



## **EMERGING TRENDS IN TEACHER EDUCATION**

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### ***Abstract***

*Stress or tension, has become an integral part of student life. A little bit of stress may be unavoidable and good too, for it would never allow us to be complacent in life. But too much of stress may be counterproductive and would in due course impair both our physical and mental health. And such stress stalks all the age-groups including the children and the youth. Education should be a joyous experience, but if too much pressure is put into it, children find the going a hard nut to crack. Too much of home work, home work during the long summer vacations and the tedious examination system, all have made both the wards and their parents edgy. There are hundreds of cases of youngsters taking their lives when they fail in the examination. Failure in an examination is not the end of the life. One can excel in any field if one chooses the right field for which one has the aptitude. It is the duty of parents, the schools, the colleges, the universities and the educational authorities to make education stress-free. They have to reorient education with the child or the youth as the centre, removing all the obstacles that come in the way of the development of an integrated personality. To a large extent, a part of the stress can be eased by promoting a harmonious relationship between the parents on one hand the children on the other and also between the wards and the educational institutions. The parents should take an immense interest in what their child learns at the school and should do their best in attending the periodical parent- teacher meetings. All efforts should be made to sustain the trilateral interaction among the three-the student, the teacher and the parents.*

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### **Emerging trends in stress free education**

Nowadays stress is a common factor for all of us. Everyone wants a stress-free lifestyle. Stress is the major culprit for dozen aches and pains, and we always work towards its elimination. Students also face this problem but they are able to overcome that problem. Stress is a factor, which if managed properly then there is no effect of it on the human mind. Stress reduces the strength of human to do work. Nowadays there are various classes for stress management. But thinkers think that as we include the stress management in the syllabus at secondary stage of

education then we can easily manage this issue properly. To overcome all those issues some emerging trends are needed in education which can as follows,

1. Yoga education
2. SWOT analysis
3. Meditation
4. Multi class theory
5. Programs related to good mental health
6. Programmed learning
7. Duration for qualifying exam
8. Job guarantee
9. Use of animations
10. Duration of periods
11. Confidence generating programs
12. Spiritual stories
13. Adolescence
14. Learning by doing
15. Nurture
16. Multidisciplinary approach
17. Value education
18. Informal education
19. Teaching methods
20. Simple education
21. Open book exam
22. Structure of school
23. Sports activity
24. Practices
25. Guidance and counseling from parents

**Yoga education:**

Yoga education plays vital role to live stress free life. Yoga is the ancient art of our country. It tells us to how to concentrate on object and how to overcome on different problems. The main slogan of yoga is “Sound mind in a sound body”. By the use of yoga we can easily

manage the stress. By the yoga education we can also overcome all body problems like various diseases, mental problems like depression and stress etc. For all those issues yoga education is very important to reduce them. By yoga we can provide stress free education to the students.

**SWOT analysis:**

S=Strength

W=Weakness

O=Options

T=Threats

As we know strengths in ourselves then we think how to use that in our work. It is also very important to know our weaknesses because of that we can't go under depression. As we know the options of jobs, education, business etc. that is also important to live stress free life. We have different threats in life mainly related to education, jobs, family, friends etc. But as we know the reality of all about that then we reduce the stress in life.

**Meditation:**

Meditation is the process where we forget all those things which give us stress. This is very important to stress free life. When the children's come in school and stand for prayer at that time we use some time for meditation. By the meditation they concentrate on one thing and day by day the power of concentration increases. As the power of concentration increases the stress will reduce time to time. For all that reasons meditation is a better solution on the stress.

**Multi class theory:**

Multi class theory is a theory wherein students from different standards are made to sit in a single class. Arrangement is made in such a way that on single table, students of different classes sit together with not more than a single student from same standard. In such a case if any student has some query or doubt then it can be resolved by his seniors, if any, from the same table. Only in the case if the doubt is not solved, the students will approach the teacher. This will help those students who hesitate to approach teachers when they are stuck with some problem thereby reducing their stress and increasing their confidence.

**Programs related to keep good mental health:**

Nowadays to keep good mental health is very important for that we must conduct some lectures from different thinkers, psychologists and successful persons from the society. In this way we are successfully manage the stress free life of students.

**Multidisciplinary approach:**

Multidisciplinary approach is a kind of methodology wherein students will be given the freedom to choose the subjects of their interest. This will result in the reduction of stress among the students as they will be free from those subjects which they don't find interesting and need not study them for examination purposes only.

**Programmed learning:**

Programmed learning means students learn by their own speed and they get the confidence about the topic they learn. It plays a vital role to reduce the mental stress of the students.

**Use of animations and educational movies:**

As the teacher use the animated clips to teach the students various concepts regarding their subject then we can easily reach up to the students mind and educational movies are also helpful for reducing stress. Movies like 3Idiots, 10F, Tare Zamen Par etc. help to reduce the stress among the students.

**Open book exam:**

Open book exam is a type of exam wherein students are allowed to refer books while solving exam papers. Such kind of exams would reduce the student's tension and efforts of memorizing difficult formulae's. It will also increase the confidence of the students thereby reducing the exam fear.

Many of suicide attempts are during the period exams and results. As we conduct the open book exam the students can overcome the examination stress.

**Duration for qualifying exam:**

Nowadays there is ATKT at primary and secondary level. But as we apply ATKT for that level then students will not take stress of exam and education.

**Duration of periods:**

Quality matters a lot then quantity. Little but quality education is far better than improper quantity education. Long and continues lectures are always boring and hence students do not grasp completely and loose interest. Instead short but qualitative lecture which involves complete involvement of the students are far better.

**Personality development programs:**

Personality development programs help to reduce the stress. By these programs we increase the confidence level of students.

**Spiritual stories:**

Spiritual stories of different religions are included in the syllabus at different levels. By those stories we provide confidence, truthfulness, humbleness, strength, power etc. By narrating the stories like Ramayan, Mahabharat we can reduce the total stress.

**Learning by doing:**

As we learn something by doing that part will be set in our mind or that topic will last long in our minds. So as we give experiences to the students then students understand better. This will reduce the stress among the students.

**Nurture:**

Nurture plays fundamental role in stress management. But this factor totally depends on the parents or guardians of the students.

**Value education:**

Value education provides the basic values to students. By using those values students low down their stress levels.

**Teaching methods:**

We should use appropriate method for the content that we teach to the student. By the correct teaching method student understands well and hence we reduce the stress factor among the students.

**Guidance and counseling from parents:**

Teachers play an important role in any student's life as they impart proper education to the students. But apart from teachers, parents too play an equally important role by imparting proper cultural and moral education to the students. Parents should always keep a watch on their children and guide them regularly on right path.

Finally we can also reduce the stress level among the students by informal education, sports, media etc.

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