

## DEALING WITH THE STUDENT'S STRESS

*by:*  
**Agnes I. Conocido**

Stress causes anxiety and depression that come from anywhere: school, church, and home. Porwal and Kumar (2014) found that students need more support due to the imbalance between academic and social performance and time management for extracurricular activities through education, for much stress is associated with studying, homework, tests, and other academic competitions. Consequently, due to academic stress, students need help to balance their academic, social, emotional, and family activities.

Stress is the body and mind's reaction to something that causes a change in balance. Difficulties with studies and exam performance can place various burdens on students. Moreover, it occurs in everyday emotions, such as fear, frustration, anger, worry, anxiety, sadness, and despair. Adolescent stresses include disrupted family dynamics, peer pressure, inability to study, substance abuse, and incompetence. (Ghatol, 2017). Also, stress is strongly correlated with social and economic stress. It stems from many issues, such as tests and exams, rigorous study, different education systems, and thoughts about plans after graduation. It can also change personal feelings and emotions. Some people are more sensitive or vulnerable to stressors than others. It is caused by environmental and internal demands that constantly need to be adjusted. Stress can make a person depressed, distressed, and emotional.

On the other hand, stress motivates and encourages a person to continue studying more consistently to achieve optimal goals and different results. Senior high school students in secondary school may encounter daily stressors. However, perceptions of academic

stressors may differ. Hence, the teachers should adjust to the student's needs and use an approach that suits them. They should be good listeners who know how to motivate the students, which improves their performance, health, and personal adjustment.

According to Khan & Kausar (2013), teachers should be equipped to cope with student stress. They need to be better at managing and handling concerns while dealing with their students. The teachers must make the lessons and academic requirements light to pacify the students and allow them to understand the lesson despite pressure or stressors. The way students deal with stress is related to their emotional well-being. Hence, teachers must build an environment that reduces students' stress and maximizes their ability to study effectively and manage their time well.

#### *References:*

Porwal, K. & Kumar, R. (2004). A Study of Academic Stress among Senior Secondary Students. *The International Journal of India Psychology*, 1(3), 133–137. Retrieved from <http://www.academia.edu>

Ghatol, S. (2017). Academic Stress among Higher Secondary School Students: A Review. *International Journal of Advanced Research in Educational & Technology (IJARET)*. 4(1). Retrieved from <http://ijaret.com>

Khan, Z., Lanin, A., and Ahmad, N. (2015). The Level of Stress in Male and Female School Students. *Journal of Education and Practice*. 6(13). Retrieved from <https://files.eric.ed.gov>