



FROM TRANSACTIONAL TO TRANSFORMATIONAL PEDAGOGY**Geny P. J.¹ and Dr. Lissy Koshi²**¹Research Scholar, Department of Education, Bharathiar University, Coimbatore, Tamil Nadu.²Assistant Professor, Research Supervisor, Mount Carmel College of Teacher Education for Women, Kottayam, Kerala.**ABSTRACT**

Unfortunately a growing number of students are becoming victims of stress and depression. They are taking to harmful habits like drugs, cigarettes and alcohol. Those of them who cannot overcome stress incline to harming their life committing suicide. Depression is an alarming health problem in India, leading to morbidity, disability, mortality and significant socio economic losses. Education should mould our students to look upon a problem not as a hurdle to be overcome but as a challenge to be effectively handled. Every teacher should strive to strengthen their responsibility with commitment and love.

KEYWORDS: Transaction, Transformation, Depression.**INTRODUCTION**

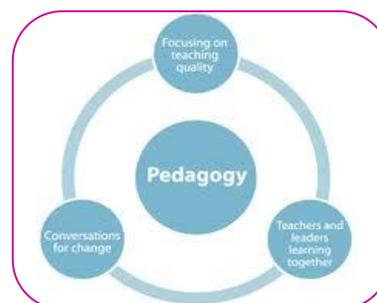
The present world of technology is characterized by excellence and quality along with stress and strain of life. Today children and teenagers are subjected to tremendous pressures. Ever revolutionary technology, high academic expectations and bombardment of hyper sexualized media are some of the stressors that teens face today. Most teens experience more stress when they perceive a situation as dangerous, difficult or painful and it has been proven as an indirect cause of disorders, depression in life. Depression can lose focus of our priorities and goals in life which in turn devalues our self worth and self esteem leaving us with a feeling of hopelessness and despair. Prolonged depression can have more serious impacts on one's health, leading to even suicide.

The most shocking and devastating outcome of depression in young people is suicide. Suicide is currently the third leading cause of death among young people. WHO reports that one in four children in the age group of 13-15 years in India suffer from depression: Informing that India has highest suicide rate among 10 South East Asian countries, the WHO released "Mental Health Status of Adolescents in South East Asia: Evidence for Action" report which said in 2012, the estimated suicide rate per 1 lakh people in India, in the age group of 15 to 29 years, was 35.5.

Depression occurs in persons of all genders, ages and backgrounds. In 2015, about 3 million teens ages 12 to 17 have had at least one major depressive episode in the past year, according to the Department of Health and Human Services. More than 2 million report experiencing depression that impairs their daily function. About 30% of girls and 20% of boys totaling 6.3 million teens have had an anxiety disorder, according to data from the National Institute of Mental Health.

Surveys and research reports over the past two decades reveal that

- 43% of all adults suffer adverse health effects due to stress.
- 75-90% of all visits to primary care physicians are for stress related complaints or disorders.



- Stress has been linked to all the leading causes of death, including heart disease, cancer, lung ailments, accidents and suicide.
- About 20% teens experience depression before they reach adulthood.
- One in 4 girls and one in 8 boys are diagnosed with depression in their life.
- One student commits suicide every hour in India.

Depression is a major health problem in children which makes the identification and implementation of effective interventions an increasing concern.

The above shocking analysis is a great warning for Kerala. India has a high rate of suicide. In 2015, the number of student suicides stood at 8,934. In the five years leading to 2015, 39,775 students killed themselves. The number of attempted suicides, many unreported, is likely to be much higher. Kerala State Mental Health Authority presented a report on October 2016 showing that there are 12.43% of mental patients and 9% of depressed persons in Kerala who need treatment.

Creative intervention of parents and teachers in the life of children is the need of the hour. They should work hand in hand to help children overcome depression. Depression among children and adolescents, if left unattended, can lead to protracted health and mental health problems in later life. The overall prevalence rates of childhood depression in India vary anywhere between 0.3% to about 1.2%. Parent and teachers are on front lines of the battle against teen depression. Their role to raise the quality of life and performance ability of every child is vital.

SUGGESTIVE INTERVENTIONS FOR PARENTS

- Children need to be brought up in such a way that they are well acquainted with the situation at home; both financial and emotional. It will help them to be responsible and adjusted to the realities of life.
- Parenting need to be tailored to children's personalities, says psychologist and psychiatrists. Train children to cope with day to day life stressors by giving emotional and practical support to help them to develop resilience and strategies for coping.
- Critical parenting in many cases has led to depression and to a lesser extent to anxiety. It is hypothesized that parents who criticize and minimize child's feelings undermine the child's emotion, regulation but increase their sensitivity to emotional health problems such as anxiety and depression.
- Children should be trained to handle tough situations. This enhances their ability to withstand adverse situations as well as carry out their potentials and make them more resourceful.
- Now-a-days parents cannot withstand their children facing problems. Experience of taking up reasonable risks will give chances to face setbacks and disappointments and to overcome sense of failure. They learn from situations to move on during difficulties.
- Parents must be a safety shelter for their children to provide verbal and physical support. When they approach and apologize for committing mistake, the parents should have an understanding mind set.
- Parents need to be emotionally available for their children to foster their self esteem. Positive parent-child bond and open communication promote close relationship and helps parents to stay connected with them during all stages of life. Such children feel empowered to go out into the world and take up challenges.
- A strong bondage of love needs to be created between parents and their children. Loving parents will never lose their loving children.

TRANSFORMATIONAL STEPS FOR TEACHERS

- Students to be trained to grow in the power of positive thinking that teaches that roots of success lies in mind and brings out the abilities to the fullest. This motivates to believe in oneself, to break the habit of worrying and to take control of one's thoughts.

- Practice of mindfulness – live in the moment – is an important matter in this busy world. Mindfulness inoculates people against aggressive impulses. Cultivation of this practice from the younger age through education will make the person powerful while meeting challenges in life.
- Good mental health is not simply the absence of illness but also the possession of skills necessary to cope with life's challenges. Classroom strategies to be focused on improving mental health with the development of various skills for a successful future.
- Development of 'let go' attitude is prime during the struggles of life. It gives the ability to recover from setbacks, adapt well to change, and keep going in the face of adversity, thus turns life better, not bitter.
- Along with academic subjects the habit of prayer to be developed to make the children realize that we are not in control of ourselves but trust in higher power and to shape the life of youngsters with good values and attitudes.
- It's natural that youngsters have increased academic expectations and dream about success in this competitive world. Every teacher needs to educate that thinking positively isn't about expecting the best to happen every time, but accepting that whatever happens is the best for that moment.
- Being companion teachers should enter into the lives of students who are discouraged and disheartened in order to help them find solution for problems from their inner strength rather than outer means.
- Teacher to be an active listener and accompanier. Children need to express themselves. They need to be heard and recognized. Active listening will open the hidden areas of their mind.
- Now-a-days students are afraid to fail and to make mistakes. It prevents students from exploring and experimenting. They need to be convinced that trying and failing is an inseparable part of the learning process and to move to success. Teachers should teach students to make failure their friend because failure is not the opposite of success rather it is part of success.
- Teachers should be a positive influence to students to educate that life is a struggle, a battle to win, a mixture of joys and sorrows, poverty and prosperity.

CONCLUSION

Scientific and technological developments have left behind the human development qualitatively but influencing the youngsters adversely. Many teenagers fall prey to teenage depression in response to a variety of growing up anxieties. Parents and teachers show them the path to life, helping them to lead journey of life. They do an act of empowerment not only intellectually but mentally, spiritually and socially. Teachers have a decisive role in promoting quality of life. Constructive and scaffolding environments must motivate the children to choose those possibilities which will reach them to successful social living.

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