

# Techniques of Family Guidance to Reduce the Educational Stress Among the Students

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## What is Stress?

Stress is simply the body's non-specific response to any demand made on it. Stress is not by definition synonymous with nervous tension or anxiety. Stress provides the means to express talents and energies and pursue happiness; it can also cause exhaustion and illness, either physical or psychological: heart attacks and accidents. The important thing to remember about stress is that certain forms are normal and essential. As the body responds to various forms of physical or psychological stress, certain predictable changes occur. These include increased heart rate, blood pressure, and secretions of stimulatory hormones. These responses to stress will occur whether the stress is positive or negative in nature. In lay terms, it is known as the "fight or flight" mechanism. Continual exposure lowers the body's ability to cope with additional forms of psychological or physiological stress. The results of continuing stress may cause disruption in one or more of the following areas of health: physical, emotional, spiritual, and social.

## Recognizing Stress

The following are indicators that you may be experiencing stress.

General irritability	Elevated heart rate	Increased blood pressure
Increased accident proneness	Floating anxiety-anxious feeling for no specific reason	Headaches
Trembling	Insomnia	Changes in appetite or sleep
Indigestion	Pain in neck and/or lower back	
Pattern.		

## Common Stressors in college students:

- Greater academic demands
- Being on one's own in a new environment – with new responsibilities
- Changes in family relations and one's social life
- Financial responsibilities
- Exposure to new people, ideas, and temptations
- Being away from home, often for the first time
- Making decisions, on a higher level than one is used to
- Substance abuse
- Awareness of one's sexual identity and orientation
- Psychological make-up can also play a role in vulnerability to depression. People who have low self-esteem, who consistently view themselves and the world with pessimism, or are readily overwhelmed by stress may be especially prone to depression.

## Techniques that should be applied by parents to reduce students stress:

It is likely that anxiety and stress are common among college students. Sources of stress can include adjustment to college life, academic pressures and responsibilities, and financial problems. Adjusting to college life may take a toll on some students. Often students who withdraw from college do so for personal reasons such as their lack of adjustment. Each student has a different method for coping with anxiety. Looking at the influence of family in managing anxiety is important because family is a resource that may be readily available to most students.

- 1) Encourage your child to face his/her fears, not run away from them,
- 2) Tell your child that it is okay to be imperfect,
- 3) Focus on the positives,
- 4) Schedule relaxing activities,
- 5) Model approach behavior, self-care, and positive thinking,
- 6) Reward your child's brave behaviors,
- 7) Encourage good sleep hygiene,
- 8) Encourage your child to express his/her anxiety,
- 9) Help your child to problem solve,
- 10) Stay calm,
- 11) Practice relaxation exercises with your child.