



ROLE OF TEACHERS TO AVOID STRESS OF STUDENTS AT TEENAGE

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ABSTRACT

A teacher has direct impact on the students those they teach, and hopefully instill some values in them. Teachers should have key to reduce classroom stress, and focus students on the lesson. There are so many ways that are useful to reduce stress in classroom. Stress in students is common at teenage due to academic, family, social and peer problems. Present study is focused on finding of role of teachers to avoid stress at different levels.

Keywords: Teacher , Stress , Academic Performance , Discipline.

Introduction:

Teachers who are committed to children, aware of the problem of aggression in schools and skilled on how to prevent and reduce these problem behaviors can have a powerful effect on the lives of children. Teachers are frequently pressured to increase academic performance to use their teaching time to manage problem behaviors. Because academic performance and behavior are frequently linked, reducing aggression and improving classroom behavior are likely to result in a more positive learning environment, which increases academic performance.

Teacher may add laughter to classroom to unplug stress in students and gives students a sense of togetherness. Self-esteem in students should be build by talking to students one-on-one and show an interest in their work habits, and incorporate easy questions into tests, in-between harder questions, so students with a low self-esteem can feel good about their answers. Teacher should have effective discipline measures to make the classroom less stressful. Creative movement should add to classroom. Organization of different student interesting activities helps to avoid stress. Students should be motivated to keep their attention on subject study and other activities, craft work, outdoor work etc. Students who are well behaved in class and set an example for other students to follow they should be rewarded. Teacher should have a positive attitude and realize that he cannot control everything that happens in the classroom.

Objective:

- Finding of role of teachers to avoid stress of students of middle classes
- Finding of role of teachers to avoid stress of students of high school classes
- Finding of role of teachers to avoid stress of students of higher secondary classes

Hypothesis:

1. There is no significant role of teachers to avoid stress of students of middle classes.
2. There is no significant role of teachers to avoid stress of students of high school classes.
3. There is no significant role of teachers to avoid stress of students of higher secondary classes.

Methodology:

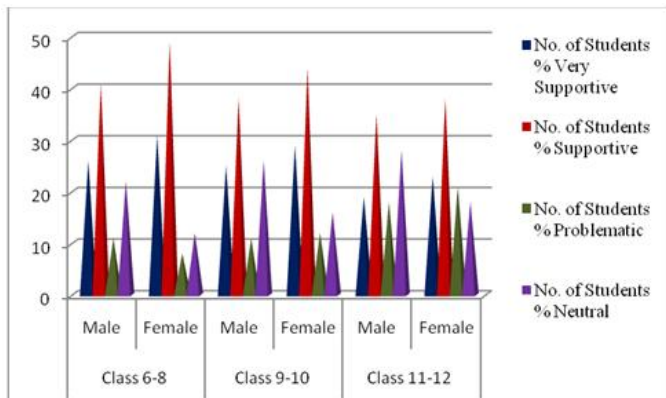
Descriptive survey method was used for present study. 450 students of class 6-12 were selected randomly as sample and categorized according to class group they study as 6-8, 9-10 and 11-12. They were interviewed using self prepared questionnaire. Their views were categorized as for male and female teachers. Student's response was classified as very supportive, supportive, neutral and problematic attitude. Collected data was tabulated and comparatively analyzed using percentile tool.

Finding and Analysis:

Table: Status of Teacher's Role to Avoid Stress of Students

| Class Group | Gender of Teacher | No. of Students % | | | |
|-------------|-------------------|-------------------|------------|-------------|---------|
| | | Very Supportive | Supportive | Problematic | Neutral |
| Class 6-8 | Male | 26 | 41 | 11 | 22 |
| | Female | 31 | 49 | 8 | 12 |
| Class 9-10 | Male | 25 | 38 | 11 | 26 |
| | Female | 29 | 44 | 12 | 16 |
| Class 11-12 | Male | 19 | 35 | 18 | 28 |
| | Female | 23 | 38 | 21 | 18 |

Chart: Status of Teacher's Role to Avoid Stress of Students



Data table shows that students of classes 6-8 expressed their views in support of male teachers as 26% very supportive, 41% supportive, 11% problematic and 22% neutral. For female teachers, student's views were found as 31% very supportive, 49% supportive, 8% problematic and 12% neutral. Thus hypothesis 1, there is no significant role of teachers to avoid stress of students of middle classes is rejected.

For class 9-10 male teachers got views as 25% as very supportive, 38% supportive, 11% problematic and 26% neutral while female teachers found views as 29% very supportive, 44% supportive, 12% problematic and 16% neutral. Hence hypothesis 2, there is no significant role of teachers to avoid stress of students of high school classes is rejected.

Students of class 11-12 expressed their views as male teachers are very supportive by 19%, supportive 35%, problematic 18% and 28% neutral. On the other hand female teachers got to have very supportive by 23%, supportive by 38%, problematic by 18% and neutral by 28%. Therefore hypothesis 3, there is no significant role of teachers to avoid stress of students of higher secondary classes

Conclusion:

Data shows teachers has important role to avoid stress of students at teenage. In some cases teacher's attitude become reason of stress while in some cases teacher's attitude become reason of removing stress. Teacher should have appropriate tactics to make their students stress free. Teaching should be interesting, curious, hopeful and helpful to solve their problems.

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