

ABSTRACT

**Title: AN EXPLORATORY STUDY ON CHILD STRESS AS PERCEIVED
BY PARENTS OF PRE-SCHOOLER OF JUSTINVILLE DAY
CARE CENTER**

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This research was conducted to explore stress in pre-schoolers of Justinville Day Care Center. In particular it aimed to prove mainly the cause of stress in children and the absolute coping mechanism of parents.

Therefore, it aimed to answer the following questions:

1. What are the signs of stress in children?
2. What events caused such signs of stress?
3. What are the means and ways of coping with stress?

Findings

On the basis of gathered data and interview resulting from this study, below are the findings.

1. The subjects are 75 pre-schoolers consisting of 34 females (45.33 %) 41 males (54.75 %). They belong to the nursery, kindergarten and preparatory levels.
2. There are 16 signs of stress observed by the pre-schoolers' parents. They belong to five headings: in their speech, in dealing with others, in their manners, in their thoughts/feelings and others.
3. The male showed 48 signs of stress while the female showed only 27. The top 5 signs are: violence (9), shouting (8), stubbornness (6), saying bad words (7), bullying with other children (5), and temper tantrums (5).
4. The signs appeared in all children regardless of levels in schooling, age and sex.
5. There are 9 incidents or events that caused stress in children. The top 4 are: birth of another child (24), separations of parents (15), financial crisis, frequent quarrel, less attention given by parents, absence and death of loved ones (6), and the last are parental pressure.
6. There are 8 ways through which the parents coped up with their children's sign of stress. The most frequent

is - when taking him along when parents go out (31 or 41.33%). Second, is talking to him often (16 or 21.33%), the third is giving rewards like money and toys (10 or 13.33%).

The last three are: giving him more attention (8 or 10.67%), encouraging him to make friends (4 or 5.33%) and changing their attitude (3 or 4%).

Conclusion

Based on the careful analysis of the data, this research proceed to the following conclusion:

1. The different sign of stress are physical, physiological and emotional in nature.
2. Male are more stressful than female children.
3. Signs of stress appear in different forms of meaning, not all are physical or emotional but they fall under in many different groups. All are in positive aspect.
4. The events or causes of stress have something to do with family set-up, loss of loved ones, ordinal position and socio-economic status.

Recommendation

The reseachers suggest the following remedial measures:

To Parents:

They should be observant to see some signs of stress in their children through physical, physiological and emotional changes especially after significant events happened in the family.

Parents should not neglect basic duties like attending to the need of the children's physical and psychological need. More than good food, clothing and shelter, care and attention are vital and essential.

To school administrator and teachers:

They should see to it that teachers and guidance counselors are knowlegeable and qualified to read signs of stress in children. They report these for suitable therapy.

To Government officials, National, Regional or Local Officials:

They should have community programs to continuing educate parents and teach them how to recognize signs of stress and how to cope with these through group assemblies, seminars and discussion.