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ARTICLE

A Growing Mental Stress among Students: Diagnosis and Remedies

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Abstract

With the development of the society, there is no doubt that the way we live has changed completely. However, this change is now receiving complaints from more and more people, especially children, who are under high pressure to meet their parents' expectation. In such a world of global integration, there is a tendency that the young are motivated to learn a variety of things to meet their parents' demand. In addition, the society is actually becoming more and more competitive. As a consequence, the effects of this have been and will continue to be controversial. Firstly, there has been a widespread concern in health related disaster amongst children who do not spend enough time on some extracurricular activities such as dance, sports as well as recreation. Sleep deprivation, eating disorders, excessive worrying, cheating, burnout, loss of interest in hobbies or withdrawing from friends and family can all be consequences of excess pressure. There are cases when children have attempted and even succeeded at suicide because their stress went unnoticed. However, with the help of some counselling and parental role in handling stress, children can certainly be helped. In such cases counselling plays major role to bring out the kids from depression, anxiety etc.

Introduction

Parental pressure is when a parent puts too much strain on their child to force them to exceed. The pressure is normally to be the best in the chosen field, even one that they used to succeed at and now can't. The pressure can come from any type of family and can be the pressure to be the best in the grade in school and receive highest marks. Or to score the most points or goals in the sporting match and win the best on ground. It would be to play the best music or paint the award-winning picture; or the pressure could be to succeed in the career field and receive the same promotions and scores as the parents once did.