B.ED
Stress among Adolescents and Its Management

Objectives: At the end of the lesson, the student teachers will be able to:

1. Get acquainted with the complexities of Adolescent stage.
2. Become aware of the sudden changes of Adolescent period and resultant hazards.
3. Become aware of the abuses during Adolescent Period.
4. Develop healthy habits among Adolescents.
5. Manage their stress.

UNIT-I ADOLESCENCE

1. Adolescence: Meaning, Definition and Characteristics
2. Growth Pattern during Adolescence
3. Theories of Adolescence (Hall and Freud)

UNIT-II ADOLESCENCE AND ADJUSTMENT

1. Adjustment: Meaning, Definition and Characteristics of a well adjusted Adolescent.
2. Methods of Adjustment.
3. Mental Hygiene: Meaning, Goals and functions of Mental Hygiene.

UNIT-III STRESS DURING ADOLESCENCE

2. Problems of Adolescents.
3. Impact of Stress on Educational Achievement
4. Problem of Heightened Anxiety and its Relief through: Drug Addiction, Alcoholism, Tobacco Chewing and Intoxication

UNIT- IV MANAGING STRESS DURING ADOLESCENCE

1. Building a Positive Self Concept: Role of Family, Peer Group and Teachers
2. Group Dynamics: Meaning, Improving Interpersonal relations in the Class.
3. Adolescent Interests as a means to relieve stress: Personal, Social and Recreational.
4. Stress Management through: Meditation, Yoga and Physical Exercises.
BOOKS RECOMMENDED: