

Stress experienced by the female participants in the primary and secondary educational milieus.

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Stress experienced by the female participants in the primary and secondary educational milieus

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Abstract:

Stress, a feeling of pressure, tension, strain or threat, is a problem for contemporary female participants in primary and secondary educational milieus who automatically respond to stressors (causes of stress), in the same way as women and girls in the past, since human beings have not changed psychologically and biologically over the millennia. Like their ancestors many female educators, learners and caregivers today do not reach a calm mental and physical state after an initial stress reaction. They often remain under stress, which results in emotional, behavioural, physical and cognitive manifestations of stress. Moreover, females may be prone to stress because of psychological, biological and social factors that have underpinned their response to related stressors that have faced them throughout history. Yet, history has also shown that women and girls have taught and learnt successful stress coping mechanisms. Insight into these universal truths may provide educational solutions to a universal problem.

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