



**COMMON STRESSORS  
IN A STUDENT LIFE  
THAT  
CRITICALLY AFFECT  
PERFORMANCE**

every student can

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## WHAT ARE THE COMMON STRESSORS IN A STUDENT LIFE THAT CRITICALLY AFFECT PERFORMANCE

Parents/Guardians worry when their children's behavior becomes aggressive & when their grades drop significantly. The question parents should be asking themselves is "WHY". Here are some of the courses of stress in child/student:

- **Grief & death of loved ones.**
- Children feel loss, confusion, fear, uncertainty, loss of direction, when they lose their loved ones, because they cannot understand the concept of death
- **Bullying/ Peer pressure:**
- **Bullying** is an aggressive behavior. Victims may experience long lasting trauma, injuries & psychological disorders. Bullying include, hostile intent, Social isolation, physical attacks, teasing, threatening, spreading malicious rumors, harassing, mocking.
- Often, students give in to friends (peer) pressure even if they feel it is wrong to do so. There is an old saying "If all your friends were going to jump off a bridge, would you jump too". Many students bend to peer pressure because, they do not want their friends, to reject them. This pressure (peer pressure) pushes them to test boundaries.
- **Physical Abuse**
- There is a prevalence of physical abuse among students. Child abuse is an infringement of child's basic rights. It occurs across cultural & societal boundaries, both in developed & underdeveloped countries.
  - There 4 major types of child abuse: Physical, Sexual, Emotional, & Neglect. Child abuse is detrimental to the child's physical, psychological, or emotional well-being. **Physical abuse**, is defined as, an action that intentionally harms or physically injures another person or animals. These may include: choking, burning, violent-hitting, shaking, biting, poisoning, physical restraint, etc.
- **Sexual abuse:** An adult, teenager, or child, may use power or authority, to involve another child in sexual activity. Child sexual abuse can occur in variety of settings, it can be at home, and school or areas children frequently visit. Child marriage, prostitution, indecent exposure of the child are also sexual abuse. Effects of child sexual abuse include, depression, post- traumatic stress disorder, and anxiety withdrawal syndrome.
- **Emotional abuse** is defined as behavior that causes psychological trauma or stress. Scars & bruises can be seen but wounds of emotional abuse are not visible. Effects of emotional abuse can be damaging & long lasting. These may include negative criticism, isolation or locking up a child for an extended time, exposure to domestic violence, rejection, bullying, teasing, violent yelling, and name-calling.
- **Neglect abuse.** Parents may not provide basic needs of a child, affecting their health development. This is neglect abuse. These basic needs may include, food, shelter, health care, adequate clothing, personal hygiene, adequate supervision & many more.
- **Family discord by family members**
- Many children suffer emotional abuse, when : Marital conflicts, substance abuse, Mental health issues, divorce, sibling division, Friction, Hostility, violent disputes, disagreements destabilize the family unit.
- **Witnessing or experiencing a trauma.**

- Traumatic experiences can initiate strong emotions & physical reactions that can persist long after the event. Trauma in Children make them feel terror, helplessness, fear, as well as physiological reactions, Heart pounding, vomiting, loss of bowel or bladder control, nightmares, behavioral changes, Eating disorder, intense emotional upset.
  - Other effects are depressive symptoms, difficulties with relating with others, regression or loss of previously acquired skills. Engagement in unhealthy sexual activity, poor concentration in class, physical symptoms such as aches, & pains.
  - Examples of traumatic experiences are: Physical, sexual, or psychological abuse. Family or community violence, substance use disorder, serious accidents experience or life-threatening illness. N Natural disasters such as hurricanes, flooding, sudden loss, or violence of loved ones.
- **Mental health:**
- This a state of well-being in which a person understands, his or her own abilities, & can cope with the normal stresses of life. He/she can work productively, fruitfully, & is able to make a contribution to his or her community. Mental health includes emotional psychological, & social well-being. It affects how the student think, feel, & act, how they handle stress, & relate to others. Also make choices that have depression attributes. Mental health is important, at every stage of the student's life to adulthood.
- **Poverty**
  - Students from poor families or background face many problems, including poor performance. Their parents are not able to give them basic rights like education clothing & shelter. Poverty places them at a disadvantage that is not only environmental but also physical & psychological. It affects their health, & their reaction to those they interact with or to external stimuli.
  - Students from poor background, feel hopelessness. They are at a higher risk of exhibiting behavioral issues, mental disorders, higher levels of anxiety & depression.