

## THE IMPACT OF STRESS ON STUDENTS: UNDERSTANDING AND COPING WITH STRESS

*by:*

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It's difficult to deny that stress among students of all ages is an issue that is getting worse nowadays. Whether it's caused by high expectations from parents, teachers, or even peers, the result is the same: school stress.

Elementary learners face a variety of sources of stress, including academic pressure. Unfortunately, stress can have a significant negative effect on physical and mental health, as well as educational goals. There is a strong consensus among specialists that elementary school students do indeed experience academic stress. Although it is sometimes believed that children do not suffer from stress and its negative consequences as adults do, all types of stress are experienced by adults, as well as by children (Read, Perry, Moskowitz, & Connolly, 2001).

Elementary school students in our country spend five to seven hours in school, depending on the grade they are in. During these hours, they are expected to learn the various subjects they are required to pass. At the same time, they also need to learn to establish relationship with their classmates and begin to develop a sense of their identity. They have to manage the challenge of balancing their studies, family, and social lives. These can lead to feelings of anxiety and frustration. Students may also feel overwhelmed by the pressure to perform well and meet their families' expectations. Not to mention the pressure they would have felt in order to keep up with their peers who were doing better in class.

The ability to manage stress is a skill that should be taught to elementary school students. One essential tool for stress management is to create awareness. It is important to educate elementary school pupils about the symptoms of stress, which include headaches, tense muscles, tight chests, loss of appetite, and trouble sleeping. In addition, it should be made clear to them that stress can be beneficial, as it can motivate them to work harder and achieve their goals. Stress can originate from a variety of things, including family problems, health challenges, and academic pressure. In order to help them become more aware of when they are feeling stressed, kids should also be taught how to recognize and comprehend their emotions.

It is essential to teach children how to manage their emotions once they have learned to recognize them. Students should be provided a variety of ways to express their feelings. It is important to support them in finding healthy outlets for their emotions, such as through sports, dancing, singing, writing, or creating art to cope with stress and its associated effects. Additionally, it is important to practice good self-care, such as getting enough sleep, eating healthy, and exercise. They should be encouraged to reach out to their family members, teachers, school counselors, or other trusted adults. Sharing worries and concerns can help to reduce anxiety and provide motivation to continue.

Although adult stress is heavier and more complicated, it should not be used to deny the fact that elementary school learners feel a great deal of stress too. It is necessary for the school, family, and students themselves to recognize the signs of stress and take steps to alleviate it. By understanding the impact of stress and taking steps to reduce it, elementary school students can be better equipped to succeed in school and in life.

#### *References:*

<https://www.webmd.com/anxiety-panic/features/school-stress-anxiety-children>