

A STUDY ON TOXIC STRESS- ITS EMOTIONAL AND PSYCHOLOGICAL CHANGES AMONG CHILDREN

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ABSTRACT

Stress is an important factor which may affect anyone including kids. Stress differs from person to person. The causes of stress for Adults are quite easy to predict. But the causes of stress for kids are very complicated. The general cause of stress among kids is preschoolers, separation from their parents, learning disorders. Kids are very busy in playing, chatting with their grandparents, talking about the suspicious things. The sudden changes of the Environment, may affect their Psychological factors. Stress may cause positive or negative factors towards children. The Positive changes will show a good sign and symptoms for everyone in the family. Negative factor is one which is to be carefully handled and that affects the psychological issues.

INTRODUCTION

Stress is a negative change in a child's life. Excessive stress will affect the child behavior, acts and feeling. Children will react towards stress and they grow and develop themselves. A small change will have a both positive and negative impact in a child's feeling. The Adults understands and react to the stress when compared to the children. The Children self-worth is tied to the expectations of their parents and teachers.

Causes of stress among kids

1. Stress in School- Kids spend their maximum time in their school with their teachers, friends. They have their responsibilities with sports, extra curriculum activities, tuition and homework.
2. Stress due to family issues- Stress can be caused by problems such as fight among parents, financial problems, and corporal punishments which lead to the mental disorders.
3. Stresses due to Environment-Children are very anxious to see things on TV such as disasters, terrorist attacks, violence, horror movies, darkness and fear of strange people. This will cause an emotional distress.
4. Other Causes- Children are also stressed due to the sickness, death of their affectionate person. Children are very sensitive with their emotional levels.

Sources of Anxiety and stress

1. Major changes in the family

Major changes in the family like divorce, death in a family and addition of new siblings. A new sibling can make a child to get jealous. A death can create a fear about dying.

2. Parental Instability

Money and job concerns, family confusion can lead to an overwhelming sense of powerlessness for kids.

3. Academic Pressure

Academic Pressure includes fear with their staffs, heavy portion beyond their age, not interested with topics, bored lecturer, no cordial relationship with their staffs, too much of writing notes and homework.

4. Bullying

Bullying is a worst problem for many children. When someone is vulnerable towards kids may lead to physical harm. Children who are bullied may feel embarrassed in their classroom and fear of teachers will show a negative result in their exams, attitude and Psychological changes.

5. Catastrophic Event

New images showing natural disasters like terrorism may develop a negative attitude and violence among kids.

Major signs of Psychological changes

1. Changes in a sleeping pattern

Children may have a change in their sleeping time. Younger children may start avoiding bedtime routines. Younger children may also have bedwetting problems, because of change in their sleeping pattern.

2. Changes in Eating Pattern

Eating less or more is a bad sign of anxious or stressed. Children may report not feeling hungry or eating smaller amount. Some children may eat large portions or express feeling hungry, even after eating.

3. Increased aches

Some children may often feel headaches, stomach pain and negative thoughts if they are stressed. If they feel stressed for a week, it affects their routine works. If this stress continues, it affects their physical and psychological factors.

4. Mood Swing

Mood Swing is a major drawback and cause of stress. Frequent sadness, irritability, anger, fearfulness are the sources for the change in their behavior.

Impact of toxic stress among stress

1. Positive Stress

This stress is common stress for kid's life. Example: When children include doing a new activity like joined in a new swimming class, take them to a hospital for vaccine. These experiences will not affect the kids.

2. Tolerable stress

These activities may cause the level of stress but not for a long period. Example: death of a loved pets, separation of their friends in the classroom.

3. Toxic stress

These stresses are very rare but affect the children in many ways. Example: Death in a family member. These factors affect the physical, Emotional and sexual cases.

How Parents can help- Children

1. Parents can provide a safe and dependable home.
2. Family routines can be comfortable. Example: joining for a dinner or going for a movie along with family members.
3. Parents should be a role model for their children.
4. Kindly listen to your kids and ask them about their problem, needs and expectations.
5. Observe your kids, when they watch TV programs, reading books and games.
6. Spend your maximum time with your kids. Be calm and have a relaxed time with your children.

Impact of Toxic stress on child development

The child grows and their brain also develops a powerful influence on toxic stress. Healthy development is banned not only because of bad issue but also the stoppage of good things, which is not happened at the right time. We can protect the child and helps for their healthy development through giving importance of toxic stress of their children.

CONCLUSION

Toxic stress gives a severe stress on everyone. It gives the bad effort on children life. Preventing the toxic stress in child's younger age is quite easy. The child environment is a strong reflection from various factors like family, school, friends and society. Strengthening the family, creating the healthy atmosphere in the adolescent stage, spending time with their children, learning coping techniques, following integrative methods will help to reduce the toxic stress among children.

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