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### RESEARCH ARTICLE

#### THOUGHT FIELD THERAPY ON STRESS AND ANGER AMONG SCHOOL CHILDREN.

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#### Abstract

School children face a lot of emotional issues during the period of development. India is home land to more than 243 million adolescents of the country's population. School children were reported high Stress for 37% and children of 16-19 years experienced more Anger. Addressing the impact of Stress and Anger, Thought Field Therapy helps the children maintaining a balance in emotional and behavioural factors. The researcher aims to exhibit the effects of Thought Field Therapy on Stress and Anger among School children. There are exiguous proportion of studies related to Thought Field Therapy on stress and anger among school children. Hence, the researcher has an interest in replication of Thought Field Therapy among school children to reduce Stress and Anger thereby maintaining good balance in emotional factors and promoting better academic performance.

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#### Introduction:-

Adolescence is the transitional stage of physical and psychological development between childhood to adulthood.<sup>1</sup> This period is a stage of 'Storms and Stresses' and supreme importance phase in the life of human. Stress is the non-specific response of the body to any demand for change.<sup>2</sup> Recent study shows that 10% to 30% students experience academic related stress that affect their academic performance that affect their emotional and physical well being.<sup>3</sup> Anger is an intense emotional reaction caused by covert or overt threats such as aggression, frustration, stress, abuse, poor social or familial situations and poverty. The prevalence of Anger among adolescents Boys were 17.19 %, Girls were 15.67 %.<sup>4</sup> Stress and Anger plays an important role in school children in which, it causes major physical and psychological burden among adolescents leading to educational problems, social isolation, lack of confidence, Negative talk and general sense of worry, frequent illness, excessive arguing, and Violence.<sup>3</sup> Thought Field Therapy is a technique that facilitates healing and resolves negative emotions like stress, anger, phobias, anger, guilt, grief, trauma, addictions, depression, etc. The active effects of Thought Field creates the distress by controlling the negative emotions, and subsequently changes the behaviour of the children

#### Overview Of Stress And Anger Among School Children

School children face a lot of emotional issues during the period of development. It is a stressful developmental period filled with major changes in physical maturity and sexuality, cognitive processes, emotional feelings, and relationships with others. Stress plays an important role in school children in which, it causes major physical and psychological burden among adolescents. In Tamil Nadu out of 60 students, 36(60%) of students had moderate level of academic stress, 24(40%) had severe level of academic stress.<sup>5</sup> Stress may lead to many problems such as poor grades, not studying or reading enough disorganization, Skipping classes, Wasting time and procrastinating, fail to manage money, homesickness, not resolving relationship issues and poor sleep habits.<sup>6</sup> Anger is an emotional state

that varies in intensity from mild irritation to intense fury and rage. Adolescence has multiple ideas in their mind and feels immense energy that have been utilized and express in different way. In sometimes it is not direct and comes out in form of aggression.

### Effects Of Stress And Anger Among School Children

Stress is viewed as a negative emotional, cognitive function, behavioural and physiological process that a person tries to adjust and deal with stressors. Stress may lead to many problems such as poor grades, not studying or reading enough disorganization, Skipping classes, wasting time and procrastinating. The academic stress of School children and young adult's emerges as a significant mental problem in students that affect their academic performance and affect their emotional and physical well being. Stress in adolescence is due to information load, high expectations from parents and teachers, academic pressures, unrealistic ambitions, limited employment opportunities and high competitiveness.<sup>3</sup> The prevalence rate of adolescent psychiatric disorders due to stress and anger in the community is 6.46% and in the school is 23.33%.<sup>7</sup>

Anger is a negative emotion caused by covert or overt threats such as interference, attack, aggression, frustration, stress, abuse, poor social or familial situations and poverty. Anger may lead to rage, Irritability, Tingling, Tremors, Palpitations, chest tightness, Tirades, Heated arguments, Physical fights, Property damage, Threatening or assaulting people or animals. Recent study shows that 36% of students in grades 9 to 12 reported of doing physical fight and 14% reported of destroying the school property.<sup>8</sup>

### Impact Of Thought Field Therapy On Stress And Anger

Thought Field Therapy is a system that facilitates changes in emotions through a combination of thoughts and the meridian system that heals and relieve from the negative emotions, stress, phobias, anger, guilt, grief, trauma, addictions, depression, etc. Thought field therapy has been proved to be effective in reducing the psychological stress among adolescents.<sup>3</sup> It is an effective psychotherapy which acts on amygdale in brain producing calming effect and rapid healing in stress response by decreasing the cortisol (Stress hormone) level.<sup>9</sup> Thought field therapy causes chemical, hormonal and cognitive changes leading to emotional and behavioural changes thus it helps the children in maintaining a balance in emotional and behavioural factors.<sup>3</sup> On account of this impact, as a researcher it was taught to the school children for 21 days. The result showed that Thought Filed Therapy was effective in reducing the Stress and Anger among school children.



### Conclusion:-

The active effects of Thought Field Therapy create the distress by controlling the negative emotions, and subsequently change the behaviour of the children. Hence, researcher made replication of Thought Field Therapy among school children to reduce Stress and Anger thereby maintaining good balance in emotional factors and promoting better academic performance.

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