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The Dire Need of the Hour: Stress free Education

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Abstract

Everyone has stress. It seems to have become somewhat an unavoidable part of our daily life. Excess of everything is bad so is stress. A little bit of stress is good but too much of it would despair our physical and mental health. Stress has not even kept untouched the field of education too. Such stress stalks all the age-groups including youth and children Education should be a joyous experience but too much pressure like too much homework, tedious examination can make wards and their parents edgy. Thousands of incidents of committing suicides because of failure in examination can be seen. The paper is to evaluate the possible factors for stress causing education. It also suggests some measures to make the education stress free and joyous experience.

Stress is defined as state of psychological upset or disequilibrium in the human being caused by frustration, conflicts and other internal as well as external strain and pressures. Man is ventured to study the stress in great detail since he is aware that his survival may depend on his ability to deal with it or get out of it.

- **SHAIMA (1995)** "Stress is force tending to deform a system".
- **ELLIS (1999)** "Stress is a feeling of tension that is both emotional and physical it can occur in specific situations".

Stress is a term in psychology and biology, first coined in the biological context in the 1930s, which has in more recent decades become commonly used in popular parlance. It refers to the consequence of the failure of an organism – human or animal to respond appropriately to emotional or physical threats, whether actual or imagined. Stress symptoms commonly include a state of alarm and adrenaline production, short-term resistance as a coping mechanism, and exhaustion, as well as irritability, muscular tension, inability to concentrate and a variety of physiological reactions such as headache and elevated heart rate. Stress is a feeling that's created when we react to particular events. It is the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness.

Education is the light that shows the mankind the right direction to surge, moreover, school education is the foremost environment outside the home where a child learns to interact with others. Therefore, it is important for the school environment to be as comfortable and friendly as possible. If education fails to inculcate self-discipline and

commitment to achieve in the minds of students. It is not their fault. We should feel a need to convert education into a sport and learning to generate interest in the students and motivate them to stay back in the institution then to flee from it. Education should become a fun and thrill to them rather than burden and boredom as it is an integral part of their growth and helps them become better citizens. Education is an engine for the growth and enhancement of the society. It not merely does impart knowledge, skills and imbibe values, but is also responsible for building characters for many students the thought of school congers up images of locker, classrooms, friends, fun and homework. It happens especially in high school, college and university students. Education at this time in their lives can't only be stimulating in an educational sense but also empowering and motivating in a life sense. Expectations are placed upon them by the schools, their parents and themselves. Sometimes what happens all of the pressure placed upon them can have detrimental repercussion in regards to their health their studies put a lot of pressure and can further bring a large amount of stress in their lines. And the prolonged stress can push a student towards the brink of mental break down.

However, not all hope is lost, there are the things that students can do to help better their chances at receiving a high grade and limiting. The amount of school induced stress they succumb to there is a dire need for the emergence of stress-free schools. When the focus is not just academic, but all-round development of the child, children learn how to handle their emotions and also able to develop lateral skills required to cope with different challenges in life. Students should given reinforcement to broaden their vision and deepen their own cultural heritage as well as that of other nations. By combining formal educations with life skills and nurturing human values (such as friendliness, compassion caring, sharing, teachers can create holistic environment/conducive to learning) issue such as question papers, syllabus, valuation system and revaluation need to be looked into.

Yet another area of education that causes for both children and parents is homework and most too much home assignment leaves a little time for the child to relax and play. How much of the home task should be assigned and how much for weekends and the long summer vacations is a debatable point. This should be on the part of the authorities to see the pros and cons taking into account consideration of all round development of the child. But no hand will raise in the favor of total abolition of the homework. Many children weigh down by their failure to raise to the expectation of parents and their lines. They must follow Mr. Shanker Mahadevan when he says, "Results are not everything, Do what you enjoy, and success will automatically follow."

Mr. Shanker Mahadevan together with band mates Mr. Eh Noorani and Mr. Joy Mendonga address around to SSC. Students who were waiting for their results and their parents at a motivational workshop, "You and your results" when asked "What if you fail" pat c replies from the troubled minds." It would be a might mare" and would run away." The students were introduced to such names that achieved success but did not do well in academically. Albert Einstein, Shirv Ambani, Thomas Edison and still closer to the student community were Jcons! Mirza, Jakir Hussain, Lata Mangeskar and Sachin Tendulkar.

Infact, to soothe the stress of education on the children the parents too need a lot of counseling. This has become all the more necessary in view of suicides after the declaration of results of examinations the workshop concluded with a piece of advice for the parents that they should appreciate the efforts of your and not the outcome. Don't make them realize of their failure. But he may be bmind to excel and leave his in other field of his own choice. Rest assured, you could be the proud father of a great son.. Apart from this a reform in the examination but follow it up with a second one, a mouth or so father the CBSE has also made suggestions to ease curriculum load. To ease the burden broad suggested that in spite of three language formula they should be two-language system with the that language being optional. Yet another move by CBSE to ease stress in the examination system to shift to the grading system fro the year 2009. The Boards agreed to deliberate on a uniform grading pattern. At university levels too various universities are contemplating examination reforms.

One more and one of the biggest areas of a students life that can potentially lead to high amount stress is unhealthy relationships parlenus, friends etc. That should be taken care of making a plan, as a student, is extremely beneficial in scoring good grades. Learning projects and term papers to the last mentue will only add to the anxiety.

As on the part of the teacher, to make children as their subordinates stress free should learn the innovative methods of teaching. The use of innovative methods rather than traditional or stereotyped methods has the potential not only to improve education, but also to empower people, Researchers recommend that the teaching would be effective and interesting as well if teacher aids to use the recent multimedia technologies like usage of computers or some modifications in conventional modes of teaching. Role playing, MNEMONICS words- words- words approach can be helpful.

The researchers also recommend that some of the methods can very well be applied by the modern teachers way, we can preuse, be positive, help children name their feelings and to like themselves teach honesty and give lots of love and encouragement particularly difficult times to make their educational journey stress free yet full of learning failure is not the end of life one can excel if one chooses the right field of his aptitude.

Mind mapping developed in the late 60s by Tony Buzan as a way of helping students make notes that used only key words and images. But mind mapping, can be used by the teachers to explain concept in a innovative way. They are much quicker to make and much easier to remember and review because of their visual quality. Mind maps are also very quick to review as it is very easy to refresh information in your mind just by glancing one. Recent research says that any particular information explained with the help of graph charts make a high impact in the minds of people.

Teacher with a sense of humor as humor Is an effective medium of teaching. Everyone lines a teacher with an infections sense of humor. Looking at the lighter side life not only fosters cordial relations between teachers and students but also makes it stress free.

Apart from this, the stress causes encourage children to be proud of themselves in same way. Use gentle humor or read a silly book to create laughter.

- Offer personal space.
- Teach relaxation and breathing techniques
- Teach conflict resolution strategies

To conclude we should make sure that we doesn't add to children stress by expecting them to act in adult.

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