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Children's Stress Psychocorrection [[Andrey N. Khvataev](#)]

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**Annotation:** *The article studies the methods of stress diagnosis in children and the methods of psychological intervention in order to correct it.*

Doctors, who specialize in treating mental disorders, are constantly faced with the lack of information about their cause. In fact - no one knows exactly what causes schizophrenia or paranoia, which means that all the treatment can only be symptomatic, eliminating the symptoms of the disease, but not its foundation. However, now there are more and more evidence of the relationship of psychological injuries in childhood, and its subsequently developing mental disorders.

Having studied the history of several hundred patients with schizophrenia, doctors have found that many of them became victims of childhood physical or sexual violence from their older relatives. On the other hand, scientists have shown that the brain child experiencing constant high stress observed the same structural and biochemical changes that adult patients with schizophrenia - reduced some parts of the brain, such as the hippocampus, reduced dopamine content.

A study of 4320 students showed that they tend to more junk food to the extent that their lives become more tense. They do not just overeat, and switch to other types of food: the most suffering from nervous tension, children consume more fatty foods and all kinds of snacks, and they rarely eat the recommended five servings of fruits and vegetables a day and rarely eat breakfast. It leads to overweight adolescents who often persists into adulthood, increasing the risk of heart disease and diabetes.

One of the meanings of the term "correction" in Latin language is amendment partial correction or amendment (Latin Correctio). Under psychological correction we understand some form of psychological - pedagogical activity corrective mental development of such features, which are adopted in psychology criteria system does not meet the hypothetical "optimal" model of development normal and age landmark as the ideal embodiment of child development at a particular stage of ontogenesis.

There are two main forms of underdevelopment:

1) the lag associated with organic disorders of the nervous system and requiring special clinical or psychological care and attention;

2) time lag in mental development, inappropriate behavior associated with adverse external and internal conditions of development of healthy children.

Psychological adjustment as a form of psycho- pedagogical activity first arose precisely in defektology and applied to various embodiments of the anomalous development. As the formation and strengthening of professional positions child psychology practice the concept of "psychological adjustment" migrated from abnormal development to normal mental development of the child.

In the normal course of development various disorders and deviations are often encountered. The concept of normal childhood does not imply any sterile, hassle-free development of the child. There is a variety of difficulties and problems of development: common, typical and individual.

Any long-term program of correction and development can only be effective when it is based on a correct conclusion about the state of the mind and the individual characteristics of specific formation of his personality.

Some half a century ago, the term "children's stress" did not exist. According to psychologists, it was only a problem of the adult world. Alas, today it is increasingly spreading to the world of children. Children as well as adults, suffer from fears, excessive loads, and backbreaking for their psychological pressure.

At some point parents notice a dramatic change in the behavior of children: they come up with a lot of excuses not to go to school or daycare, start acting up, seem to be tense and frightened, become withdrawn or complain of pain that is not amenable to diagnosis in the consulting room. Few of the parents in a similar situation, think about the fact that their child is experiencing severe stress. Someone, probably, it seems absurd, but the world statistics indicate that one of three children is suffering from stress and its attendant ills.

Children's stress is manifested in different ways. Sometimes it is irritability, aggressiveness and sometimes it is inability to concentrate for long on any one issue. Sometimes stress causes purely physical ailments such as headaches, stomach cramps and increased sensitivity. Children are characterized by the same symptoms nervous tension as adults. And at fifteen percent of children suffering from stress, these symptoms are very sharp.

At times it is difficult to distinguish children's stress from ailments that accompany normal growth and development of the child. How do you know that the baby is stressful, and not something else?

Duration: bad mood for one day is completely normal. But if the child is naughty and does not listen to for a week or even a month, it should be a cause for concern.

Age compliance: situation where two year old child crying and clutching his clothes leaving his mother, is perfectly normal. But if the same thing happens with a nine year old child, parents should take a closer look at the baby.

**Intensity:** does your child's behavior have a negative impact on his life? For example, all children are afraid of monsters, but maybe the child cannot sleep from fear, thinking about them?

**Deviation from the norm:** how far his behavior does not correspond to the familiar? How far his reaction to the problematic situations and unpleasant people different from the usual, normal for children his age and temperament?

Children are not always able to put into words what they are concerned, however, psychologists have created a special guide to the symptoms, possible causes and methods of overcoming childhood stress.

Infants and children up to two years: irritability, refusal to take food, unexpected and severe disturbance of general sleep patterns.

**Causes of Stress:** generally are disease, separation from loved ones, changes in the daily routine and stress experienced by parents.

**Help:** relieve stress in infants, since five months of age, it is best to promote the game, especially hide and seek, that make a child believe that despite the temporary disappearance, Mom and Dad always come back and that they are always near. If the parents leave, you must leave it next to the baby's favorite toys. And of course, to be with him closely, kind, gentle and caring. Depression or aggression of parents negatively affects even the youngest children.

From two to five: behavioral regression (the child returns to the nipple again starts peeing in your pants or bed), excessive fear, rage or uncontrolled outbreaks of bad temper, stuttering, hyperactivity, tears in response to the all-new, nervous movements.

**Causes of Stress:** usually are need to be separated from loved ones, from a hike in kindergarten and ending independent lavatory, changes in the usual course of life, and the third highest prevalence - television programs.

**Help:** preschool children are difficult to express feelings in words, especially when dealing with adults. A good way to find out exactly what happens to the child is listening to their conversations with their favorite toys, alone with that baby is much more outspoken than next to the adults. A good way to relieve stress is rapid, mechanical drawing using bright colors and cry need to give your child the opportunity to shout in the street. It is necessary that the children at least a few hours a day alone in a quiet environment with a book or quiet, traditional games.

Five to ten: unexplained pain and disorders, including vomiting, increased concern about their health, refusal to attend school, and from walking with the other children, too zealous desire to seem good, unexplained anxiety and fears, nervous movements, low self-esteem, sleep disturbance and food lag in school.

**Causes of Stress:** as a rule are school, friends and setbacks or academic competition. Children at this age are beginning to understand that someone is smarter, someone is stronger, someone is prettier than them, and it is to be a significant psychological stress. Bullying and abuse

at the school on the first place in the list of causes of childhood stress. Chief "exciter" stress in schoolchildren - a teacher. Every tenth child fears and hates them. Cause of childhood stress at any age can become a major family event, such as divorce, the birth of another child, moving to another place of residence and of course the death of a pet.

Help: Firstly, you must know the reason for stress. Figure it best during a walk or going to the movies, when the child is away from other family members and may cause stress which is the home environment. Drawings and games also allow you to get to know about what ails the child. Various kinds of help role play, when the child is required to show how he would have behaved in a given situation, as well as intense and constant physical exercise, such as jogging in the mornings. Need to tell children the truth about divorce, and death, and about the disease, or at least that part of it which does not lead to further injury. And of course, the child needs to know that his parents love, support and are proud of him.

Do not forget about the traditional children's fears. They can also cause stress. Rather, it is an instinctive fear of the child to be left alone. Striving to be always with his family is in the subconscious of each child. Very often the parents scare their children that will give them "there what the man" or say that will put in an orphanage, if the children will not obey their parents, grandparents and so on. These innocent in terms of adults, children perceived threat extremely acute. Under certain circumstances, they can cause severe stress in young boys and girls. The consequences of this stress often can poison them for life.

Worst of all, that once fell under the influence of stress, then we become more vulnerable to new attacks. The conclusion is that parents need to do everything to familiarity with a stressful situation for their child come as late as possible. And it is a stake in our lives nervous overloads avoid entirely impossible, we need to know how to deal with them and pay more attention to themselves and others. Happy childhood is the most important legacy that we leave to your child.

Stress can be not only in adults - it is a part of human nature since early childhood. It begins, perhaps, at that moment, when we commit the first perilous journey, leaving the womb and appearing in this cold, dazzling and noisy world. Stress can accompany the child's first steps, his first day at school, soccer practice and puberty.

Stress in children is a characteristic and individual for each of them. Not every child is exposed to stress at the same time. One child can easily sweeps through the days in school without any difficulty getting high marks without the slightest effort, but another rivalry school seems so frightening that he begins to abdominal pain and headaches even as the school bus pulls up to stop.

It takes time and patience to help your child cope successfully with stress. For stress has not caused any abnormalities in the development of a child's development, or the emergence of chronic diseases, it is necessary:

- Give a child time to explain everything.
- Prepare the child for the unexpected, if it is good to think, the right to pick up words situation.

- Explain the child occurring phenomena in life when something happens.
- Do not require a child of excellent behavior and high ratings.
- To tell the children about our memories.
- Imagination as a way of relaxing (draw something, think of his tale, story).

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