CAUSE AND WAYS TO RILIEVE STRESS AMONGST CHILDREN COMMUNITY
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A child is the gift of nature. The nature has its own constant impact, which sometimes, is influenced by some external forces too. A child grows in the society. During childhood, it is the impact of the society, which forces him to imbibe a characteristic according to the need of the society. There was a time when a child used to be admitted in the formal school system not below the age of 6+. It was the time of joint family. The upbringing of a child was not only the responsibility of the parents but of the elders in the family too. A firm foundation was laid which always transformed a child into a complete adult. The stories told by the elders fostered an attitude for positive thinking for the rest of the years to grow. The other positive point was the other siblings in the form of a community ownership.

The time has changed breaking nuclear families with both working parents having no time or little time has left a negligible impact on the personality of a child. Self-esteem, which is an essential factor to fight with the odds, is missing. The concept about the self is not self-developed but a thrust of peers and teachers due to early entry in the formal school system. The self-concept, a person's idea about herself or himself is one of the most important single factor affecting behaviors. Educators have become increasingly aware of the fact that an individual's self-concept and self-esteem, the value or judgement of an individual does have an impact on their classroom behavior and achievement. An individual learns to regard himself negatively because the self-concept develops over a period of time as he assimilates his experiences with significant people in his life-parents, teachers and classmates. By the time a child reaches school, he has acquired a good deal of information about himself from others and begins to 'act like' the type of person he conceives himself to be. His initial school experiences often reinforce these beliefs.

Stress or tension is a demand that taxes available resources as cognitively appraised by the person involved. Students have to cope with the demands put before them by school and academics. As a result, they are more to institutional and academic stresses. These stresses become the reasons of many problems related to students' personality. With the advancement of science and technology, urbanization and industrialization, stress is fast spreading among students. This reality cannot be neglected because the wear and tear caused by a stressful experience can never be restored even with rest. Stress works more as a negative factor in the mental, physical, emotional and social development. Education aims at bringing out the best in the students by his or her all round development of personality.

Stress amongst the students may be due to the idea of achieving the excellence without being attuned to that. In present day society 'to get the best' is the root cause of the stress. There is no harm in dreaming because one can't achieve anything if he/she does not dream. The educational institutions should also aim at equipping the child to achieve 'the best'. Emotional development of a child plays a vital role in this regard. Due to the negative effect of stress on mind and body, an individual becomes unable to show performance of the level permitted by his aptitude and capabilities. All these effects of stress mingled together do not allow a person to behave in a normal way in the society.

Knowing the self of the individual can minimize stress. The role of the school is most important. Through different culture free standardization tests, the school may help an individual to know his or her potentiality in a particular field and may work in the area of his or her potentiality. They have to be convinced that a normal society does not only need engineers and doctors of repute but others also. The IQ of each and every individual is different and one can't do what he or she does not possess. Value added education, which makes an individual to know him or herself, would go a long way to minimize the stress. The role of parents is of immense importance here, as they should not view their

failures to be covered up by their kids. They must understand that the factors responsible for their failure in fulfilling their dreams can be taken care of for the establishment of a meaningful, futuristic society. They have to be taught success through self-analysis, which means successful recognition of one's faults; successful treatment of one's faults, successful application of directed thought control in overcoming owns faults to minimize the stress.