

TEENAGE STRESS TROUBLES IN PERAMBALUR COLLEGE

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ABSTRACT

Teenagers nowadays board a really competitive world. There is a unit other ways of addressing stress. Everybody is aware of that caffeine, whether or not it's within the kind of occasional or beverage, keeps you aware and alert. Teen stress is pretty common, therefore recognizing stress and learning the way to cut back stress area unit vital life skills for teenagers. Teens have solely very little time to sleep. Relaxation is critical for teens. Physical activity, healthy diet is one amongst the simplest stress relievers for teenagers. Therefore each teenagers might daily exercise in higher manner for relieving their stress and therefore the healthy diet is additionally necessary to alleviate the stress that the body accumulates. The oldsters should facilitate the teenagers to deal higher with stress and not build it tougher for them.

Keywords: Teenager, Stress, Tension, Management, Relaxation

INTRODUCTION

TEEN STRESS:

A teenager, is associate in nursing avid person whose age area unit from 13-19, since their age range ends with teenaged. Teenagers nowadays board a really competitive world. There are a unit other ways of addressing stress. Everybody is aware of that caffeine, whether or not it's within the kind of occasional or beverage, keeps you aware and alert. However caffeine may be a drug which may become habit-forming. Caffeine solely ends up in a lot of stress. It's no surprise that a lot of gang individuals worry concerning movement their folks, their peers and themselves. In making an attempt to please everybody, they combat too several tasks till it becomes tougher and tougher to balance schoolwork assignment, parties, sports activity and friends. The result's that youngsters suffer from stress. Teens bear, and area unit expected to deal with secretion changes, puberty, social and parental forces, work and college pressures, likewise as

encountering several conditions and issues. The problem that teenagers face nowadays vary however these problems is prohibited simply if folks and different guardians will perceive the symptoms of their issues. Folks have to be compelled to approach their kids, UN agency are full of one or a lot of teen issues rigorously and in a very friendly manner to debate with their issues.

DEFINITION:**STRESS:**

Stress is outlined as a state of psychological and physiological imbalance ensuing from the inequality between situational demand and therefore the people ability and motivation to fulfill those desires. A state of mental or emotional strain or tension ensuing from adverse or hard to please circumstances. A physical, chemical, or emotional issue that causes bodily or mental tension and will be an element in sickness feat.” Dr. Hans Selye, the late founding father of the International Institute of Stress, terminated that some individuals appear to thrive on stress, however Associate in Nursinging over laden will harm health and well-being.

OBJECTIVES OF THE STUDY:

- To know the various sorts of stress among the teenagers.
- To identify what the common issues round-faced by teenagers.
- To find out the various causes of stress.
- To know the way to overcome with stress

STATEMENT OF THE PROBLEM:

Young stress is pretty common, therefore recognizing stress and learning the way to scale back stress are vital life skills for teenagers. Some common unhelpful thinking patterns are:

Mind reading and expecting people to own a nasty opinion of people.

Thinking things can forever get it wrong.

Now-a-days young cluster individuals face several issues on a usual throughout the foremost awkward growth stages of their lives between 13-19 years recent. Throughout this point teens are exposed to some overwhelming external and internal struggles.

Between assignment, social life and residential, teens have very little time to induce correct sleep. Relaxation is important to de-stress.

METHODOLOGY:

Here the researcher has used each primary and secondary knowledge. The secondary knowledge has been collected from numerous sources like journals, newspaper, magazines, websites, etc., and also the primary knowledge has been collected by the scholars in Perambalur district.

SAMPLE SIZE:

Here the researcher is used sampling methodology. The scholar is selected randomly wise i.e. sample size fifty.

LIMITATIONS:

Here the researcher has collected the info from government school students and personal school students.

CONCEPT OF YOUNG STRESS PROBLEMS:

The aim of this study was to explore the varieties of young stress. Teenagers could expertise stress everyday. Most teen's expertise additional stress at matters of dangerous or painful.

- School demands and frustration
- Negative thoughts or feelings concerning themselves
- Changes in their bodies
- Problems with friends in class
- Moving or dynamic faculties
- Taking too several activities or having too high expectations
- Family monetary downside

TYPES OF YOUNG STRESS:**PRESSURE:**

Pressure is that the psychological expertise made by pressing demands or expectations for someone's behavior, originating from an outdoor supply. this might be the pressure to finish a faculty project, study for Associate in Nursing communicating, facilitate a parent with a task before the vacations.

UNCONTROLLABILITY:

Uncontrollability is that the degree of management that an individual has over a selected event or scenario. A young person would possibly usually expertise by having little or no management over life, particularly throughout this stage of life once several organic process changes are happening.

FRUSTRATION:

Frustration is that the psychological expertise made by the block of a desired goal or fulfillment of a perceived would like. There are 2 sorts of frustration: External and Internal

Samples of external kinds of frustration are automotive breaking down, or a desired job not coming back through.

Samples of internal kinds of frustration are once a goal isn't earned or a necessity isn't consummated attributable to personal characteristic, like not effort employment within the engineering field as a result of arithmetic skills are poor.

DISTRESS:

Distress on the opposite hand, is that the impact of unpleasant and undesirable experiences, like those mentioned higher than. At times, of serious stress can arise from events that are seen as threatening or notably life-alerting.

Aside from that there are 2 sorts of stress: Acute stress and Chronic stress

COMMON ISSUES FACED BY THE TEENAGERS:

- Self-esteem and Body image
- Stress
- Depression
- Cyber addiction
- Drinking, Smoking and medicines
- Child abuse
- Peer-pressure and competition
- Eating disorders
- Final thoughts

Surprisingly, all of those issues are connected to one another, sort of a chain reaction.

CAUSES RELATING TO STRESS:**ACADEMIC STRESS:**

Teenagers usually worry a few ton of things like finishing faculty work, comes and reports, finding out for Associate in Nursing communicating, and concerning the colleges to use to. this type of pressure is nice once it encourages the juvenile person to induce higher grades in class. However teens mustn't stress themselves heaps in them.

PHYSICAL STRESS:

Physical changes may be a reason behind stress among teenagers. Thanks to some emotional and physical changes which might leave them confused and stressed. Not knowing what's happening to their body and why they feel a particular approach throughout time of life is sometimes the reason behind such tension.

SOCIAL STRESS:

Social life for teenagers area unit by being within the widespread teams attending parties and hanging out with their friends. Teens offer additional importance to friends than family.

STRESS THANKS TO FAMILY PROBLEMS:

Something that affects the family impacts the stripling directly. Additional expectations by oldsters, illness of a loved one, or strained relationship between siblings area unit all the factors that may have an effect on a teen boy or lady.

TRAUMATIC EVENTS:

Managing traumatic events like accidents, illness or death of an in depth loved one or a follower, instances of physical or mental abuse will have a really severe impact on youngsters.

DRASTIC CHANGES IN LIFE:

Teenagers might not embrace changes as quickly as adults do. Forceful changes like moving to a brand new faculty or town, addition of recent members to the family like a step-parent, step-sibling, etc., will build the stripling uncomfortable.

SIBLING RIVALRY:

Teenagers could develop feelings of jealousy and hate for his or her younger siblings who get additional attention from their oldsters. Additionally the approach you treat the stripling and therefore the younger kid, if any, will build a youngster feel dangerous concerning oneself.

POOR TIME MANAGEMENT:

Poor time management is another reason behind stress among teens. They get simply distracted by technology and media, that fare up most of their time. Before they understand, they're left with very little time to complete what must be done.

POOR SELF-ESTEEM:

Teenagers have loads of queries and doubts concerning the various emotions and physical changes they're going through. Timorousness or poor vanity is that the worst among them.

OVERCOMING WITH STRESS:**SLEEP:**

Teens have additional assignment and schoolwork. Owing to that they need solely very little time to sleep. Relaxation is critical for teens. Solely then their mind and body can get relaxed. A full night's sleep will facilitate a young person to subsume stress higher. Short naps in between tasks may scale back the strain.

PHYSICAL ACTIVITY:

Physical activity is one amongst the most effective stress relievers in teenagers. Nothing beats stress sort of a run. Once feel stressed select a walk or simply hit the gym- they will feel higher after. Teens should take up a sport to stay their body and therefore the mind healthy to beat stress.

HEALTHY DIET:

A healthy diet is critical to alleviate the stress that the body accumulates. A diet that features an honest intake of fruits, vegetables, farm product and super molecule foods to stay the stripling healthy. Once a youngster is stressed, they have an inclination to eat junk foods like dish, burgers, hot dogs and ice-cream. Replace such food with healthy choices like avocados, berries, chocolate, milk and turkey.

SUPPORT FROM PARENTS:

Teenagers are often tough to handle because it is. They deteriorate once they area unit stressed. Obtaining angry with them and grueling them for his or her behavior once they area unit stressed isn't reaching to facilitate. Oldsters should facilitate the stripling to deal higher with stress, and support them through it, and not build it harder for them.

FOCUS ON POSITIVES:

Once the person area unit stressed, it's simple to specialise in what's going wrong. Stress is that the results of negative thinking, and that specialize in all that's wrong solely makes things harder. it's going to not be simple to remain positive within the thick of what looks like a crisis, however teens should have reminding concerning their strengths and the way they'll place them to use to subsume the case higher.

TALK ABOUT IT:

Teens should say what's worrying them to the elders. Talking a few downside or discussing will facilitate teens to seek out an answer for it sooner.

DATA ANALYSIS AND INTERPRETATION**Table :1****Classification of the gender**

Category	No. of Respondents	Percentage
Male	23	46%
Female	27	54%
Total	50	100%

Source: Primary Data

INTERPRETATIONS

Above table shows that the gender details in Perambalur district. Here the maximum of 54% of the respondents belongs to female category. At minimum 46% of the respondents belongs to male category.

Table :2**Classification on no. of Sibling**

Sources	No. of Respondents	Percentage
1	16	32%
2	18	36%
3	11	22%
Above 3	05	10%
Total	50	100%

Source: Primary Data

INTERPRETATIONS

Above table shows that No. of siblings of teenagers. Here the respondents who have 1 sibling are 32%, who have 2 siblings are 36%, who have 3 siblings are 22%, and who have above 3 siblings are 10%.

Table :3**Opinion about the successful life of teenagers**

Category	No. of Respondents	Percentage
Study	11	22%
Family	13	26%
Friends	11	22%
Self Interest	15	30%
Total	50	100%

Source: Primary Data

INTERPRETATIONS

Above table shows that successful life of teenagers. Here the respondents who have successful life are those who concentrate towards 22% of study, 26% towards family, 22% with their friends, 30% towards their self interest.

Table :4

Opinion about a healthy attitude provided in the college

Category	No. of Respondents	Percentage
Agree	21	42%
Strongly Agree	15	30%
Neutral	10	20%
Disagree	04	08%
Total	50	100%

Source : Primary Data

INTERPRETATIONS

Above table shows that about healthy attitude provided in the college for the teenagers. Here 42% of the students agree with the healthy attitude provided in the college, 30% of the students strongly agree, 20% of the students are neutral, 08% of the students disagree.

Table :5

Opinion about the time of affecting stress

Category	No. of Respondents	Percentage
Positive mind	35	70%
Negative mind	15	30%
Total	50	100%

Source: Primary Data

INTERPRETATIONS

Above table shows that approach of teenagers have at the time of affecting stress. Here the maximum of 70% of the respondents have the positive mind. At the minimum of 30% of the respondents have negative mind.

Table :6
Opinion about various causes regarding stress

Category	No. of Respondents	Percentage
Academic stress	11	22%
Physical stress	16	32%
Social stress	14	28%
Family stress	09	18%
Total	50	100%

Source: Primary Data

INTERPRETATIONS

Above table shows that various causes regarding stress. Here 22% of the respondents have academic stress, 32% of the respondents have the physical stress, 28% of the respondents have the social stress and 18% of the respondents have the family stress.

Table :7
Opinion about the educational environment

Category	No. of Respondents	Percentage
Satisfied	18	36%
Dissatisfied	07	14%
Better	12	24%
Good	13	26%
Total	50	100%

Source: Primary Data

INTERPRETATIONS

Above table shows about the educational environment. Here 36% of the respondents feel satisfied with their educational environment is, 14% of the respondents feel dissatisfied, 24% of the respondents feel better, 26% of the respondents feel good.

Table :8**Opinion about stress programs conducted in the college**

Category	No. of Respondents	Percentage
Yes	27	54%
No	23	46%
Total	50	100%

Source: Primary Data

INTERPRETATIONS

Above table shows that about conducting of stress programs in college. Here the maximum of 54% of the respondents say that their college is conducting stress programs. The minimum of 46% of the respondents say that their college is not conducting stress programs.

Table :9**Opinion about stress reducing programs**

Category	No. of Respondents	Percentage
Yes	30	60%
No	20	40%
Total	50	100%

Source: Primary Data

INTERPRETATIONS

Above table shows that about reduction of stress programs for the teenagers. Here the maximum of 60% of the respondents feel that they can reduce stress by the means of conducting stress programs. At minimum 40% of the respondents feel that stress programs do not reduce their stress.

Table :10**Opinion about the satisfaction with respondent family environment**

Category	No. of Respondents	Percentage
Agree	16	32%
Strongly Agree	11	22%
Neutral	14	28%
Disagree	09	18%

Total	50	100%
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Source: Primary Data

INTERPRETATIONS

Above table shows that satisfaction with their family environment. Here 32% of the respondents agree that their family environment is satisfied, 22% of the respondents strongly agree, 28% of the respondents are neutral, 18% of the respondents disagree with it.

Table :11

Opinion about reason for stress relation

Category	No. of Respondents	Percentage
Family	07	14%
Study Area	11	22%
Society	17	34%
Social Network	15	30%
Total	50	100%

Source: Primary Data

INTERPRETATIONS

Above table shows that to which most of the stress are related to. Here 14% of the stress are related to family, 22% of the stress are related to study area, 34% of the stress are related to society, 30% of the stress are related to social network.

Table :12

Opinion about feeling anxious

Category	No. of Respondents	Percentage
Agree	10	20%
Strongly Agree	15	30%
Neutral	12	24%
Disagree	13	26%
Total	50	100%

Source: Primary Data

INTERPRETATIONS

Above table shows that the anxious feeling of the teenagers. Here 20% of the respondents agree that they feel anxious, the other 30% of the respondents strongly agree, 24% of the respondents feel neutral, 26% of the respondents feel disagree.

Table :13

Opinion about moving with the society freely

Category	No. of Respondents	Percentage
Yes	22	44%
No	28	56%
Total	50	100%

Source: Primary Data

INTERPRETATIONS

Above table shows that how teenagers move with the society freely. Here the maximum of 56% of the respondents are not able to move freely with the society. At the minimum of 44% of the respondents are able to move freely with the society.

Table :14

Relationship with respondent and the staff

Category	No. of Respondents	Percentage
Good	11	22%
Better	15	30%
Excellent	17	34%
Poor	07	14%
Total	50	100%

Source: Primary Data

INTERPRETATIONS

Above table shows that the relationship with teenagers and their staff. Here 22% of the respondents feel good with their staffs, 30% of the respondents feel better, 34% of the respondents feel excellent, 14% of the respondents feel poor with their staff.

Table :15**Opinion about the staff member in helping at the time of affecting stress**

Category	No. of Respondents	Percentage
Yes	30	60%
No	20	40%
Total	50	100%

Source: Primary Data

INTERPRETATIONS

Above table shows that how staff members help at the time of affecting stress. Here the maximum of 60% of the respondents feel that their staff members are helping them at the time of stress. At minimum 40% of the respondents do not feel that.

Table :16**Relationship with friends**

Category	No. of Respondents	Percentage
Good	18	36%
Better	17	34%
Excellent	13	26%
Poor	02	04%
Total	50	100%

Source: Primary Data

Above table shows that the link with teenagers and their friends. Here one year of the respondents feel that their relationship with their friends are sensible, thirty fourth of the respondents feel higher, twenty sixth of the respondents feel glorious, 04% of the respondents feel poor.

FINDINGS:

Majority of the respondents (54%) were in feminine.

36% respondents were having 2 siblings.

30% of the respondents feel that self interest leads a roaring life for teenagers.

42% of the respondents accept as true with a healthy angle provided within the faculty.

70% of the respondents have the positive mind of approach at the time of moving stress.

32% of the respondents were having physical stress.

36% of the respondents were glad that their academic surroundings is safe.

54% of the respondents say affirmative that their faculty is conducting stress programs.

60% of the respondents feel that stress programs very cut back their stress.

32% of the respondents agree that their family surroundings is glad.

34% of the respondents feel that their most stress is expounded to society.

30% of the respondents powerfully agree that they feel anxious.

56% of the respondents say that they're unable to maneuver with the society freely.

34% of the respondents feel that their relationship with their employees is great.

60% of the respondents say affirmative that their employees members facilitate them at the time of moving stress.

36% of the respondents feel that their relationship with their friends ar sensible.

SUGGESTIONS:

1st and foremost, fix their goal and specialise in it. Love what they are doing. Respect their oldsters, lecturers and elders. Interact themselves in anyone of the physical activity like yoga, exercise, meditation which can facilitate them get eliminate several stress issues that they're facing in everyday life. Perpetually have a acutely aware concerning their health. Do the work that they love whole heartedly and it'll reach the head of success.

CONCLUSION:

Teens have solely very little time to sleep. Relaxation is critical for teens. Physical activity, healthy diet is one among the simplest stress relievers for teenagers. Therefore each teenager could daily exercise in higher means for relieving their stress and also the healthy diet is additionally necessary to alleviate the stress that the body accumulates. In a different way to avoid stress is by managing some time effectively. it's higher to try and do some tasks rather well than uncountable tasks badly. Grasp their limits and check out to not withstand an excessive amount of the oldsters should facilitate the teenagers to deal higher with stress and not create it harder

“Find a way, or make one.”

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