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IMPLEMENTATION OF STRESS FREE EDUCATION IN INDIA

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ABSTRACT

Stress has become an important part of our daily life. A small bit of stress may be avoidable and in our life, but too much of stress may be unavoidable and would affect our physical and mental health. Such stress stalks all the age-groups including children and teenagers. Education should be an interesting experience, but a lot of pressure is put on children, they get bothered and go to school hard and confused. For example, a lot of home work, home work during vacation periods and the tedious examination system all have made tense both the students and their parents. At this point of view, the author highlights the stress free education system in our country for developing the Indian future.

INTRODUCTION

Thinking is a great machine of human mind and education is a powerful device of development. Teaching is one of the noblest professions in the world. But nowadays today's education becomes more tedious and stressful job for children as well as parents. For this kind of stressfulness we need to introduce healthy and stress free education for the future growth of nation.

STRESS

When we feel everything look like much more overload and really can face the pressure, bother upon us is known as stress. It is a body's normal response that makes you feel upset your emotional as well as physical balance also or just like our body's fight or flight automatic reaction.

METHODS OF REDUCING STRESS

1) Preventing and Treating Stress

For treating and preventing stress, we can set realistic goals and limits for you. We can put the viewpoint about unwanted, unnecessary things or matters that produce or increase stress, so beware of things. We can also maintain a positive outlook on every situation that can help to reduce the stress.

2) Anxiety

It is the normal situation of facing stressful situations, pressure, bother that can scare you. But it is the body's natural alarm system that goes off when you feel overloaded. Some emotional symptoms of anxiety are:

- Concentration difficulty
- Bad temper

- Impatience
- Feel nervousness or fear
- Worst condition
- Feeling your brain blank

3) Depression and Learning Disabilities

It is a very common response as well as feeling of body that highlights our sadness, feel, agitation, eating sleeping disturbances, poor motivation, loss of self confidence and self esteem. Depression is recognized by less interest in activities, tired feel at all times, malnutrition, loss of appetite, bad feeling, weight loss, increase in avoidance, less confidence and so on.

The problem for many people with learning disabilities is that they are not able to express their feelings easily in words. It will change our actions and interactions that results sudden changes in behaviour or mood. Learning disability peoples are just as likely to get depressed as other people. It is automatically reflects from our behaviour at the time of communication. Some other signs are also reflect in learning disable people that are; sudden change in mood, loss of skills, physical illness, searching habits, wandering habits, loss of communication abilities and so on.

4) Improving Academic Achievement

Immerging technology will have the greatest impact on student learning when implemented into the curriculum to achieve clear, measurable educational objectives. In order for meaningful, sustainable school improvement to occur, school reform initiatives that involve technology need to synchronize some few issues like leadership, nucleus visualization, professional development, moment in time and evaluation. It is clear that teaching tools and resources must become the fundamental part of both the teaching and learning process. It is great part of the academic improvement of the students.

5) Creating Stress free Peaceful School

Teacher is a sculpture which gives the shape of lives. We generally feel that children are happier, without worries and cheerful but as a parent known as childhood stress in their shields. Most of the parents mistrust, upset and fear when informed that the symptoms of giddiness, nausea, especially before and after examination; is a result of stress occurred their ward. Here, the role of school is to improve the students self confidence, positive attitude, self esteem and increases the cheerful attitude in the students that reduces the stress as well as pressure. Schools can also introduce the different skills amongst the students like acceptance of self and others, communication skills, interactions, compromising, and so on.

BENEFITS OF STRESS FREE EDUCATION IN INDIA

- It increases the self confidence of the students and teenagers.
- It increases the quality of the education.
- It enhances the teaching-learning process.
- It encourages the student's learning ability and makes interest to the students.
- It gives the healthy education system in the nation.

CONCLUSION

Healthy education should give happiness and should inspire and encourage the internal growth of student. It gives knowledge and experience stays in our awareness for life time Healthy education system is a powerful tool for internal change of human being. Developing educational technology provides the healthy learning environment that improves the students thinking skills, innovative abilities, communication skills, mutual understanding, and positive attitude of the student and teenagers. We want to implement a new framework for the curriculum that will help de-stress students and teenagers. We also want to introduce additional activities to get more importance than they are given at present that can definitely help our future generation.

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