

## Unit - II

### Childhood in different stages :-

Childhood in different stages, here implies to Early childhood, Late childhood & Multiple childhood.

Why is childhood stage considered as a period of high protection and struggle?

(Childhood stage is considered as a period of high protection and struggle) as they are school going children, and if the conditions in the school does not satisfy their needs (fundamental needs (emotional, social, Intellectual, psychological needs), they will experience difficulty in adjusting to their physical and social environment and may grow into Problematic student.)

Thus if the needs of the child are not fulfilled he may exhibit some behavioral problems respective to this stage of devt.

### Early childhood Behavioral problems

- ☒ Excessive shyness.
- ☒ Unhappiness.
- ☒ Jealousy.
- ☒ Bed wetting.
- ☒ Laziness.
- ☒ Bullying & teasing.
- ☒ Cheating.



(5)

Late childhood Behavioral problems - Excessive shyness  
Unhappiness, <sup>(signs of the)</sup> Temper tantrums, <sup>(delinquency)</sup> Jealousy  
Cheating, stealing, Day dreaming,  
Telling lies, Vulgarity, Destroying  
school property, getting nervous  
and feeling disappointment over petty  
matters.

\* As a teacher how can you help childhood stage students to maintain good Mental health?

Childhood - refers to the students of age group ranging from 6-12 years.

If a teacher is aware of dealing students of age group ranging from 6-12 years, is aware of their needs, it is possible for him/her to plan school activities from which the student can get satisfaction out of it, thereby helping the student to grow into mentally healthy individual.

The Needs of Childhood :-

- Need for Security
- Need for Manipulation
- Need for Satisfaction of Curiosity
- Need for expanding Cultural and social contacts

- Need for sense of recognition and Achievement
- Need for Acceptance and Approval.

Role of a teacher to maintain good mental Health

Some of the activities & suggestions which the teacher can execute, considering their needs are. (Some of the suggestions to overcome students' problems are)

1. Sense of Belongingness
2. Strengthen Physical Devt.
3. Sense of Security
4. Recognition of Individual differences
5. Provision for Self-expression
6. Training in the Art of living Together
7. Development of Self-Concept

① Sense of Belongingness - In order to feel the sense of Belonging, the teacher should be affectionate to all free from favouritism and comparison. (The child should feel that if she belongs to the school and school belongs to him).

② Strengthen physical Devt :- The teacher should provide opportunities to the students to exercise his muscle and refine his motor co-ordination.

(1)

by conducting many outdoor games  
indoor games.

Drill & Exercise

Aerobics

Yoga

Meditation

Organising Rec.

NSS camps etc.

(2)

Sense of Security :- The child goes to the school from the protective environment of home to a new place called school, where he/she is exposed to New people, New ideas, new experiences of being one of the group, adapt himself to the new Authority (teacher) etc.

The teacher can build a sense of security in school atmosphere by being Sympathetic Understanding encouraging Attitude towards the child. That would definitely help the child to adapt to the new environment.

(4)

Recognition of Individual Difference :-

No two individual is alike in native endowment.

Keeping this in mind, the teacher should <sup>not</sup> respect to individual difference, considering their talents

Accordingly the teacher should plan (5) to provide opportunities for individual growth of their talents.

Otherwise, the student will be frustrated & discouraged, which leads to dislike of school & classroom disturbances.

(5)

Provision for Self-expression - Provision in the schools for emotional and self expression of the student is a must. The teacher by conducting activities such as Dance, Drama, Art and Craft, Music, Karathae, Drawing and Painting, SUPW (Socially useful and Productive work) pays ways for students self-expression.

(6)

Training in the Art of Living Together -

Teachers like parents should realise the importance of friendship in this period (childhood).

Students have their own groups and gangs and this group formation may come in conflicts with the loyalties to the home and school.

(As a result, the children may frequently disobey their teachers and parents because of this conflict).

⑥

The desire for making groups group-making can be utilized through the formation of various clubs like Sports clubs.

Science clubs.

Maths clubs.

Social science clubs.

NCC.

NSS etc with the

Guidance of the teacher

### Development of Self-Concept :-

Attempts should be made by the teachers to see that the child does not develop strong feeling of inferiority.

The teacher should let ~~children~~ children to be occupied with activities which give him a feeling of worthwhileness and sense of achievement and success.

Let not the child's attention be fixed on his limitations, his failures and handicaps alone.

part (These are some of the ways, by which the teacher can help students belonging to childhood stage, to have good Mental health).

(7)

(8) Maintain good rapport between the teacher and the student

(9) Adopt Democratic behaviour of the teacher that creates a live classroom atmosphere

(10) Act as a friend & guide

(create a feeling of security that teacher is for her) (12)

(11) The teacher should be a good personality without biased nature (12)

(12) The teacher should encourage co-curricular activities (i.e) to organise Seminar Exhibitions to develop (13)

integrated personality

(13) Avoid to give unfair Judgment

(14) Do not encourage unhealthy Competitions

(15) Use of A.V aids in teaching, thereby breaking the traditional method of teaching, which is freedom to the students (15)

(16) Assign group projects that keeps students active, participate with involvement, promotes learning at ease

(17) Avoid giving purposeless Assignment

- ⑮ Avoid giving extra homework.
- ⑯ Avoid giving (-)ve reinforcement.
- ⑰ Avoid severe punishment (Corporal & Verbal punishment)
- ⑱ Individual difference among the students should be given due consideration.
- ⑲ Teachers Continuous (+)ve reinforcement for every desirable behaviour of the student.
- ⑳ Help the student to set realistic level of Aspiration (to avoid failures → frustration)

### Role of a school in promoting mental Health of the students.

- ① Administration
  - Proper infra structure
  - Provide Adequate teachers
  - Democratic classroom climate
- ② Mental health of the Teachers and Headmasters should be considered.
- ③ Check the Teacher efficiency of teachers
- ④ Improve the professional growth of the teachers
- ⑤ Adviser to develop proper physical, emotional and social devt.
- ⑥ Freedom to Self-discipline.

⑨

- ⑦ Clearing doubts
- ⑧ Adequate education on sex education  
Moral education  
& Social life.
- ⑨ Avoid excessive use of Defence mechanism.
- ⑩ Checking Unhealthy Competitions
- ⑪ Proper Guidance and Counselling services.

Mental Health - "Mental health is the full and harmonious functioning of the personality".

(i) A Mentally healthy person lives a fuller, happier, harmonious and effective life.

Conflict - Difference of opinion between 2 individuals. / it is tension which is present in an individual for choosing one of the two equally attractive goals/needs.

Mental hygiene :- Mental hygiene consist of measures to reduce the incidence of mental illness through prevention and early treatment & to promote mental health.

(or)

Mental hygiene is the means of attaining mental health.

It is the study of principle and practices in the promotion of mental health & prevention of mental disorders

Mental health and Mental Hygiene  
Mental Hygiene and Mental health are differentiated as "means" and "ends" respectively.

Adolescence - A period of high protection and struggle -  
Elaborate/Discuss/Justify

★ Why Adolescent stage is referred to <sup>as</sup> a period of high protection and struggle? Discuss the developmental problems of Adolescents in India?   
behavioral problems.

Due to various Social, Cultural and economic background, the needs of the Adolescence may be ignored by the Parents, Teachers and society in large, which leads to frustration leading resulting in various Behavioral problem among the Adolescents in India.   
maladjustments

- ① Problem of gender disparity
- ② Problem of Undernutrition
- ③ Problem of poor Understanding of Reproductive Health.
- ④ Problem of High level of Pre-marital Sexual Activity
- ⑤ Problem of Lack of Sex education
- ⑥ Problem of Social & Cultural practices
- ⑦ Problem of low socio economic status
- ⑧ Problem of Unwanted Pregnancies & Abortions
- ⑨ Problem of Maternal Morality
- ⑩ Problem of Sexual Transmitted diseases.
- ⑪ Problem of Drug Abuse.
- ⑫ Problem of Violence against Women, Sexual Abuse & Trafficking of girls.

- (11) Problem of Depression leading to Suicide. (21)
- (12) Problem of Alcohol & Tobacco Use abuse.
- (13) Problem of Sex encounter (16) Problem of Accepting value.
- (14) Problem of Emotional Stress (17) Problem of generational gap
- (15) Problem of Improper Company (18) Problem of Hero worship.

Real Problem of gender disparity - Due to some religious and cultural practice that exist in Indian Society, the disparity between male and female in home, school and Society is there.  
This leads to frustration among the students particularly girl child.

Problem of Undernutrition - Due to low economic status of the family, the parents are partial between the male and female child in providing nutrition.  
This results in delayed developmental task of the girl child.

Problem of poor Understanding of Reproductive Health :-  
 India is a country, which shows inhibition in discussing about reproductive health in public.  
 The parents are not first ready to provide sex-education to their children.  
 Since parents are not ready to give information about reproductive & sexual issues,

Problem of High level of Pre-marital Sexual Activity :-  
In India, it is found that boys are more involved in sexual activities than girls due to fear of social disapproval by our society.

This may lead them to wrong path.

\* The society in which the individual / student lives also has an impact. If the commercial sex workers are found in their neighbourhood, there is more chance for misleading the students.

\* Moreover the attitude of pre-marital sexual attitudes remains conservative ~~that misleads the~~ (Boys can go anywhere and come, but girls should be in control)

Because of this attitude, the pre-marital sexual activity is greater among boys than girls.

Problem of Sexual Transmitted diseases :-

\* Moreover Lack of Sex education among students lead them to acquire various sexual diseases like HIV, Unwanted Pregnancies and Abortions. HIV victims are the young people between the ages of 13 to 25 yrs, due to lack of sex education among them. HIV infection rate is about 15% in India.

Problem of social & cultural practices :- (4)

\* Some social & cultural practices in India tries to celebrate the I puberty of their children without giving right knowledge of menstruation, (physical and psychological change that happens in the child life) rather it is based on social factors (such as not being permitted to be being isolated for weeks etc).

Due to lack of correct knowledge of menstruation, reproductive health, sex education, children are prone to be victimised easy by the society.

↓  
Dm

Problem of Low Socio economic Status :-

Children who are coming from low socio economic status may be misguided by wrong company friends, and sometimes even by their parents too, to involve in sexual activity in order to meet their basic needs.

Problem of Maternal Mortality -

Even in some religious groups and societies, still child marriage is occurring in spite of various laws implemented against child marriage.

### Problem of Drug Abuse :-

Adolescent who are in frustrated state due to the conflict ~~between~~ <sup>with</sup> their parents and conflict that occurs within an individual, they are prone to take drugs which gives them temporary satisfaction (by motivation of bad company who are involved in smoking, taking ~~drugs~~ Alcohol, taking Drugs etc). and in India, it was found that a considerable number drug users are in the age group of 13 to 19.

### Problem of Sexual Transmitted diseases Violence against Women

Violence against girl child and Adolescent girl, Sexual abuse and Trafficking are seen more in the age group of 10-16 yrs. Due to lack of Sex education - lack of knowledge about Good Touch and Bad Touch among the students are easily victimised.

### Problem of Gender difference in Literacy & Education :-

This problem still prevails in India due to conservative attitudes of parents belonging to different communities.

(Girls are meant only for cooking and reproducing. So, why they need to be educated).

(Boys are considered as Heroes of the family, meant for shouldering the whole family. So, they should be educated).

(Moreover, girl child even though if they are given education, the investment on education spend on them will not be remitted to their own family when they are employed, after marriage. So why they should is no use investing money on girl child education.).

Problem of Depression leading to Suicide :-

In India every year 15-25% of Students commit suicide due to depression

The reasons for their depression are.

- \* Lack of Interest in School work
- \* Lack of Proper Study habits.
- \* Lack of Adjustment to Emotional disturbances
- \* Sex Adjustment - not able to control their sexual urges.
- \* Lack of Adjustment with School Discipline.

### Alcohol and Tobacco Use abuse :-

In India, it is found out that 2.5 to 3% of children belonging to 15-20 yrs of age are involved in Alcohol and Tobacco usage.

### Sex Encounter :-

In Delhi alone, 15% of children in the age group of 15-20 yrs, have already had their first sexual encounter, due to lack of moral education, sex education.

### Emotional Stress :-

Family pressure to study and show result among the Adolescent cause emotional stress among teenagers. (since the present education is Mark oriented rather than Knowledge oriented). Examinations test only the memorizing ability of the students, rather than Understanding ability of the students.

### Hero Worship :-

Hero worship is more prominent in Adolescent period. There is an unlimited admiration for some adults like (Film stars) <sup>Politicians</sup> who considers to be outstanding.

Seeing him, the adolescent starts to imitate the film star behaviour. E.g. If the actor whom he admires more smokes in the film - he too will start smoking telling that my big boss smokes and so me too will do it. Whatever my ~~best~~ hero does is right and I will also do it as a follower.

Improper Company :- Adolescent hanging around improper friend may be easily victimised to all the above discussed problems.

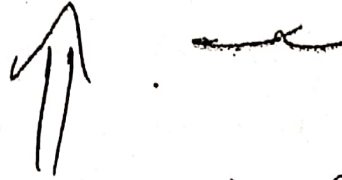
Generation Gap :- Adolescent who is staying far away from parents and teachers love and affection, observance, lack of understanding between parents and Adolescent may turn to maladjusted personality very easily.

These are some of the problems that adolescent might face / (become victimised.)

So, this period is called the period of high protection and struggle. They have to be protected by parents and teachers. (ie they have to be guided properly by parents & teachers to cross this Transitional period (ie Transition from Childhood to Adolescence successfully).

(9)

If not, they will be misguided by various social, cultural and economic background factors resulting into maladjusted individual.



/ What are the various behavioural problems faced by Indian Adolescent based on Social, Cultural and economic background?

# Role of a teacher in maintaining Mental health of the Adolescents

In order to help the Adolescent maintain mental health, the teacher must have a clear idea about their needs and problems.

## Needs of the Adolescent

### Physiological needs

1. Look for tasty food / variety food
2. dress smart to attract others
3. spent most of their time in front of the mirror
4. like matress
5. Wish to exercise to shape their body in fitting manner
6. They themselves increase the sex curiosity & try to know more about opposite sex.

### Emotional needs

1. Self respect
2. To loved and to be loved
3. Want to take independent decisions.
4. ~~Want~~ others to treat them as adults.
5. Wish to do challenging and responsible task
6. Want to express their ideas, feelings, opinions freely

### Intellectual needs

1. The wish to do the best and show the best
2. They don't like adult interference
3. Want to question, Critize, argue, ~~in pass~~ comments
4. don't simply accept things
5. They wish to Experiment
6. Wish to be independent in ~~monitors~~ ~~in monitors~~

### Social needs

1. fond of intimate relationship
2. To be loved & accepted by the society
3. Want to mix with everybody & enjoy life.
4. They want to have a model to follow (or) Hero worshiping
5. Want to take part in activities that brings name & fame.

Problems of Adolescents are concerned with

- Adjustment
- Communication
- Value
- Independent
- Group & Gang
- Hero worship, etc.

Considering their needs and problems which the Adolescents would face, the parents and the teachers have to work collaboratively in order to maintain their mental health.

### Role of Parents

1. Treat them as friends
2. Must not exercise too much control.
3. provide homely atmosphere.
4. Spend Quality time rather than Quantity time.
5. Provide to some extent democratic atmosphere
6. They must be left free and observed.

If some undesirable behaviour is found, the parents must help the adolescent to know/realise

### Role of Teachers / School

Apart from the ways to maintain Mental health of childhood, the following can also be added.

1. The teacher must know the psychology of Adolescent.
2. Maintain good rapport, healthy classroom atmosphere
3. friendly, provide democratic atmosphere
4. Give recognition to their views & opinions

undesirable behaviour  
in a friendly way.

7. Parents should be role-models.

8. Must help them to develop good habits & character by imitating parents.

9. Newspaper, articles, Books, Magazines should be available at home to engage in various activities.

10. The parents should behave in such a way that the adolescence feels that he is accepted and recognised as an adult.

(3)

→ should encourage them.

→ should also appreciate their activity and show interest in their welfare.

→ provide Vocational opportunities

(drama  
plays

Competition

Story telling

Creative writing)

Debate

discussion.

drawing

making models.

Singing

Dancing

Conducting experiments

Demonstration

involving in Project  
work

→ giving them some responsibilities according to their level of difficulty.

→ enhancing dialogical approach.

\* NCC, NSS, group games, sports, cultural, opening of various clubs to engage them with physical and mental health.

→ While teaching the lesson, the teacher can adopt Biographical method of teaching during Motivational part that arouses interest to accept great personalities has their models for imitations.

→ Guidance and Counselling cell in school regarding Academic

Non-Academic

Social

mental

physical,

Vocational Guidance - Health problems  
for future careers

should function effectively for the welfare of the Adolescent

→ ~~Sex education~~ - The parents & teachers should help the adolescent to accept his body with all the changes & instabilities.

\* The adolescent should be reassured that sexual sensations are normal.

(5)

and there is nothing ~~badly~~ nasty and  
sinful about them. Sex education given  
in scientific and objective manner,  
and at the same time emphasizing the  
values of healthy sex-life will be a  
great help to them.

→ Value education - Both teachers & parents  
can help the adolescent in developing  
a healthy philosophy of life by  
providing them with knowledge of  
various ideals and value systems.

It should be a philosophy  
that helps him in achieving socially  
responsible behaviour.

→ Continuous evaluation - should be  
carried out by the teacher based  
on the all-round development of  
Adolescence and not focussing to  
only one devt (Intellectual devt.)

→ Sense of Belongingness

→ Provision for Co-curricular activities  
for strengthening Phy. Devt.

→ Sense of Security

→ Recognition of I.D. (i.e.) ~~Equal Fee~~

→ Equal Treatment : The school is responsible for the edu. of both poor and the rich students.

Resources of the poor student should be studied individually and efforts should be made to meet their needs in connection with their educational

Eg. Backward class girl - performance should not be compared with another child whose parents would be educated!

→ help them in forming good company,