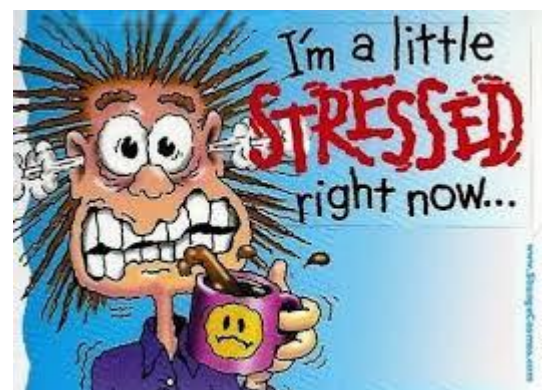


Stress And Young People

By Klaudia Piesko

Many students aged 15-16 have to face an incredibly hard phase during their growth which determines a great part of their life and even though some people may see it as a breeze, some find it extremely difficult to cope with the heavy load placed on top of them during the final months coming up to the examinations. I have carried out research, which supports the hypothesis above, and many students post GCSE state that in regards to A level, GCSES are quite easy. But ultimately the stress filled examination are one of are kind where students sit around an outstanding 25 exams, stressful right? Students are faced with a huge sequence of different stresses, uprising friendships to sitting down and revising. However it is commonly said that teachers pressurize students even though the specification in schools have changed to being linear, which has resulted in an increased number of examinations at the end of year 11 in a shorter period of time, it is quite fair to say that students in this generation are greatly beginning to feel the pressure. On the other hand the responsibility of managing such a tough workload prepares students for the challenges that ultimately have to be faced in life and just gives them a snippet of what the world truly does have to offer. Another source of research also stated that students are more focused and dedicated into social networking sites and their own friendship groups rather than remaining in education this reduces successes and hinders the opportunities that can potentially be available to 15-16 year olds, the exam excess deteriorates youthful minds and pivots their focus on other sources of happiness as there is a decline in academic interest. Finally in my belief I think that the hardest part of GCSES is focus and ensuring that there is a positive attitude maintained during every day, sometimes the alteration to education seems very appealing and many students decide to take the easier route. The main focus on students should be engaging them into further aspects that are offered through a educated education and to have more sources of entertainment and break from the stressful daily stresses, even though there are curriculums to finish having down time in year 11 would be such an advantage to both students and teachers as there would be greater focus and aspirations, potentially increasing high grades and the good spirit and determination in order to succeed in secondary education.



Klaudia Piesko