



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. This study delves into the complex landscape of adolescent stress, aiming to shed light on the intricate relationship between student needs, challenges, and the crucial role teachers play in addressing these issues. 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

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

Understanding the problems and challenges of adolescents is crucial for teachers, parents, and society at large, as it enables the development of informed and effective strategies to support this demographic group. 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 vulnerable emotionally and physically. Without proper nutrition and healthcare, they are susceptible to illnesses. According to a 2015 WHO report, 1.3 million adolescents died in 2015, a majority of them had preventable diseases.
 - Teenagers have a hectic schedule as they hop from one activity to another with little time to eat or rest properly. Unhealthy eating habits prevent them from getting the nutrition they need.
 - Consciousness about their body can lead to eating disorders, especially in girls. Adolescent girls who worry about their weight and appearance can develop disorders like anorexia or bulimia.
 - Stress can also lead to loss of appetite and sleeplessness in young children.
 - Unhealthy eating habits and a less active lifestyle could also lead to obesity – this is often the case when your child consumes a lot of empty calories through fast food and sodas.
- c) **Emotional changes and problems**
 - Adolescence is the age between adulthood and childhood. Teenagers are often confused about their role and are torn between their responsibilities as growing adults and their desires as children.
 - They frequently experience extreme emotion. They can get joyful, ecstatic, indignant, or mad over anything.
 - Teenage girls are prone to sobbing.
 - Both teenage boys and girls frequently experience mood swings.
 - Self-consciousness results from physical changes.
 - Early onset puberty might even make kids feel strange.
 - At this point, feelings of superiority or inferiority could appear.
 - Adolescence is the age when sexual feelings arise in youngsters.
 - Feelings and thoughts about sex can trigger a sense of guilt.
- d) **Behavioral change**
 - Impulsive behavior can be damaging to your child and others as a result of overwhelming emotions. Most of the time, it is merely typical adolescent behavior that persists throughout this period.
 - Children gain and assert their independence during adolescence. This could lead to them challenging their parents' rules in an argumentative way and defending what they think is right (seen as stubbornness). Significant developmental change in the brain makes teens moody, tired and difficult to deal with.

- Teenage guys' rising hormones may even drive them to engage in physical heated arguments. Additionally, they would like to listen to loud music.
- Adolescents may want to explore new things and take risks as a result of their newly found independence, which can lead to irresponsible behavior.
- Peer pressure and the desire to "fit in" can occasionally cause people to act in particular ways or form difficult-to-break habits.
- Your teen's appearance, sense of style, and grooming habits also change, frequently in ways that you might not like.
- Perhaps your teen hanging out with troubled kids and embracing a risky lifestyle is the most alarming habit.
- One of the typical teen behavioral problems is lying. Teenagers may tell lies out of fear or to avoid conflict with their parents.

e) **Substance Use and Abuse**

- Teenagers are impulsive and are readily influenced to take the wrong perspective. One of the largest issues facing parents of adolescent children worldwide is substance abuse.
- One of the main factors encouraging teenagers to start smoking, drinking, or doing drugs is peer pressure.
- Most teenagers try smoking or drinking even before they are of legal age since they have a tendency to take risks. And if left unchecked, behaviors that first only provide a "thrill" can develop into habits.
- Your teen may look up to them if they have family members who smoke or drink.
- Teenagers who smoke or drink often do so out of a lack of self-confidence and a desire to fit in their peer group.
- The temptation to use illegal substances may be increased by the accessibility with which cigarettes, alcohol, narcotics, and anabolic steroids are available.

f) **Educational challenges**

- Teens may become depressed under pressure to succeed academically and qualify academically to take admission in universities of their dreams.
- It can be exhausting to balance extracurricular activities, school work, and household responsibilities.
- Poor academic achievement brought on by distractions at school will increase the pressure.

g) **Psychological problems**

- According to research, almost 50% of adult mental health illnesses start when a person is 14 years old. In fact, depression-related suicides account for one-third of adolescent mortality. It is critical that you get expert assistance for your child if they are very irritable, not eating, or sleeping at all.



- Anxiety and mood disorders are the mental health conditions that are seen most frequently in adolescents. In this age bracket, social phobias and panic disorders are common. It's possible that girls are more likely than boys to experience depressive illnesses.
- Teenagers may struggle with confidence or self-esteem difficulties. Their appearance and acceptance of their body like skin colour, beauty, and figure—often causes them to feel inferior or superior.
- Low IQ and poor academic achievement might also demotivate them. They start to live their lives with a "I'm not good enough" mentality.
- One of the frequent mental health issues that adolescents experience is depression.
- The pressure and stress of adolescence can cause anxiety-related problems, and mood swings might result in conduct disorder or oppositional defiant disorder.

h) **Social problems – dating and relationships**

- Attraction to the opposite gender begins during adolescent age. At such a vulnerable time, it is but natural for teens to feel awkward in social situations.
- They need time to understand and get comfortable with their hormone changes. Girls and boys start experiencing 'lovable' feelings towards the other gender and may not know what to do about it.
- At this point, they start dating. Adolescent may not feel comfortable discussing it with you and may go with incomplete or incorrect knowledge of it.
- Competition is another important aspect of a teenager's social life. Your child may compete with her peers in anything and everything. Their spirit of competition speaks a lot about their perception of self – whether they have a positive self-esteem or a negative one.
- During this time, they seem to be spending a lot of time interacting with peers on social media sites, on their phone, and outside.

i) **Addiction to cyberspace**

- The introduction of social media has altered how we communicate with one another. The lives of teenagers have been most impacted.
- Teens may appear to be on the phone, texting, talking or just playing for hours.
- Teenagers who are internet addicts typically have fewer friends and lead less active social lives.
- They lead isolated lifestyles and are content to spend hours online.
- Their physical activity is also reduced due to addiction to the internet, leading to an unhealthy and sedentary lifestyle.
- Academic performance is negatively impacted by internet addiction.



j) Aggression and violence

- Adolescent boys are particularly vulnerable to aggression. Young boys begin to bulk up, become taller, and have a manlier voice. Additionally, they have a volatile personality, are prone to vulnerability and are easily offended.
- Adolescent boys can get into fights at school.
- Even worse, they might begin to bully others, which is a serious issue that both adolescent boys and girls deal with.
- Boys could hang out with the bad people and be inclined to aggressive, violent, and vandalistic behavior. They might be readily influenced to possess or use a weapon as well.
- Impulsive acts of aggression can have deadly results. Interpersonal violence causes about 180 adolescent mortalities worldwide, according to a WHO estimate.
- Teenage girls are likely to suffer violence or aggression by a partner or they may get aggressive due to comparisons.

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3) **To understand the role of teacher in Order to Deal with the problems of adolescent.**

a. **Physical changes**



- Making your teen aware of these physical changes is the greatest approach to assist them get through the phase.
 - Explain that since every adolescent experience physical change, it is normal.
 - Help them adjust to these physical changes by accepting the change with them.
 - Make it possible for them to maintain their health and fitness by eating well and exercising.
- b. Health problems**
- A physical training period can help to avoid health problems in adolescence to maintain a healthy lifestyle.
 - Be there for them emotionally and physically as this will help them deal with any possible disorders.
- c. Emotional changes and problems**
- Guide them to take good care of selves. Tell teenagers that it is totally fine to feel the way they are feeling.
 - Motivate them to exercise as it helps keep the serotonin levels up.
 - Let them talk. Listen to them without judging and avoid giving them advice when they are not ready for it.
 - Share your experiences of puberty or encourage them to talk to an older sibling who has gone through the same. It will emphasize that it is okay to feel the way they do.
 - Indulging in a creative activity can help them channelize their emotions.
- d. Behavioral change**
- Gaining student's trust is crucial if you as a teacher, want to help them with behavioral issues. Talk to them and listen to what they have to say. Do not judge or criticize them, as it could worsen their behavior.
 - Let them know that you love them just as they are. Encourage them to be true to themselves and not take on a personality just to please others.
 - Remember that your adolescent child is not completely independent in dealing with their emotions and needs your support.
 - Help them by telling them what you do when you feel sad, angry, jealous, etc. They can try those solutions to come out of their own emotional issues.
 - You will have to intervene if you see them falling into bad company. Remember that adolescents are sensitive and may not take criticism well.
- e. Substance Use and Abuse**
- Watch students' behavior carefully. Keep an eye out for unpredictable behavior and changes in their eating, sleep and mood.

- Do not snoop on them or make false allegations against them. Encourage them to open up and be truthful. Discuss the issue with them and let them know your worries.
 - If your child is unwilling to speak with you, the doctors can ask private questions to determine whether or not they are abusing any drugs.
 - Get your adolescent the required treatment if necessary.
- f. Educational challenges**
- When necessary, teachers might speak with parents to encourage them to reduce domestic tasks so that their children can concentrate on their schoolwork.
 - Teacher can teach them about time management skills.
 - Teacher can also give allowance of late submission if it's needed.
- g. Psychological problems**
- Teenage boys and girls are prone to moodiness and emotional outbursts, but they are not always what they seem. Adolescent psychological problem symptoms can be difficult to spot and require a skilled professional's eye.
 - The majority of the time, discussing the issues and leading a healthy lifestyle can stop depression before it starts.
 - Your adolescent student might occasionally be comfortable outside of the school but miserable inside. To find out organize PTMs if they are also moody and confused at home. In that case, there is cause of concern.
 - Do not eliminate their feelings because doing so might make them worse.
 - Encourage them to communicate with you.
- h. Social problems – dating and relationships**
- Teenagers might not feel comfortable discussing sensitive topics like dating or love. Don't add to their discomfort. Be assured and logical while talking about the matter.
 - Recognize that teenagers are exploring a brand-new universe. Simply let them know that you are available if they need you.
 - They might feel more at ease if you talk about your dating and social life experiences in class.
- i. Addiction to cyberspace**
- Do not assume that just because your child spends a lot of time in front of a computer that they are addicted to the internet. Other than browsing the internet, they may be using the device for other useful activities.
 - Never refuse the Internet. They will grow more adamant as a result. Instead, discuss your worries with them and assist them with tasks that do not require a computer.

- Enroll them in events that will motivate them to socialize. Plan family activities that will encourage them to use the computer less.
- Discuss certain limits with parents and advise them to tell their kids to Avoid using the phone in the bedroom because it could interfere with sleep.

j. Aggression and violence

- Children usually mirror what they observe at home. So if you notice aggressiveness first check there family background.
- Teach children about the value of kindness and life skills. Set a standard that they can admire.
- Avoid exposing them to violent materials, games or movies when they are still developing their moral sense.
- Encourage them to explore different methods of expressing their anger such as doing yoga, running or going to gym. In this way, they come to learn that while feeling angry is normal, how they handle it makes all the difference.

4. Conclusion

In conclusion, this research addresses the intricate dynamics of adolescence, illuminating the multifaceted nature of student needs, problems and the pivotal role of teachers in addressing the challenges encountered during this critical developmental stage by examining three key objectives: understanding the nuanced needs of students, identifying the diverse problems they face and exploring the proactive role of teachers in addressing these challenges. The study contributes valuable insights that underscore the importance of tailored interventions, collective support and ongoing teacher training to enhance the well-being and academic success of adolescents.

In essence, this study contributes valuable insights that transcend disciplinary boundaries, promoting a holistic approach to adolescent well-being and education. By intertwining the understanding of needs, identification of problems and the role of teachers, the research pave the way for targeted interventions and policy considerations aimed at fostering positive developmental experiences for adolescents. As we navigate the complexities of adolescence, this research serves as a guiding beacon, advocating for collaborative efforts to enhance the support systems in place for students during this transformative phase of their lives.

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