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參展科別 行為與社會科學

作品名稱 MENTAL STRESS IN TEENS

國家 India

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關鍵詞 Stress、Teens、Behaviour

作者照片



ABSTRACT

Observation:

Over stress is a one of the major hindrance in realizing true potential. I observe source and effect stress in teens in my nearby society. Observations are as follows:

- Parental pressure for excellence in study
- commercial purpose
- Inferiority complex
- Scolding and intimidating children in public

Objective:

To study mental stress in adolescence and to find a solution to the cause of mental stress.

- Mental stress should be reduced in adolescence.
- In adolescence, parents should convince the children that it is right and wrong because of the pressure put on the children.

Experiment:

We conducted a survey to find mental stress in children, which was done by a quiz. We conducted this survey between parents. Samples of some quiz :-

For Parents: -

- Do you scold your child.
- Do you think your child is under stress.

For Children's:-

- How much do you study in one day.
- How do your parents treat you.

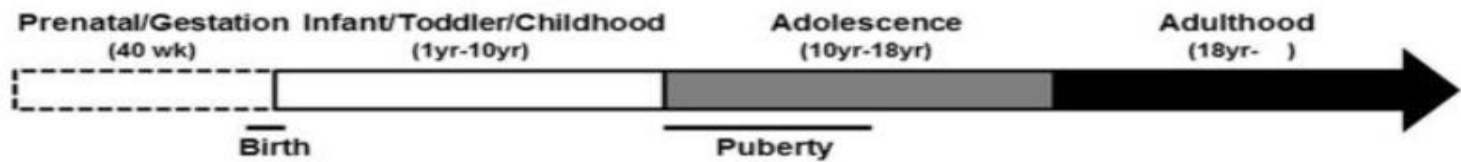
We go through the experiment: -

We surveyed how a child reacts when he is under mental stress.

- His brain becomes weaker than a healthy child.
- He slowly feels weak around himself.
- Parents should keep an eye on children in adolescence.

We found many such reasons during the survey.

Conclusions:



After completing this project we have concluded that the biggest root cause of stress in adolescence is that the mother is unable to give time to the children and there is pressure on them to study, due to this, between parents and children distance is increasing due to which stress is also increasing.

“INTRODUCTION”

MENTAL:- Mental illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behaviour.

Examples of mental illness include depression, anxiety disorders, dyslexia, schizophrenia disorders and addictive behaviours.

STRESS:- Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous system. Stress is your body's reaction to a challenge or demand. In short burst, stress can be positive, such as when it helps you avoid danger.

ADOLESCENCE {TEENS}:- Adolescence age {12-18 yrs} of mental stress in teens. Because **Adolescence** is the transitional stage from childhood to adulthood that occurs between ages 13 and 19. The physical and psychological changes that take place in adolescence.

“HYPOTHESIS”

As you go. That now a days children mental stress, I will also see you. Because the parents of some children and Parents push for reading. Still the child does not is. So let him do his insult in front of anyone. So on, They give physical and mental stress. Most children for these reasons stress victims. And child parents and parents Are getting away from. Because of this parents the relationship breaks down. Due to this, children sit on any accident.

The following reasons for children going under stress: -

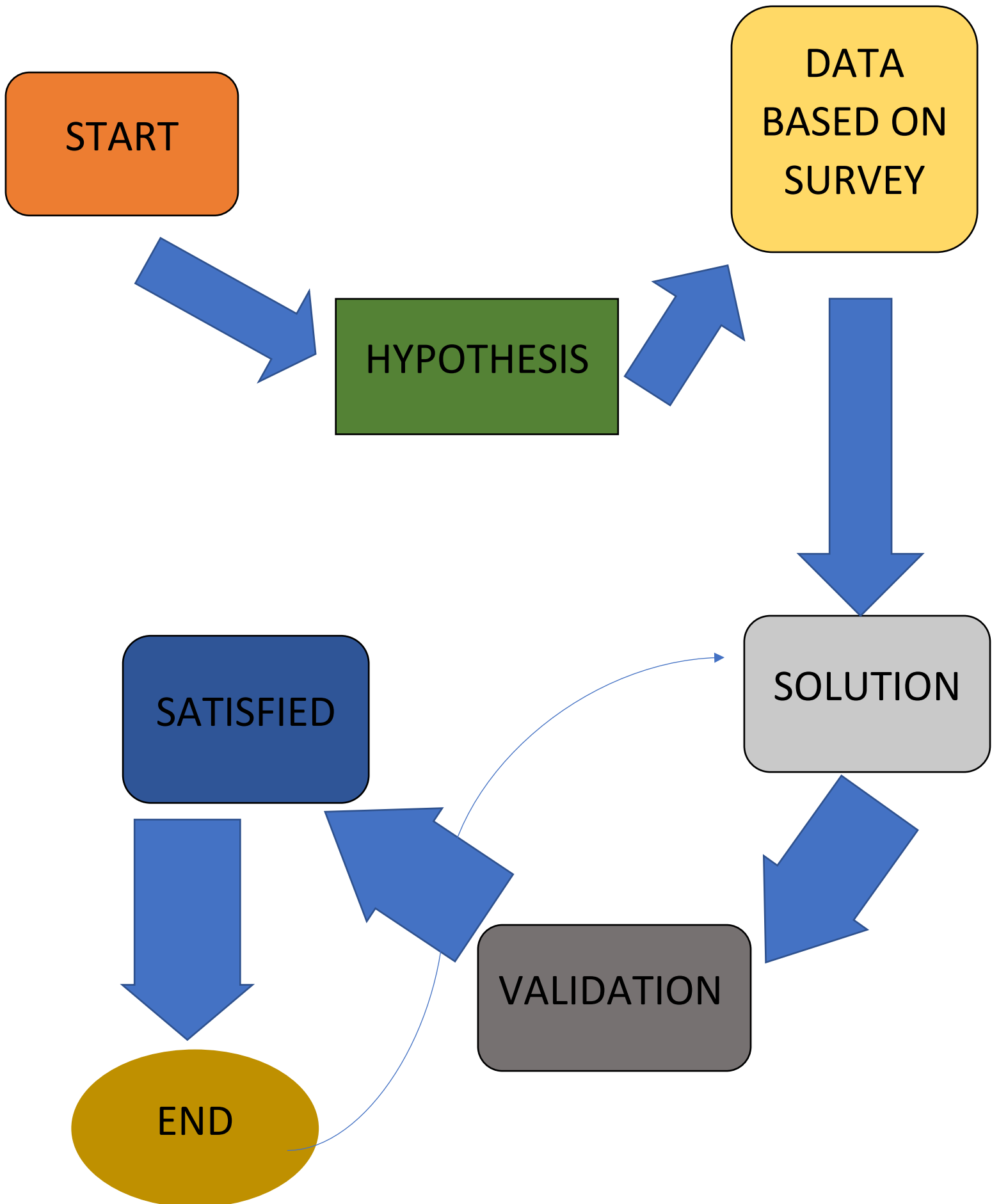
- Education pressure on children.
- Reasons for not providing time for children.
- Do not treat children well.
- To pressurize children other than studying.
- Do not encourage children to succeed in any task.

“OBJECTIVE”

To study mental Stress in adolescence and to find a solution to the cause of mental Stress. Mental stress in adolescence is the title of our project. And This project has the following objectives.

- Do not put any kind of pressure on children.
- Comparing their children's intellectual abilities to other children Should not do with
- Parents should try their best Do not stress
- The government should take some measures to prevent tension.
- Parents expect more from their children's intellectual abilities Should not do.
- Mental stress should be reduced in adolescence.
- In adolescence, parents should convince the children that it is right and wrong because of the pressure put on the children.

“METHODOLOGY”



“ACTION PLAN”

Together we have completed this project. Gaushala and Radhe nagar area near 2 km periphery Chosen as. Interacted with 50 parents and their children from this region, And his thoughts happened and tried to understand his thinking. There itself We conducted some experiments during the survey. That survey and experiment Are written in the subject. We put together a 20-question survey Questionnaires prepared. In which the decision to survey 50 people Took. And the people they saw, the stressed children and He and his children were also surveyed. And collected information from them. During the survey we also tried to find out. That children And what caused their parents and their parents to get stresses Have been. And we also tried to find out. That child You are stressed What do you have to say about that And his ,What will be the impact on health? And some people also said this, That our child does not listen to us. And that and some of the children Had to say. That our parents pressurize studies. And the work We have done They also make mistakes in that. And ignorant in front of everyone Let's do it. To collect information of the people and their parents and their After listening to the children, we told them some solutions.

“SURVEY AND EXPERIMENT”

Together we surveyed and found out that nowadays parents And their children are increasing in distance. One day these distances It takes a big size. These distances increase mental stress. And When we surveyed, we came to know that, "adolescent mental" The tension is therefore increasing. Because the pressure on children to increase Is going. And in the survey we found that, parents are away from children Are going One thing we also got to see was that parents in the morning 07:00 am leave for duty. And duty at 07.00 pm Come home from Hence parents are unable to give time to the children. And Due to this, the distance

between parents and children is increasing Therefore, children make an accident due to stress. Of this The reason is that children are becoming victims of mental stress.We have done some experiments during the survey. Which are as follows: -

- First we assessed some healthy children during the survey Did. Which is as follows We have done a math to a healthy child (Any question given any question. That question in itself. Was difficult. But he solved that question in 4 to 5 minutes. It is clear that any kind of pressure on that child(Not being stressed).
- First we surveyed some stressed children Assessed. Which is as follows To a stressed child We gave the same math problem to solve, so solve it It took 8 to 10 minutes to do. From this position Is clear. That someone’s pressure (stress) on that child Is being inserted

SAMPLE OF SURVEY QUESTIONNAIRES:-

“SURVEY QUESTIONNAIRE OF THIS RESEARCH”

TOPIC:- MENTAL STRESS IN TEENS

NAME:-.....

CLASS:-.....

AGE:-.....

FATHER NAME:-.....

NO. OF FAMILY:-.....

M/F:-.....

PARENTS OCCUPATION:-.....

• Some questions for parents:-

1.Does your child live under stress?

A. yes

B. No

2.How much does your child study in a day?

7. Do you child live under stress?

Ans.....

8. Do you let your child do his mind work?

A. Good

B. Bad

• **Some questions for children:-**

1. Do you feel stressed?

A. Good

B. Bad

2. How much do you study in a day?

Ans.....

3. Do you Parents scold you?

Ans.....

4. Do your parents give you time?

Ans.....

5. How do your parents treat you?

Ans.....

6. Do you obey your parents?

Ans.....

7. Do you live under stress?

Ans.....

8. What do you think. That you are under stress?

Ans.....

“CONCLUSION”

Together we surveyed and found out that nowadays parents and there is a lot of distance among their children. And when we did the survey we found out that "mental stress in adolescence increases used to be. Because the pressure of education on children is increasing. And survey we found that, parents are moving away from children. One thing we have it was also seen that the parents left for duty at 7.00 am go. And come home from duty at 7.00 pm. So mother the father is unable to give time to the children. And because of this parents and distance between children increases. This leads us to the conclusion. That "mental stress in adolescence, it is very inertial that the distance between parents and children increases, is going due to this, stress also increases.

“SOLUTION OF THE PROBLEMS”

When we surveyed. So we have to face many problems was lying. Following are the problems we found during the survey solutions are given below.

Problem 1. On seeing teenagers as stressed, their parents and father starts living in worried?

Solution: - It is also right for parents and parents to be worried. Because adolescence is such a condition. In which even the child deteriorates can. And can also improve. Children's physical condition only at this stage and mental development takes place. In this stage of stress in adolescents. The problem is normal nowadays, at this stage the parents should be attention is required.

Problem 2. Nowadays speaking of children, that the pressure of education on us is being inserted?

Solution: - The pressure of parents to study on children is equally Should be put As much as he can afford. Because putting more pressure But children make an accident. And that tension after that Due to this, they also have to face many troubles.

Problem 3. What do parents do today. Area where child's interest is. He does not allow to work?

Solution: - Parents should work there. In which the child is interested (Playing, reading, writing, etc.). What do parents do Speak to read. Parents also have to speak correctly. Son, read or else There is nothing in life Now the child thinks. What should I do or my mother Do to father. Let me tell. Adolescents from 12 to 18 years is. In such a decision, it will either spoil the life of the child or spoil it. We parents should not always follow the same thing.

Problem 4. Children had to say. When we should do homework. When to sleep?

Solution:- You should give only as much as you can madhya pradesh board are apply Many subject and Many fences like CBSE and STATE BOARD and etc. Give more homework. Our point is that children One should sleep till 5-10 pm i.e. one of the scholars Would like a student to create his or her own routine and Want to follow.

“IMPACT ON SOCIETY”

I We found out during the survey that adolescent mental stress Due to this, there will be a lot of impact on the society as well. Adolescent mother The father should pay attention. Because in the future of teens Any doctor, leader, prime minister and teacher etc. Hence the issue of mental stress in adolescence is also considered by the government Is doing it on Because teens who are stressed today How to handle your

country in the entry. Government for this Research is also being done on research. But still no conclusion of these research Not leaving Suppose 75% of the people in the future have stress from 00% The victims are suffering. How will these remaining 25% manage the government and the country.

“FOLLOW UP ACTION”

Mental health policies define a desire for the future Which in turn prevent and treat mental disorders treatment and rehabilitation To set the benchmark for mental health in the community Helps to promote. And to prevent mental stress of children The pressure of studies on them should be reduced. Their parents. In week Once take their report from teachers and report it to the teachers only. And The child is interested in the child. Let him do that. Parents should allow children time in the morning / evening / night. From them One should ask about them. Do not put any pressure on children, Whether it is mental or physical. Yes but from time to time Keep pushing. However, the child should not be given complete independence. Parents should keep an eye on all the friends of their children. What do they do? What Parents and parents do not curiosity of their children Do not attempt to suppress. Rather curiosity of your child Should try to increase.

Goals, strategies and ideas: -

- Reduce the pressure on children to study.
- Parents should give time to children.
- Self-care should be encouraged.
- Parents should not put mental and physical pressure on children Needed.

“ACKNOWLEDGMENT”

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【評語】 130015

There is a lack of hypothesis, material and methods, and results. The presenter could not adequately present in English. ◦