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Impact of Stress Management on Classroom Control by Teachers

N.RAJA SREE

M.Ed. Student, Muslim College of education, Thiruvithancode.

S. INDIRA

Assistant Professor, Muslim College of Education, Thiruvithancode.

The purpose of this study is to examine the Impact of Stress Management on classroom control by teachers. Stress is an unavoidable factor in everyone's lives. People deal with it more than once in their lifetime. Stress may be defined as a feeling of physical, psychological or emotional tension which is developed by different circumstances or events that occur in our lives. The teachers are concerned stress management in school. Stress management are the backbone that helps to the smoothly handling of students in schools. Stress can also be positive because it pushes people to do more and fulfill their obligations. It can add an extra boost to our way of thinking and their pace of doing their work. Stress is not uncontrollable. It can be managed in order to protect any sort of negative impacts/ effects. This is what is called stress management. It is defined as the method or techniques of handling or controlling stress. Stress management has a huge effect on classroom controlling the students and their performance as it brings about positivity and competence, it has free, they are at least.

Keywords: Stress Management, Classroom, Control and Teachers.

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Introduction

Stress management is the range of techniques, strategies, and therapies designed to help people control their stress. This can include lowering acute stress, but it is often aimed at lowering chronic stress to improve health, happiness, and overall well-being. Stress management strategies may include:

- Deep breathing
- Eating a healthy diet
- Getting enough sleep
- Guided visualization
- Hobbies and leisure activities
- Meditation
- Mindfulness
- Positive thinking
- Progressive muscle relaxation
- Psychotherapy
- Social support
- Yoga

We all experience stress in our lives. Because many health problems are caused or influenced by stress, it's essential to understand how stress affects our body and learn effective stress management techniques to make stress work for us rather than against us.

What is stress?

Stress is our body's response to changes in our life. Because life involves constant change-ranging from every day, routine changes like commuting from home to work to adapting to major life changes like marriage, divorce, or death of a loved one-there is no avoiding stress. Our goal shouldn't be to eliminate all stress but to eliminate

unnecessary stress and effectively manage the rest. There are some common causes of stress that many people experience, but each person is different.

Causes

Stress can come from many sources, which are known as "stressors." Because our experience of what is considered "stressful" is created by our unique perceptions of what we encounter in life, a situation may be perceived as "stressful" by one person and merely "challenging" by someone else.

For example, when we find ourselves in situations where there are high demands on us but we little control and few choices, we are likely to experience stress. We might also feel stress when we don't feel equipped; where we may be harshly judged by others; and where consequences for failure are steep or unpredictable.

Many people are stressed by their jobs, relationships, financial issues, and health problems, as well as more mundane things like clutter or busy schedules. Learning skills to cope with these stressors can help reduce your experience of stress.

Effects

Just as stress is perceived differently by each of us, stress affects us all in ways that are unique to us. One person may experience headaches, while another may find stomach upset is a common reaction, and a third may experience any of a number of other symptoms.

While we all react to stress in our own ways, there is a long list of commonly experienced effects of stress that range from mild to life-threatening. Stress can affect immunity, which can impact virtually all areas of health. Stress can affect mood in many ways as well. Creating



Impact of Stress Management

a stress management plan is often one part of a plan for overall wellness.

Stress Management

Stress can be effectively managed in many different ways. The best stress management plans usually include a mix of stress relievers that address stress physically and psychologically and help to develop resilience and coping skills.

Use Quick Stress Relievers

Some stress relief techniques can work in just a few minutes to calm the body's stress response. These techniques offer a "quick fix" that helps we feel calmer at the moment, and this can help in several ways. When our stress response is not triggered, we may approach problems more thoughtfully and proactively. We may be less likely to lash out at others out of frustration, which can keep our relationships healthier. Quick stress relievers like breathing exercises, for example, may not build our resilience to future stress or minimize the stressors that we face. But they can help calm the body's physiology once the stress response is triggered.

Develop Stress-Relieving Habits

Some techniques are less convenient to use when we are in the middle of a stressful situation. But if we practice them regularly, they can help we manage stress in general by being less reactive to it and more able to reverse your stress response quickly and easily.

Long-term healthy habits, like exercise or regular meditation, can help to promote resilience toward stressors if you make them a regular part of your life.³ Communication skills and other lifestyle

skills can be helpful in managing stressors and changing how we feel from "overwhelmed" to "challenged" or even "stimulated."

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Thiruvithancode

Self Esteem to our Day-to-Day Life

R. AHALYA DEVI

M.Ed. Scholar, Muslim College of Education,
Thiruvithancode.

S INDIRA

Assistant professor, Muslim college of Education,
Thiruvithancode.

The purpose of self-esteem is to feel and imagine that people nurtured in their mind over time about their self. Self-esteem is self-assessment; their perception and evaluation will be positive or negative and pleasant or unpleasant. Children with high self-esteem, usually feel good about themselves and better able to resolve their conflicts with other children and are resistant to deal with problems. One of the most important human traits to achieve objectives is self-esteem. The term self-esteem means "reverence for self." The "self" pertains to the values, beliefs, and attitudes that we hold about ourselves. Having a strong will and self-confidence, decision-making power and originality, creativity, sanity and mental health is directly related to self-esteem and sense of self-worth.

Keywords: Self-esteem. Perception, Self-Confidence, Beliefs, Mental Health.

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Introduction

Self-esteem is a term in psychology to reflect a person's overall evaluation or appraisal of her or his own worth. Self-esteem encompasses beliefs and emotions such as triumph, despair, pride and shame. Some would distinguish how 'the self-concept is what we think about the self; self-esteem, the positive or negative evaluation of the self, is how we feel about it'. A person's self-concept consists of the beliefs one has about oneself, one's self perception, or, the picture of oneself. Self-concept as totally perception which people hold about him\herself. It is not the "facts" about one-self but rather what one believes to be true about one-self. Early researchers used self-concept as a descriptive construct, such as 'I am an athlete'.

Self Esteem

Self- esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. Self- esteem is our self- confidence. Self- esteem is our overall opinion about ourselves, our belief and about our ability. Self- esteem is shaped by our thought relationship and experiences including those related to culture, religion and societal status. Self- esteem is a positive perception of ourselves. It improves our quality of life and help ourselves to succeed our carrier in optimum success.

Factors that Affecting Self Esteem

There are many factors that can influence self-esteem. Our self-esteem may be impacted by: Age, Disability, Genetics, Beliefs, Friends, Workplace.

Types of Self Esteem

1. High self-esteem
2. Low self-esteem

3. Inflated self esteem

1. High Self Esteem

There are some simple ways to tell if we have healthy self-esteem.

We probably have healthy self-esteem if we:

1. Believe that we are equal to everyone else, no better and no worse
2. Express our needs
3. Feel confident
4. Have a positive outlook on life
5. Say no when you want to
6. See our overall strengths and weaknesses and accept them

2. Low Self Esteem

People who have low self- esteem think of themselves below average. They do not believe in themselves, they do not trust their abilities. Low self- esteem can affect a lot of things. These people have poor relationships with others. Low self- esteem causes depression and anxiety. Low self-esteem may manifest in a variety of ways. If we have low self-esteem, we may believe that others are better than us. We may find expressing our needs difficult. We may focus on our weaknesses.

3. Inflated Self Esteem

People with inflated self-esteem tend to think of themselves as better than other people and are always ready to underestimate others. These persons are negative types. These people always have a head and most times do not mind hurting people to achieve the success



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thinking that will bring them happiness. They have no ability to listen to others.

Benefits of Self Esteem

A person with healthy self-concept and self-respect enables us to be positive in difficult situations. People with self-esteem can adopt changes in their life including accepting a new job and moving to a new place. The person with self-esteem lets others appreciate what others recommend. They are open minded and ready to learn from others. Self-esteem improves the quality of work and productivity. Self-esteem person has a positive mental state.

How to Improve Self Esteem?

Some actions that we can take to help to improve our self-esteem are, become more aware of negative thoughts. Challenge negative thinking patterns. Use positive self-talk. Practice self-compassion. We know ourselves. Always positive. Try to avoid comparing ourselves with others. Practice to avoid telling 'no' to all our life activities.

Conclusion

We ourselves, as much as anybody in the entire universe, deserve our love and affection. Never be bullied into silence. Never allow ourselves to be made a victim. Accept no one's definition of our life, but define ourselves.

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Effectiveness of 5e Learning Cycle Model on Scientific Interest and Achievement in Physics of Students at Secondary School Level

GAYATHRI P NAIR

M. Ed Scholar, Muslim College of Education,
Thiruvithancode, Kanyakumari District.

Mrs. J. RAINA ROSE

Assistant Professor, Muslim College of Education, Thiruvithancode.

Today, with the development of science and technology and its rapid progress, the importance attached to science education has increased. This increase in interest has led to the development of the methods, techniques, and approaches that enable the students to be active, question and construct knowledge. The 5E learning model is one of them, and many studies have been conducted in literature related to this model. These independent studies have been carried out in different study areas, with different study groups, and different results have been achieved. In order to evaluate these results in general, it is necessary to make use of as many studies as possible. Since the study was intended to find out the effectiveness of 5E Learning Cycle Model on, Scientific Interest and Achievement in Physics of students at secondary level, experimental method was adopted.

Keywords: Self-esteem, Perception, Self-Confidence, Beliefs, Mental Health.

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