



Significance of Early Childhood Care and Education to Reduce Stress During Adolescence

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Abstract

Stress is an unavoidable phenomenon in every aspect of human life. It is an important issue and is growing rapidly in every facet of life. Adolescence frequently has to face different stressors in their developmental period. Main causes of stress among them are lie under the different aspect of development such as physical, mental, social and emotional. Education focuses on the harmonious physical, mental, social, emotional, technical and spiritual development of the child. It transforms the child from a egocentric being to a social and global citizen. Early Childhood Care and Education aims at the holistic development of a child. It includes all forms of education both formal and informal, that builds strong foundations for the child's lifelong learning and wellbeing among all the aspects. Early Childhood Care and Education becomes a support for parents and families and aims at building stronger healthier and happier communities. It is fundamental to an individual's development. It has the ability to affect the later years of an individual's life as well as the nation. Thus it has been emphasize that Early Childhood Care and Education is very significant to reduce stress during adolescence.

Key Words- Stressors, Stress, Early Childhood Education, Adolescence

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INTRODUCTION

A child is described as an adolescent when he achieves sexual maturity (puberty) to the fulfillment of his physical growth. The modern world which is said to be a world of achievement is also a world of stress has been called the Age of Anxiety and Stress. Early Childhood Education is a term that refers to the period of time from a child's birth to enter kindergarten. According to Dr. Jessica Alvarado, It is an important in children's lives because it is when they first learn how to interact with others, including peers, teachers and parents and also begin to develop interest that will stay with them throughout their lives. Nations around that world are fully aware of the importance of early childhood education. UNESCO (United Nations Educational Scientific and Cultural Organization) is an international governing body says about the importance of early childhood education. It aims at the holistic development of a child's social, emotional, cognitive and physical needs in order to build a solid and broad foundation for lifelong learning and wellbeing.

NEED AND SIGNIFICANCE

UNESCO defines early childhood as "the period from birth to eight years of age." Education in early childhood paves the way for success in school and future life. Stress is a normal part of life; it comes from any situation on thought that makes frustrated angry or anxious. As a child grows and reaches puberty a psychological metamorphosis takes place. Adolescence is a developmental period during which a growing person makes a transition from childhood to adulthood. Due to the increase in adolescents problems they became frustrated stressed and also became depressed and committed suicide. Increasing problems of adolescents affects the future of our society. So it is very essential to reduce stress among adolescents. There are number of coping strategies and management techniques are available. But majority of adolescents are unaware of it. So it is very important to give proper early childhood care and education to reduce stress during adolescence. Urie Brofenbrenner a highly influential developmental psychologist gave importance to the loving environment in early childhood. It

helps the child to develop positive attitude, social relationship, social skills and optimistic attitudes about school and their futures. So this study is significant in the present scenario

STRESS

The state which is seen in response to internal or external stressors. Every system of the body responds to stress in varying ways. Stress enlists changes affecting almost every systems of the body, influencing how people feel and behave (Psychology Dictionary). The term is used to describe the physical, emotional, cognitive and behavioural responses to events that are appraised as the threatening or challenging (Ciccarelli)

STRESSOR

Stressor is the stimuli proceeding or precipitating a change. There are four kinds of stressors such as internal (fear.guilt),external(trauma,peer pressure), developmental and situational.

ADOLESCENCE

Etymologically the word 'adolescence' comes from the Latin word 'adolscere' which means to grow to maturity. Adolescence is an important period of great stress and strain, storm and strife (Stanley Hall).

MAIN CAUSES OF STRESS IN ADOLESCENCE

Peer Pressure, Conflict with relationships, Pressure of school, Test and homework, Too high expectations, Sports and other extra curricular activities, Social backwardness, Pubertal changes, Too fast or too slow physical development, Family problems including abuse and alcohol and money problems.

IMPORTANCE OF EARLY CHILDHOOD EDUCATION

Early childhood education is similar to a training program given to young children. During this time their physical, cognitive, social and emotional development takes place, which help them to have a brighter future. This is an important stage because remarkable physical development at its peak. Holistic education improves social skills, health and wellness. Supporting parents, family and community encourages social, physical, cognitive and critical thinking. Long-term benefits such as they are able to attain higher paying jobs, less involved in juvenile delinquency and optimistic attitude to future life.

SIGNIFICANCE OF EARLY CHILDHOOD EDUCATION IN REDUCING STRESS DURING ADOLESCENCE

There are many aspects related to Early Childhood Education which helps to reduce stress during adolescence. Some of them are given below.

- Socialization

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Socialization takes roots in early childhood. Peer group relationship forms the basis of socialization, which help them to develop self-confidence and eliminating their shy nature. This helps the adolescence period to reduce stress related to peer group relation, interpersonal interaction, leadership and communication.

- Co-operation

During early childhood education, children learn to share and co-operate activities, which helps their mind to develop generous, sympathy and empathy. Thus the adolescents know to reduce stress related to selfish and ego centric behaviour.

- Holistic Development

Early Childhood Education provides a strong foundation in every aspects of personality development such as social, emotional, mental and physical. During their early childhood education, teachers helps to identify the strength and weakness of children, and encourage and help them to develop weaker section to strengthen and strength to become more and more. Teachers also help to channelize them to their strengthen areas. Thus holistic development helps the future adolescents to reduce stress related to weaker developmental areas.

- Enthusiasm for Lifelong Learning

Early childhood education through fun and play way activities helps the children to develop enthusiasm and eagerness for learning will remain with them in their entire life. This positive attitude towards learning helps in the adolescence stage to enjoy stress free life.

- Value of Education

The new environment provided in the Early Childhood Education gives children on different perspectives on the requirement, grasping knowledge and applying them to their lives. These values of education providing the adolescence stage the importance of stress free education system.

- Respect

Early childhood education providing children to learn respect towards people and environment. This helps the adolescence stage to develop and reflect this respect toward others and environment. This also helps to reduce stress related to people and environment.

- Team work

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Activities provided in the early childhood education giving importance to teamwork, listening skills, respecting others and equality. All these qualities helping adolescence period to reduce rebellious attitudes and became sociopathic.

- Resilience

Our ever-changing society need to develop resilience as early as possible. This helping the children to learn their own experience. It helps to form better foundation for coping strategies for their future life.

- Concentration

To improve the concentration, helps the adolescence stage to score better grades and reduce stress related to academic and achievement.

- Patience

This helps the adolescence to develop their personality attractively and helps to reduce stress related to impatience.

- Confidence and Self esteem

A sense of wellbeing is important for a person to explore their talents. This makes a positive view of them. This behavior helps to reduce inferiority complexes and motivates them to attain self-actualization during their future life.

- Brain Development

Various professionally crafted activities in preschool enhance the development of brain. Activities involving analyzing and logical reasoning help them to develop their problem solving skill during their future life.

- Exposure to Diversity

Early childhood education helps to identifying the diversity in the modern world, this impression towards society helps the adolescence to mould their behavior based on the demands of the society.

CONCLUSION

Recent studies reveals the importance of early childhood education and it can influence the physical, mental, social and emotional development of the child and giving the basis for personality development of future years. The purpose of Early Childhood Education is to nurture caring, responsible and capable future citizens. Our nation's goal is advocacy for

stress free childhood years through proper early childhood education. This paved the way for stress free life of adolescence and youngsters of our nation.

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News paper: soonews.com date 29th March 2019.

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