



CURRENT ISSUES RELATED TO ADOLESCENT STRESS AND ROLE OF TEACHER

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Abstract

Adolescence is a critical developmental stage marked by rapid physical, emotional and cognitive changes, often accompanied by a myriad of stressors that can impact students' overall well-being. The first objective involves unraveling the nuanced needs of adolescents during their developmental stage, examining psychological, social, and educational dimensions to gain insights into their specific requirements. The second objective focuses on identifying the diverse problems adolescents face, encompassing academic pressures, identity formation, and interpersonal dynamics. Lastly, the study seeks to clarify the proactive role of teachers in addressing these adolescent problems by exploring effective strategies, support mechanisms, and pedagogical approaches. By synthesizing knowledge on these three objectives, the research contributes valuable insights that empower teachers with a deeper understanding of their students, facilitating targeted interventions to enhance overall well-being and the educational experience during this pivotal developmental phase.

Keywords: Adolescence, adolescent stress, physical changes, emotional needs, teacher's role

1. Introduction

It derived from the Latin term "adolescence," which meaning "to grow," is where the word "adolescent" originates. It is the time of human life's storm and stress. It is a very important time in one's life. This roughly ranges from 12 to 18 or 19 years. The fact that adolescence is a time of transition from childhood to adulthood is the most significant aspect of it. Period transitions are almost always accompanied by certain issues.

Adolescents are not an exception, and they too have a number of issues. The individuals reach physical maturity and legal adulthood at this stage. It is a time when a person's physical, mental, moral, emotional, spiritual, sexual, and social attitude undergo rapid and revolutionary changes. New facets of human personality emerge with time.

This research paper seeks to explore the psychological and physical needs adolescent in this developmental stage, the problems faced by adolescents, the societal and cultural factors that contribute to these challenges. Additionally, it examines the role of teacher in Order to deal with the problems of adolescent. By examining the unique behavior of any



adolescents in India, this research aims to provide valuable insights to the in-service or tentative teachers into the path forward in acknowledging and to solve the problems of adolescent.

I hope that by illuminating the present challenges and solutions in order to understand and deal with the common Philosophical, psychological and physical needs of the Adolescents we can pave the way for a more comfortable and safer Zone for the young minds of our nation by providing emotional and philosophical support. This would help teachers as well as parents in order to direct their Adolescents toward a successful, happy and Prosperous path of life while contributing to the progress of their nation as well.

2. Objectives of the study

- 1) To understand the Needs of Students at the developmental stage of adolescence.
- 2) To know the problems of adolescent.
- 3) To understand the role of teacher in Order to Deal with the problems of adolescent.

3. Result and Discussion

1) To understand the Needs of Students at the developmental stage of adolescence.

Understanding the needs of students at the developmental stage of adolescence is of paramount importance due to the unique challenges and transformations that characterize this critical period. Adolescents undergo profound physical, emotional, and cognitive changes, shaping their identities and influencing their perspectives on the world. Recognizing and addressing their specific needs during this phase is crucial for creating a supportive learning environment. By understanding the developmental needs of adolescents, teachers can tailor their teaching methods to align with the cognitive and emotional capacities of students, fostering a more effective and engaging educational experience. Moreover, a nuanced understanding of these needs enables teachers to provide targeted guidance and support, aiding adolescents in navigating issues related to self-esteem, peer relationships, and identity formation. Ultimately, by acknowledging and addressing the distinctive needs of students in adolescence, teachers contribute significantly to their holistic development, promoting not only academic success but also emotional well-being and lifelong resilience. So, following are the major needs of adolescents:

- **Life philosophy:** Adolescents sense the need for a life philosophy during this time, and they become interested in religious issues and desire to form their own opinions on all aspects of life.
- **Emotional needs:** Every adolescent needs approval from his or her friends and other people while living in a society. They also need affection, security, and respect from the community, family, and teachers, among other things. Additionally, they feel the desire to engage in numerous forms of opposite sex attraction. To target down the sex urge is also a requirement of adolescence.



- **Physical development:** Boys and girls need to develop physically to their full potential during adolescence in order to have a strong personality.
- **Self-dependence:** Adolescents like to become self-reliant and they strive to be as independent and free with their responsibilities and opinions as adults.
- **Social needs:** Every young boy and girl desires to grow up, so they created their own groups. Also, they want to be socially accepted that's why they do whatever is accepted by their peer groups because the peer group in school is there society at the time of adolescent.
- **Independence:** Every boy and girl at the age of adolescent wants independence in every field like they don't like to be controlled by their parents, teachers, elder sister brother etc.
- **New experiences:** At the age of adolescence the boys as well as girls want to gain new experiences. Maybe they are good or maybe they are bad for them.

2) To know the problems of adolescent

Adolescence is a time marked by a myriad of challenges, ranging from academic pressures and identity formation to peer relationships and societal expectations. By gaining insight into these issues, teachers can create an empathetic and inclusive learning environment that acknowledges and addresses the diverse needs of adolescents. This understanding allows for the implementation of targeted interventions to help adolescents navigate challenges such as stress, mental health issues, and societal pressures. Moreover, recognizing and addressing these problems early on contributes to the prevention of long-term negative outcomes, promoting healthy development and resilience in adolescents. In essence, a comprehensive understanding of the problems and challenges faced by adolescents is instrumental in fostering a supportive environment that nurtures their well-being, academic success, and overall growth. The problems of adolescent are discussed below under the major headings:

a) Physical changes

- Teenagers' hormone levels alter, which results in physical changes.
- Girls could start to worry about how they look.
- The most noticeable change that occurs during adolescence in boys is likely a change in voice and the development of facial hair.
- One of the main issues is acne.
- Teenagers' body weight might become excessive when they build muscle.
- It's obvious that you experience body odors.
- Menstrual cycles begin for girls.



b) Health problems

- Adolescents are susceptible emotionally and bodily. Without proper nutrition and healthcare, they are at risk of illnesses. According to a 2015 WHO report, 1. Three million children died in 2015, a majority of them had preventable sicknesses.
- Teenagers have a busy time table as they hop from one interest to another with little time to devour or relaxation nicely. Unhealthy eating behaviors prevent them from getting the nutrition they need.
- Consciousness about their body can lead to eating problems, particularly in girls. Adolescent girls who fear approximately their weight and appearance can expand issues like anorexia or bulimia.
- Stress also can cause lack of appetite and sleeplessness in young youngsters.
- Unhealthy eating conduct and a much less energetic lifestyle can also cause obesity – that is frequently the case while your toddler consumes numerous empty calories via fast meals and sodas.

C) Emotional modifications and troubles

- Adolescence is the age between maturity and early life. Teenagers are often pressured approximately their role and are torn among their responsibilities as growing adults and their desires as children.
- They often enjoy intense emotion. They can get pleased, ecstatic, indignant, or mad over anything.
- Teenage women are liable to sobbing.
- Both teenage boys and girls regularly experience mood swings.
- Self-awareness outcomes from bodily adjustments.
- Early onset puberty might even make kids feel extraordinary.
- At this point, feelings of superiority or inferiority may want to seem.
- Adolescence is the age while sexual emotions arise in youngsters.
- Feelings and mind approximately sex can cause a sense of guilt.

D) Behavioral exchange

- Impulsive conduct can be unfavorable to your infant and others because of overwhelming emotions. Most of the time, its miles simply traditional adolescent conduct that persists at some point of this era.
- Children benefit and assert their independence throughout early life. This may want to cause them challenging their dad and mom' rules in an argumentative manner and defending what they suppose is right (seen as stubbornness). Significant developmental exchange in the mind makes teens moody, tired and difficult to cope with.
- Teenage men' rising hormones may even pressure them to interact in physical heated arguments. Additionally, they would like to pay attention to loud track.
- Adolescents may also want to explore new matters and take risks due to their newly discovered independence, which can result in irresponsible conduct.



- Peer stress and the preference to "suit in" can once in a while reason humans to act especially methods or shape hard-to-ruin behavior.
- Your teen's look, experience of favor, and grooming conduct also alternate, regularly in approaches that you may not like.
- Perhaps your youngster placing out with troubled kids and embracing a volatile lifestyle is the most alarming habit.
- One of the standard teenager behavioral problems is lying. Teenagers may also tell lies out of worry or to avoid warfare with their dad and mom.

E) Substance Use and Abuse

- Teenagers are impulsive and are effortlessly inspired to take the wrong angle. One of the most important troubles dealing with parents of adolescent youngsters global is substance abuse.
- One of the primary factors encouraging teenagers to begin smoking, consuming, or doing drugs is peer pressure.
- Most teenagers attempt smoking or drinking even earlier than they are of prison age since they have a tendency to take dangers. And if left unchecked, behaviors that first handiest provide a "thrill" can grow to be conduct.
- Your teen might also appearance up to them in the event that they have own family members who smoke or drink.
- Teenagers who smoke or drink regularly achieve this out of a loss of self-self assurance and a preference to suit in their peer organization.
- The temptation to use illegal substances may be multiplied with the aid of the accessibility with which cigarettes, alcohol, narcotics, and anabolic steroids are to be had.

F) Educational challenges

- Teens may additionally come to be depressed underneath pressure to be successful academically and qualify academically to take admission in universities of their dreams.
- It can be exhausting to stability extracurricular sports, college paintings, and family duties.
- Poor academic fulfillment added on with the aid of distractions at college will increase the stress.

G) Psychological issues

- According to analyze, nearly 50% of grownup intellectual health illnesses start whilst someone is 14 years old. In truth, melancholy-related suicides account for one-1/3 of adolescent mortality. It is critical which you get professional help in your infant if they're very irritable, no longer consuming, or sound asleep at all.
- Anxiety and temper problems are the intellectual health situations which can be seen most often in children. In this age bracket, social phobias and panic disorders



are not unusual. It's feasible that girls are more likely than boys to revel in depressive ailments.

- Teenagers may battle with self belief or self-esteem difficulties. Their look and acceptance of their body like skin color, beauty, and determine—often causes them to feel inferior or superior.
- Low IQ and negative instructional fulfillment may additionally demotivate them. They start to stay their lives with a "I'm not good sufficient" mentality.
- One of the frequent mental fitness troubles that teenagers enjoy is despair.
- The stress and pressure of adolescence can purpose anxiety-associated troubles, and mood swings may bring about conduct disorder or oppositional defiant disorder.

H) Social troubles – relationship and relationships

- Attraction to the alternative gender starts throughout adolescent age. At such a susceptible time, it is however natural for teenagers to feel awkward in social conditions.
- They want time to recognize and get cozy with their hormone modifications. Girls and boys start experiencing ‘adorable’ emotions closer to the alternative gender and may not know what to do approximately it.
- At this factor, they start relationship. Adolescent might not experience cozy discussing it with you and may go with incomplete or incorrect understanding of it.
- Competition is every other important component of a youngster’s social lifestyles. Your toddler can also compete along with her friends in something and everything. Their spirit of opposition speaks loads about their perception of self – whether or not they have got a fine shallowness or a bad one.
- During this time, they appear to be spending lots of time interacting with friends on social media web sites, on their Smartphone, and outdoor.

I) Addiction to cyberspace

- The advent of social media has altered how we speak with one another. The lives of teenagers have been maximum impacted.
- Teens may additionally appear like on the Smartphone, texting, talking or just playing for hours.
- Teenagers who are internet addicts commonly have fewer pals and lead less lively social lives.
- They lead isolated lifestyles and are content material to spend hours on line.
- Their bodily activity is also reduced because of dependency to the net, main to an unhealthy and sedentary way of life.
- Academic performance is negatively impacted by means of internet addiction.



- J) Aggression and violence
- Adolescent boys are in particular susceptible to aggression. Young boys begin to bulk up, come to be taller, and have a manlier voice. Additionally, they've a volatile persona, are susceptible to vulnerability and are without difficulty offended.
 - Adolescents are susceptible emotionally and bodily. Without proper nutrition and healthcare, they are at risk of illnesses. According to a 2015 WHO report, 1. Three million children died in 2015, a majority of them had preventable sicknesses.
 - Teenagers have a busy time table as they hop from one interest to another with little time to devour or relaxation nicely. Unhealthy eating behavior prevents them from getting the nutrition they need.
 - Consciousness about their body can lead to eating problems, particularly in girls. Adolescent girls who fear approximately their weight and appearance can expand issues like anorexia or bulimia.
 - Stress also can cause lack of appetite and sleeplessness in young youngsters.
 - Unhealthy eating conduct and a much less energetic lifestyle can also cause obesity – that is frequently the case while your toddler consumes numerous empty calories via fast meals and sodas.
- 3.) To understand the position of trainer in Order to Deal with the troubles of adolescent.
- A. Physical changes
- Making your youngster privy to these physical changes is the quality approach to help them get through the section.
 - Explain that due to the fact that each adolescent experience bodily trade, it's far normal.
 - Help them regulate to the ones bodily adjustments thru accepting the exchange with them.
 - Make it possible for them to preserve their health and health with the aid of manner of consuming properly and workout.
- B. Health issues
- A bodily education length can help to avoid health issues in kids to keep a healthful way of lifestyles.
 - Be there for them emotionally and bodily as this may help them cope with any viable problems.
- C. Emotional changes and issues
- Guide them to take suitable care of selves. Tell teenagers that it's miles clearly nice to revel in the way they may be feeling.
 - Motivate them to exercising as it allows maintain the serotonin degrees up.
 - Let them talk. Listen to them without judging and avoid giving them advice at the same time as they are now not geared up for it.



- Share your reviews of puberty or encourage them to speak to an older sibling who has long beyond via the identical. It will emphasize that it's far k to revel in the way they do.
- Indulging in a revolutionary interest can help them channelize their emotions.

D. Behavioral trade

- Gaining students don't forget is critical if you as a teacher need to assist them with behavioral troubles. Talk to them and be aware of what they have got to say. Do no longer select or criticize them, as it can worsen their conduct.
- Let them realize which you love them just as they're. Encourage them to be true to themselves and not tackle a persona certainly to delight others.
- Remember that your adolescent infant isn't always absolutely independent in managing their emotions and dreams your help.
- Help them via telling them what you do whilst you experience sad, angry, jealous, and so forth. They can strive the ones solutions to pop out of their very personal emotional troubles.
- You will have to intrude if you see them falling into awful corporation. Remember that kids are sensitive and won't take criticism nicely.

E. Substance Use and Abuse

- Watch college students' conduct cautiously. Keep a watch out for unpredictable behavior and modifications of their consuming, sleep and temper.
- Do no longer eavesdrop on them or make fake allegations towards them. Encourage them to open up and be honest. Discuss the issue with them and allow them to apprehend your issues.
- If your little one is unwilling to talk with you, the docs can ask non-public inquiries to determine whether or now not or no longer they're abusing any tablets.
- Get your adolescent the desired remedy if essential.

F. Educational challenges

- When important, instructors would possibly communicate with mother and father to inspire them to lessen domestic duties in order that their children can deal with their schoolwork.
- Teacher can educate them approximately time control skills.
- Teacher can also offer allowance of late submission if it's needed.

G. Psychological troubles

- Teenage boys and girls are vulnerable to moodiness and emotional outbursts, but they may be not always what they seem. Adolescent mental hassle symptoms can be hard to identify and require a skilled expert's eye.



- The majority of the time, discussing the issues and main a wholesome lifestyle can save you melancholy earlier than it starts off evolved.
- Your adolescent pupil would likely every now and then be comfortable outside of the college but depressing indoors. To discover arrange PTMs if they are additionally moody and pressured at home. In that case, there may be motive of scenario.
- Do not take away their emotions due to the reality doing so would probably cause them to worse.
- Encourage them to talk.

H. Social problems – dating and relationships

- Teenagers might not revel in secure discussing sensitive subjects like dating or love. Don't upload to their discomfort. Be confident and logical at the same time as speaking about the problem.
- Recognize that young adults are exploring a logo-new universe. Simply let them comprehend which you are to be had inside the occasion that they want you.
- They may additionally experience more comfy in case you speak about your courting and social existence stories in class.

4. Conclusion

In conclusion, this research addresses the complicated dynamics of formative years, illuminating the multifaceted nature of student wishes, issues and the pivotal role of teachers in addressing the challenges encountered for the duration of this important developmental stage by means of examining 3 key objectives: know-how the nuanced needs of students, identifying the diverse problems they face and exploring the proactive function of instructors in addressing these challenges. The have a look at contributes valuable insights that underscore the significance of tailored interventions, collective guide and ongoing instructor education to enhance the well-being and academic fulfillment of young people.

In essence, this study contributes treasured insights that go beyond disciplinary limitations, promoting a holistic method to adolescent nicely-being and schooling. By intertwining the know-how of wishes, identity of problems and the role of teachers, the research pave the manner for targeted interventions and coverage concerns aimed at fostering fantastic developmental reports for youngsters. As we navigate the complexities of adolescence, this research serves as a guiding beacon, advocating for collaborative efforts to decorate the guide systems in vicinity for college students at some stage in this transformative section of their lives.

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