

**SOCIO-PSYCHOLOGICAL FEATURES OF CORRECTION OF  
ADOLESCENTS' EMOTIONAL STRESS IN THE FAMILY**

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**ABSTRACT**

*This article gives information about the socio-psychological features of adolescents' emotional stress in the family and the ways of getting rid of stress for both parents and adults. Adolescence is an important period for developing social and emotional habits which are lifeblood for mental well-being. Adopting healthy sleep patterns, exercising regularly and developing coping are included in these habits.*

**KEYWORDS:** *Stress, Emotion, Adult, Adolescence, Habit, Behavior, Skills, Control, Social Feature, Psychology, Parents, Counsellor, Teenager.*

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**INTRODUCTION**

Adolescence is an important period for developing social and emotional habits which are lifeblood for mental well-being. Adopting healthy sleep patterns, exercising regularly and developing coping are included in these habits. These habits also include problem-solving and interpersonal skills, and learning to control emotions. Moreover, protective and supportive environments in the family, at school and in the wider community are crucial.

Adolescents from lower-income households are at increased risk for poor health, educational failure and behavioral problems. This social gradient is the main reproduced findings in health and social science. So, how people view their position in social hierarchies also signals poor health.

How individuals perceive their social status in relation to others also reliably shows differences in health and life outcomes. Adults' subjective social status has been connected with mental and physical health problems. Furthermore, according to some studies, it relates more strongly to health outcomes than education, income, and/or employment. Although less is known about the role of subjective social status earlier in life, adolescents who perceive their family to be higher in terms of socioeconomic status (SES) or social status also tend to report fewer mental health problems, with smaller and less consistent linkages observed with physical health. It's common for young people to feel stressed out from time to time, which is a normal part of life and in some situations, it can be even beneficial. Adults' stress can be caused by many different things. For example, their social relationships with friends and boyfriends/girlfriends and the issue of sex can be one of the particular reasons of adults' emotional stress. During the period of adolescent adults come cross some life challenges, such as leaving school or getting into tertiary studies or employment; lack of time – having too much to do, feeling unprepared or overwhelmed; extracurricular commitments; lack of sleep. Oftentimes, expectations and pressure to do well at school from parents and family ca be the most stressful for adults.

During this period, stress can be identified by several signs. It means that if an adult is going through a difficult time, parents can be on the lookout for changes in behavior or things which may be a signal of excessive stress they are experiencing. For example, they cannot sleep or getting to bed later than usual or they seem fatigued, disengaged, panicky or down. Moreover,

they may feel irritable about themselves or others around them. Having trouble concentrating and avoiding school are also seen off. They may suffer from headaches and stomach aches and they are tired all the time and begin not to eating enough. In other words, they begin not being themselves by staying in their room a lot at the weekends instead of being out with friends.

## **MATERIALS AND METHODS**

“Stress is the body’s reaction to a challenge, which could be anything from outright physical danger to asking someone for a date or trying out for a sports team. The human body responds to stressors by activating the nervous system and specific hormones. A part of the brain called the hypothalamus signals the adrenal glands to produce more of the hormones adrenaline and cortisol and release them into the bloodstream. The hormones speed up heart rate, breathing rate, blood pressure, and metabolism. Blood vessels open wider to let more blood flow to large muscle groups, pupils dilate to improve vision, and the liver releases stored glucose to increase the body’s energy.

This physical response to stress kicks in much more quickly in teens than in adults because the part of the brain that can calmly assess danger and call off the stress response, the pre-frontal cortex, is not fully developed in adolescence. The stress response prepares a person to react quickly and perform well under pressure. It can help teens be on their toes and ready to rise to a challenge. However, the stress response can cause problems when it overreacts or goes on for too long. Long-term stressful situations, like coping with a parent’s divorce or being bullied at school, can produce a lasting, low-level stress that can wear out the body’s reserves, weaken the immune system, and make an adolescent feel depleted or beleaguered”.

Emotional stress isn't anything new. Adolescence has been a stressful developmental stage for hundreds of years, and many of the reasons for stress many years ago are the same as what you're experiencing as a teen in present day. These days the main problem is that there are many more stressors for teens, according to Psychologist Bruce Kohlhase. He argues that it's not only the stress of a teen's home and school life that causes them anxiety and depression, but it's also the world around them. Teens now tend to think about what may happen in the future instead of what is happening around them now.

Furthermore, scientists suggest some strategies that can reduce teenagers’ and adults’ stress level. For example, talking about their problems with others helps to relieve stress. Also, performing progressive muscle relaxation, which involves repeatedly tensing and relaxing large muscles of the body and regular exercises and eating can be beneficial get rid of stress. They should set small goals and break tasks into smaller, manageable chunks by practicing consistently with positive discipline.

Another way of reducing stress is that, teenagers should focus on what they can control (their reactions, their actions) and let go of what they cannot (other people’s opinions and expectations) and give up on the idea of perfection, both in themselves and in others. In other words, they should give themselves permission and cultivate the ability to learn from mistakes and accept themselves as they are; identify their unique strengths and build on them. What is more, unrealistic expectations may cause emotional stress that is why, teenagers should give up such kind of unreal dreams and expectations. With the help of scheduled breaks and enjoyable activities, they can be able to achieve their goals without any stress or dissatisfaction. Moreover, working through worst-case scenarios until they seem amusing or absurd, and visualizing and practicing feared situations are the key factors of getting rid of stress. Not getting proper sleep can also cause emotional stress. Thus, teenagers should always sleep properly. And one of the best ways of relieving stress is to take deep breaths, accompanied by thinking or saying aloud, “I can handle this”.

## **RESULT AND DISCUSSION**

During this period, parents' role in correction of emotional stress is significant. As parents, all want to do what's best for their children. There are so many things they can be able to do to help reduce a child's anxiety while building a better parent-child relationship. If parents suspect their child is stressed, they should talk to them to try and determine if something is going on. If they can identify why they're feeling stressed, it will be easier to help them address the cause and manage their stress appropriately. First of all, parents should be aware of their children's behaviors and emotions and build trust with their children. Secondly, they should always be available and open to talk with their children when he or she is ready, which encourages teenager to express their feelings. Thirdly, parents can be able to teach and model good emotional responses, and encourage their children to tell them if he or she feels overwhelmed. Moreover, the encouragement of healthy and diverse friendships helps teenagers' less stress. Also, to overcome stress teenagers are in need of care and love. For example, if parents remind their children of his or her ability to get through tough times, particularly with the love and support of family and friends they have no any difficulties to reduce their stress. Parents need to keep their children aware of anticipated family changes. The usage encouragement and natural consequences by parents when poor decisions are made is beneficial, which also demands to teach them problem-solving skills. If teenagers are physically active, and they have good nutrition and rest, they are vulnerable to emotional stress. So, parents should have to control their daily activities and eating habits.

Stress on teenagers is harmful to both their health and wellbeing if it seems as though they have been enduring it for a long time. If a teenager has been showing signs of stress, parents should try various strategies to support them. However, if a teenager has been stressed for a long period of time, or if nothing seems to be helping, it's a good idea to seek some outside help. Have a chat to a family doctor, or consider giving a teenager a chance of talking things over with a counsellor. If stress continues to be a concern, parents are in need of the assistance of a physician, school psychologist, or school social worker. Moreover, to contact a teacher with any concerns and make him or her part of the team available to assist teenager have a great impact on not only reducing stress but also avoiding stress.

## **CONCLUSION**

Most parents don't think that teenagers can be able to become as stressed as adults can. For this reason, teenagers often feel alone. They think that nobody cares about how they feel, and they cannot decide what to do about it. With the help of understanding the causes of stress teenagers can see that there isn't anything wrong with them, and encourage them to seek help to lower their stress levels. That is why, parents should be more attentive to their children, this is because adolescence is a crucial period of human life, which is a basement of tomorrow and who will be in the future depends on who we are today. The environment which surrounds teenagers should be controlled by parents and the older people who are living around them.

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