



Adolescent stress management using spirituality

Dr. Rakesh Ashok More

Associate Professor & Head,

Department of Psychology,

MES Abasaheb Garware College (Autonomous), Pune

Maharashtra, India

Email: - rampsysc@gmail.com

Abstract: *Spirituality-a word which denotes a well-planned systematic life with discipline, regularity and devotion. It gives strength to our mental health. Spirituality should be inculcated right from the childhood. It gives mental calmness, politeness and patience. In Adolescents, especially student community feels stress in all aspects of life. "Stress" is a kind of situation everyone facing nowadays from kids to adults. Stress is caused due to lack of self-confidence. The attitude of Adolescents is becoming negative and they are unable to cope up with any kind of adverse situation. The Student community during Adolescent stage Indulged in many unhealthy practices. In the present situation the students' minds are becoming aggressive and inhuman due to the psychological disturbances. They even don't aware of the moral values and seeking the quick results with least efforts. In such circumstances they are facing stress condition and attempting suicides or causing harm to others. So this is the present scenario of Adolescents which can be corrected by means of healthy practices like creating awareness about Spirituality which can be made compulsory in the education. "Adjustment" is widely used concept with regard to quality of human life. "Spirituality" can help the Adolescents by practicing Yoga, meditation and prayer which in turn make their minds calm and hopeful.*

Key Words: *Spirituality, Stress, Adjustment, Suicide.*

1. INTRODUCTION:

Stress

Stress can be defined as any type of change that causes physical, emotional or psychological strain. Stress is your body's response to anything that requires attention or action. Everyone experience stress to some degree. The way you respond to stress, however, make a big difference to your overall well-being. Stress arises when individuals perceive that they cannot adequately cope with the demands being made on them or with threats to their well-being. R.S. Lazarus (1966), Psychological stress and the coping process. New York: McGraw-Hill. Stress, it is argued, can only be sensibly defined as a perceptual phenomenon arising from a comparison between the demand on the person and his or her ability to cope. An imbalance in this mechanism, when coping is important, gives rise to the experience of stress, and to the stress response. T. Cox (1978). Stress, Basingstoke: Macmillan Education. Stress results from an imbalance between demands and resources. R.S. Lazarus and S. Folkman (1984) Stress, Appraisal and Coping. New York: Springer.

Stress is the psychological, physiological and behavioral response by an individual when they perceive a lack of equilibrium between the demands placed upon them and their ability to meet those demands, which, over a period of time, leads to ill-health. S. Palmer (1989). A simple definition that can be used is: Stress occurs when pressure exceeds your perceived ability to Palmer, 1999. Stress not only affects our body and corrupts its natural functioning. It also affects our mind and spirit as well. Everyday, each of us goes through stress a number of times -mild or severe. We follow our own ways to fight or flee them. But human endeavor to find the most effective deterrent against stress is still going on. It is so, because stress still remaining the major affliction of modern life. Since its complete eradication is neither possible nor desirable, we can equip ourselves to manage stress positively'. Through trial and error modern man has found a unique stress buster-knocking at the door of soul. When all outward sources of solace dry up its is but natural to look within and to know, to understand the nature of the 'self and its requirements. This kind of mental orientation



helps to realize one's self, the real purpose of life and one's relationship with the concept of God, is rapidly catching the imagination of modern men".

Osho explains the mind is great tourist. It strays. A spiritual Guru gives birth to your inner self. We rediscover our being; In the vicinity of a guru one feels unburdened. Pursuance of spirituality encourages one to empty all negative thoughts and distractions from one's mind and helps one cultivate a passive attitude towards nagging life solutions'. Mr. Nanda says "spirituality does not fall off when you are at work or business. Rather it enhances your total out look. One is positive, cheerful, absolutely spontaneous, flowing like the stream of a river.

Our mental strength and attitudes are the deciding factors in identifying stressor and the nature of our response to it. As we come to realize more about ourselves, we develop tolerance towards others. Being able to understand our inherent needs as well as others help improve inter personal relationships. It may improve the relationship with whole environments. Various practices associated with the path of spirituality i.e., meditation, breathing exercises, physical exercises like yoga and practice of positive thinking make one physically and mentally better equipped to manage stress. Meditation brings down stress levels, improves balance and provides calmness to the mind. Spirituality facilitates intra personal.

2. Stress among the Teenagers/Adolescents

Stress and anxiety in Teenagers/Adolescents are just as in adults. Stressed out and negligent parents, high expectations in academic or other performances, abused or deprived childhood, growing up tensions and demand for familial responsibility are the main causes of children and teen stress. Parents, who are not emotionally available for their children or lack positive coping mechanisms themselves, often spur stress in their offspring. Stressed children show signs of emotional disabilities, aggressive behaviour, shyness, social phobia an often lack interest in otherwise enjoyable activities.

3. CONCLUSION:

Research tells us that children, who are forced to live on prematurely adult levels, sometimes become oppositional to following the parents' rules (or those of society). Such children tend to respond to stressors with aggression and indignation. Many teenagers tend to become nonconformists and fall prey to teenage depression in response to a variety of growing up anxieties. However, stress induced fears and anxiety in children adversely affect children's performances at various levels.

Points to be followed by both parents and children:

* Talk with your child. Find out what's happening in his life. Be honest and open with him. He should talk about his problems or write them down. Teach him to transfer coping strategies to other situations. Don't burden them with your problems. But, tell children about the family's goals and discuss difficulties in a friendly manner.

* Compliment children when they do well, and don't forget hugs and kisses.

Use humor to buffer bad feelings and situations. A child who learns to use humor himself will be better able to keep things in perspective. * Spirituality can be inculcated from the childhood, is the best solution for the stress: management among Adolescents.

REFERENCES:

1. American Psychiatric Association (2000). Diagnostic and statistical manual of mental disorder. 4th ed. (Cambridge University Press), translated by Elizabeth S. Haldane). Text Revision. Washington, D.C: American Psychological Association.
2. Decker, L. R. (1993). The role of trauma in spiritual development. *J. Hum Psychol*;33-34
3. Ganje-Fling, M. A., McCarthy, P. (1995). Impact of childhood social abuse on client spiritual. Development: Counseling implications. *Development and standardization. Psychol;Med*; 25:1125-34.
4. King, M., Speck, P. & Thomas, A. (2002). The royal free interview for religious and spiritual beliefs: *J Counseling Develop*; 74:253-8.
5. Sarin, M. (2002). Psychoanalysis and religion. *J Psychol Foundations*; 4:8-15. Descartes R. (164/1996). Meditations on First Philosophy, *Internet Encyclopedia of Philosophy*. (The text is the 1911 edition of The philosophical Works Of Descartes
6. Wulff, D. M. (1996). The psychology of religion: An overview. In: Shafranske EP, editor. *Religion and the clinical practice of psychology*; Washington DC: American Psychological Association.