



A study about childhood stress during her middle

N.PRAVEENA

ABSTRACT

Childhood stress is becomes a problem of every children when it start for day today life but some children are live a life of anxiety it not a short term and not just an occasional thing in their middle ages. Stress will be being in primary school level for instance children are going their school at their exam time all kids with anxiety. Family arguments and conflict can also leave insecure and anxious.childrens wants over come from that stress. Family, friends, and environments are wants to help to burnout stress. Children's are effected by physically and emotionally and its affected through the brain of child Parents and guardians can get help and advice from doctors and counselors to help children overcome that anxiety.

KEYWORDS

Introduction

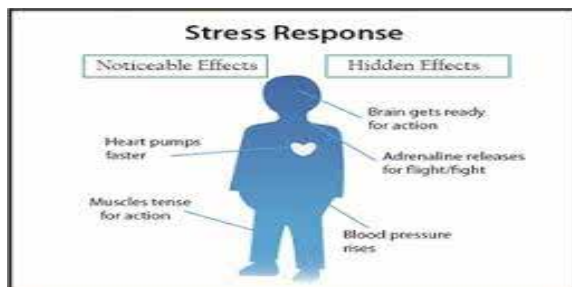
Childhood being middle age around eight in primary school ages, in this period children's are attending the school thus developing socially and mentally at this stage they make new friends and gain some skills and they become more independent and enhance his are her individuality childhood is a mixture of happiness wonder sadness. In that time generally playing, socializing, exploring, and worrying, in a world. But now a day's young children can feel worried and stressed. It came from family friends and school they can feel stressed when they feel they failed and unable do any activities.

Types of stress

- Physical stress
- Emotional stress
- Episodic stress

Physical stress

Physical stress is causes by every child its include muscular pain, head ache, and shortness of breath, child have too much tensed this type of stress will caused



Emotional stress

This type of stress is depend upon every parents and circumstance of child because emotionally black mailing that child. For example parents are not giving their lovable things like toys books its created the anger,anixeti,y,depression,and irritability.but this kind stress highly treatable and manageable

Episodic stress

This type of stress is caused frequently for every child for example if they children is late to school it caused regularly and don't do their home work and sudden shock its causes the episodic stress

Causes of stress

Now a days children's are more eagerly with videogames .if they playing long lasting they cased the too much of stress. Technologies are improved new inventions are coming and spread over the world like ipads,smartphones,laptops children's are using that playing games continuously finally they addict with that software's parents are not giving that child feel stressed .next is family wise parents are main reasons for his/her anxiety for example if parents are arguing each other in their home, and some parents are getting divorce children's

are saw that know her parents anxiety and started to worrying themselves without outspoken to others if separated or divorced parents should never put kids in a position having to choose sides or expose the negative comments about the spouse this type circumstance is main reason causes the anxiety .next is school time children not done their home work are any activities given by her teacher if they feel feared and got depression.

Recognizing stress in children

Especially small children with developed communication skills more over effected by physical emotions like headache stomach ache and nausea. Some children's under more stressed they displayed like bed wetting and unwanted crying and easily confused with their stress and not concentrated anything they feel lonely and sitting along thinking something not related any things .they misspelling their speeches and not concentrated their studies and don't playing with their friends and not mingle with their family suddenly fear about unwanted things and regular headache.vomitting.and short time memory loss problems.

What children can do reduce stress his/herself?

- Taking about their problems with her parents are someone else that children trust person
- To hearing soft musicians slow deep breaths, and doing her favorites
- Exercise and do some physical activity reduce the stress
- Think yourself remember that nobody is perfect
- Concentration on more puzzles and solving the problems and it can help that reduce the stress himself
- Playing indoor and outdoor games
- Mostly outdoor games are helpful to burnout their stress
- Schedule their times with help of teachers and parents
- Meditation and yoga classes are better medicine for children's

How they parents are help to overcome the stress?

- Encouraging her children to do something creativity
- Provide a secure,familiar,consistent and depended able home
- Talk to your children, discussing his/her problems and treated as a friends joining with them and getting solution from problems
- To avoid the unnecessary stress is to be selected as on environment
- Try to use positive encouragement and reward instead of punishment
- If you need help to finding resource for your child consult any doctor or child specialist or teachers
- To ask them to allow their family activities like to arrange her rooms and given their environment what they like.
- Planning for weekend outing with her family
- Parents are must be friendly with her child
- To give more eatable items whatever they like

Conclusion

Childhood stress in terms of positive and negative ways positive stress is good to the child hood because it will be motivating the every child

dren's parents and teachers are spending more time to their children's and know about her and satisfying everything like sports ,studies its reduces more stress to kid and teach to how to handle stress and facing the problems in their societies and how to relax their mind and physic to contribute to the welfare of the people around them and strengthen the skills and confidence with which they face the world and all future challenges .

Reference

1. <http://childdevelopmentinfo.com/familyliving/stress/#ixzz3wC3D4vgo>
2. Children handle stress. Available at living/emotional-wellness/Pages/Helping-Children-Handle-Stress.aspx. Accessed on May 14, 2014 American Academy of Pediatrics. Helping <http://www.healthychildren.org/English/healthy>
3. <http://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Helping-Children-Handle-Stress.aspx>
4. at <http://www.apa.org/helpcenter/stress-children.aspx>