

Childhood stress: Stressors and its symptoms in children

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■ **ABSTRACT** : Stress is experience in many forms and varies by the individual. Today's children are under a massive amount of stress and it is well documented that the heavy stress loads has negative effects on children. The study was conducted to identify various stressors, children's reaction to stress and to find out the inter-relationship between stressors and stress symptoms. A total number of 192 children studying in grade I to grade VI were selected randomly as sample for the study from eight different private schools of N.C. Hills district of Assam. A self constructed interview schedule was used to elicit background information, stressors and symptoms of stress exhibited by the children. The Interview schedule was constructed separately for the teachers and parents. School related information and family related information were collected from both the teachers and parents, respectively. The findings of the present study revealed that school related stressors such as overloaded assignments, project works, heavy class workloads and family related sources of stress like restrictions on recreational activities, watching television and confined at home even during holidays were identified to be the main stressors in children. Children's reactions to such stressors were expressed through various physiological, socio-emotional behavioural symptoms as well as changes in academic performances. It was also revealed that when the stressors increased the symptoms of stress also increased.

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