlz=1C1GCEA_enPH904PH904&oq=causes+of+stress&aqs=chrome.3.69i57j0l7.7018j0j15&sourceid=chrome&ie=UTF-8