

Reflection Time for the Management

- Why only few students perform well, when others don't, despite same intelligence?
- Why academically good students fail grades suddenly, especially during transition periods?
- What factors prevents the student from being successful?
- Why suddenly some students attempt/commit suicide?



Alarms/Symptoms Signaling Immediate Attention from Management

- Poor academic performance of students
- Attendance issues – Frequent Absenting / School Refusal
- Frequent Non-adherence to homework



- Not listening in class – being playful / inattentive
- Behavior of Adolescent Students – copying, stealing, promiscuous sexual behavior, obnoxious dressing, unhealthy relationships, smoking, substance use etc.



- Aggressive incidents
- Frequent Conflicts between Students and the Teachers

- Explosive/disruptive behavior
- Incidences of Suicide or attempt



Challenges faced by students

1. **Personal Factors:** Temperament, Low Self-esteem, Personality, Attitude and Lack of Soft Skills (Communication skills, Social skills, Stress Coping Skills, Life Skills etc.)

2. **Family Factors:**

a. Ineffective Child-rearing practices (Overprotective/Permissive Parenting Styles),



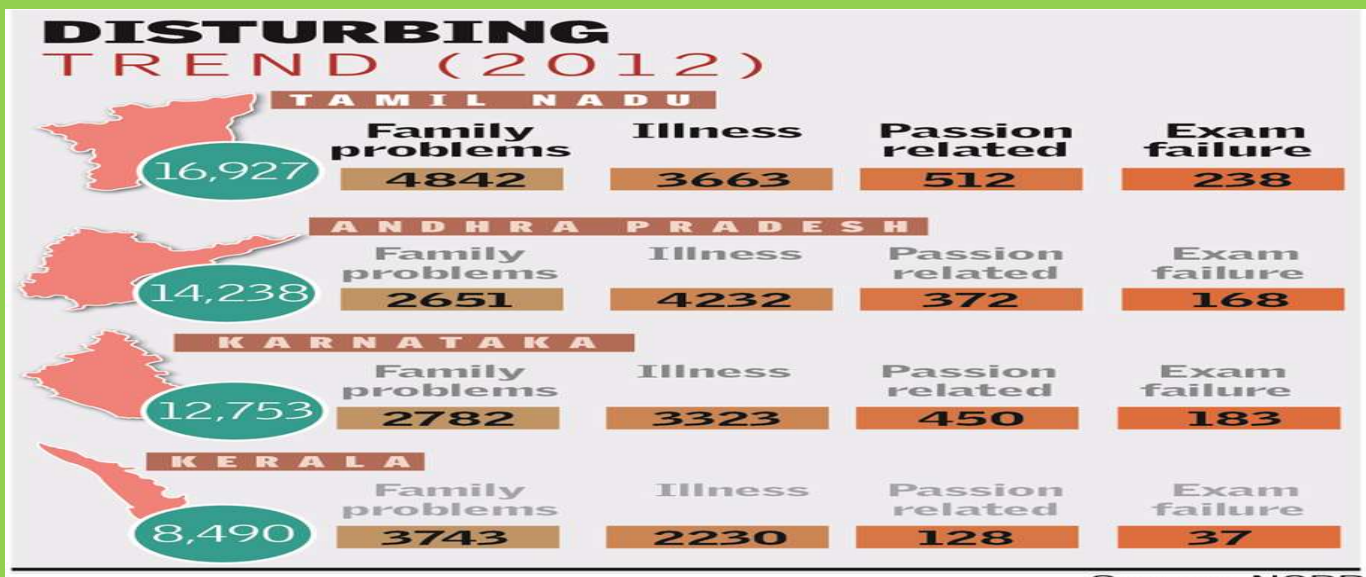
b. Parental Loss/Separation - Single parent,

c. Dual-Career Family Type, Poor Parent-Child Attachment,

d. Negative Family Environment (Marital discord, Alcoholic parent, poor display of moral values, other disturbing relatives, domestic violence in family),

e. Parental Neglect,

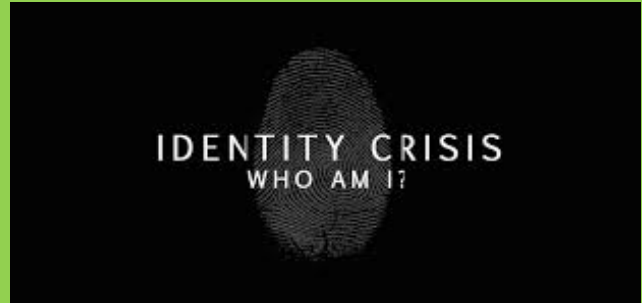
f. Parent's Personality and Mental Health Issues (Poor emotional management, Poor mental health or any Personality problems).



Source: NCRB

3. Developmental Factors (Adolescence - Period of turmoil, turbulent, and transitional stage)

- a. Identity Crisis
- b. Physical attraction
- c. Relationship issues
- d. Peer pressure



4. Social and Contextual Pressure:

- a. Academic Pressure due to unrealistic expectations of parents, teachers and society,
- b. Interrupted Schooling
- c. Low Socio-economic Status
- d. Residing in location which is not conducive for their personal growth
- e. Abuse and other Traumatic Experiences

5. Technology and Media (Negative Learning Medium, shaping their behavior)



- a. Fashion and Incessant Entertainment, Smart phones (Facebook, WhatsApp..) and Internet with various applications attracting the students
- b. Negative modeling – reinforcing drinking and smoking behaviors
- c. Advertisements and movies depicting skinny models as beautiful role models

6. Peer Factors:

- a. Peer Pressure
- b. Unhealthy Friendship
- c. Bullying



- 7. **Health Issues:** Chronic Health conditions, Emotional and Behavioral problems, Unidentified Mental Health Issues.

Consequences of these Challenges

1. Poor Identity Formation
2. Body Image Issues
3. Negative Attitude towards Education
4. Underachievement
5. Low Self-confidence
6. Lack of Motivation
7. Lack of Concentration
8. Depression and Suicidal tendencies
9. Frustration and aggression



10. Conflict with Parents, Teachers, Peers etc.
11. Relationship Issues
12. Addiction to Gadgets
13. Distraction from Studies and attention to explore their sexuality (physical attraction, crush, unhealthy sex)



14. Substance Abuse and Smoking
15. Test anxiety
16. Anti-social behavior
17. Stress-related disorders
 1. Hormonal issues
 2. Psychosomatic complaints
 3. Eating disorders

Common Mental Health Issues of Children and Adolescents



1. Motor Disorders

- a. Developmental coordination disorder
- b. Stereotypic movement disorder
- c. Tourette's Disorder
- d. Chronic Motor or Vocal Tic Disorder
- e. Provisional Tic Disorder



2. Communication Disorders

- a. Language Disorder (Expressive & Mixed Receptive)
- b. Speech Sound Disorder (Phonological Disorder)
- c. Childhood onset fluency disorder (Stuttering)
- d. Social communication disorder

3. Specific Learning Disorders

- a. Dyslexia
- b. Dysgraphia
- c. Dyscalculia



4. Autism Spectrum Disorders

- a. Autism
- b. Childhood Disintegrative Disorder
- c. Asperger's Syndrome



5. Attention-Deficit Hyperactive Disorder



6. Disruptive, Impulse-control and Conduct Disorders

- a. Oppositional Defiant Disorder (ODD)
- b. Conduct Disorders

7. Anxiety Disorders

- a. Separation Anxiety Disorder
- b. Selective Mutism
- c. Disruptive Mood Dysregulation Disorder (DMDD) – Depression & Bipolar



8. Intellectual Disability

9. Avoidant/Restrictive Food Intake Disorder

10. Elimination Disorders – Enuresis – Bed Wetting, Encopresis

11. Trauma and Stress-Related Disorders

- a. Reactive Attachment Disorder
- b. Post-Traumatic Stress Disorder (PTSD)
- c. Adjustment Disorder



Proactive Measures

To prevent the above said incidences from happening, the academicians are highly recommended to take the following preventive measures. However, interventions in the form of counseling and training can be given for institutions experiencing the above issues.

- **Regular Mental Health survey** at schools to identify issues which may require immediate attention (like identifying children with special needs, students with mental health issues, etc.)
- **Periodic Stress survey** (addressing all the factors – school environment, teachers, peers, family, personal etc.) at schools to identify issues which may be the reasons for underachievement
- **Regular review of reports** by class teachers to gauge the dip in performance of previous performers, followed by individual counseling to address the issue
- **Training Fresh Recruits:** Recruiting teachers who are passionate towards teaching and willing to engaging them actively in their job
- **Training new teachers and existing teachers on a regular basis** on various needs of the students like



- To guide students to utilize mental health services by early identification of problems
- To understand the reason behind a student's declining academic performance

- To identify developmental delays in children and guide parents to take up special education if necessary
- To be more sensitive and empathetic towards developmental changes of the adolescence and also guide them to cope with it
- To realize that society is changing and adapt accordingly to the needs of the students
- To improve their skills to manage classroom efficiently and more importantly to manage their emotions and stress
- To develop positive attitude towards teaching as a noble profession
- **Conducting regular Positive Parenting programs** for the parents especially adolescents.



- **Appointing Part-time/Full-time counselors** at schools or referring cases for counseling
- **Assessing need for Skill Development** for better performance of students (Study Skills, Motivation, Memory and Concentration, Dealing with distractions etc.)

