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Cause and Effect Essay: The Impact of Stress on Students

MEISTER

Name of Student

Institutional Affiliation

Date of Submission

Impact of Stress on Students

Learning how to cope with stress is one of the things that makes a student's day more taxing. It eats up a chunk of time that can be used in writing assignments and other academic workload that requires focus and a clear mind. Stress affects a person's health, even if it can go unnoticed for a period of time. The headache, insomnia, decreased productivity, lack of concentration, and change in eating habits may actually be caused by the stress that one is experiencing.

Causes of Stress

Stress comes in different forms. It may come in the form of acute stress, or stress that is short term and typically lasts a day at most. Acute stress is not something to concern oneself about deeply as acute stress can be resolved easier than one can expect and hardly gravely affects one's life. However, if an individual is experiencing stress each passing day, or that the stress from three days ago is carried on to the present day, then one must be concerned as they may be experiencing chronic stress, which can be dangerous to one's health and future.

There are a number of stressors that students may experience. It ranges from those that can trigger acute stress, up to the ones that can cause chronic stress.

Students, no matter how simple adults say their life is compared to them, is also heavily prone to stressors especially those that are associated with the family and their academics. In this age, students are expected to perform better and produce more impressive outputs than their predecessors and it should be no wonder that they are prone to stress to especially because they have their personal lives on top of the academic workload.

One of the most common causes of stress for students is their academics. Acute stress may be caused by upcoming tests and approaching deadlines. During this period in the academic year, students are expected to juggle studying for tests and producing outstanding projects. In some schools, these deadlines are crammed into a single week. Students are stressed that they will not be able to meet their goals and deadlines but once all this is over, their stress mostly vanishes, only be ignited again on the next quarter of the academic year.

A long-term stressor for students is how they are required to participate in class. This means getting called on in class for recitations and answering math problems on the board. This goes all year round and is exactly the reason why it is a long-term stressor. Students suffering from anxiety are the ones affected by this stressor the most.

A chronic stressor that is commonly carried on until adulthood and is not being discussed more by academic institutions is bullying. Bullying is something that affects the students' performance negatively as they are always wary of their surroundings. Their confidence diminishes and they find it hard to get by their day as they are busy avoiding their bullies.

A stressor that can be both acute and chronic are those related to relationships. This may be caused by family problems, romantically involvements, or peer pressure. Nevertheless, the effect is the same, only the degree is varying. Experiencing or witnessing arguments in the family, breaking up with a significant other, and drifting away from a friend causes significant stress. A student's age may not matter for any of these problems to arise and they are bound to have a hard time dealing with it.

Effects of Stress

Stress can manifest in different ways that ranges from hardly noticeable and can be dismissed to those that are prominent and can be damaging to a student's health or life. The effects of stress can be observed in one's physical, mood, and behavioral changes. It varies from person to person, and that is why it is best to learn how to keep stress levels in check as young as possible to avoid drastic impacts on one's overall health and personality.

Stress can manifest physically through headaches, fatigue, chest pains, muscle pains, an upset stomach, vomiting, and sleep problems. These symptoms, even if one is dealing with acute stress, may affect one's daily routine significantly. For instance, if a student is experiencing moderate to severe headaches, chest pains, and upset stomach due to stress, that student may be forced to skip class and rest at home instead. While this may seem beneficial for the student to recuperate, this course of action may also bring about a new bout of stress due to missed lessons and activities.

Second, stress may affect a person's mood significantly. While some parents are bound to pass this off as a habit that adolescents go through, it should not be disregarded and should be addressed peacefully and as quickly as possible. A student may develop anxiety, depression, restlessness, inability to concentrate, lack of motivation, feeling overwhelmed, and being irritable and prone to anger. While confusing and infuriating at times, parents should take the time to talk to their children and assess their situation before getting angry themselves.

Lastly, the impacts of stress can also show through the changes of one's behavior. Again, this may come off as a sign of rebellion but it really may be caused by stress. The observable changes of an individual's behavior that is due to stress ranges

from angry outbursts, withdrawal from society, changes in eating habits, getting out of the room less often than usual, and misusing tobacco, alcohol, or drugs.

Stress can actually be a scary thing and it should not be taken lightly. Once a student experiences stress, it is best to address it right away so that they can learn how to cope with it or address it themselves. Learning the possible causes of stress and how to manage it goes a long way. Students should not be allowed to feel such a heavy burden so that they can focus on what young people should really be doing – learning and having fun.

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