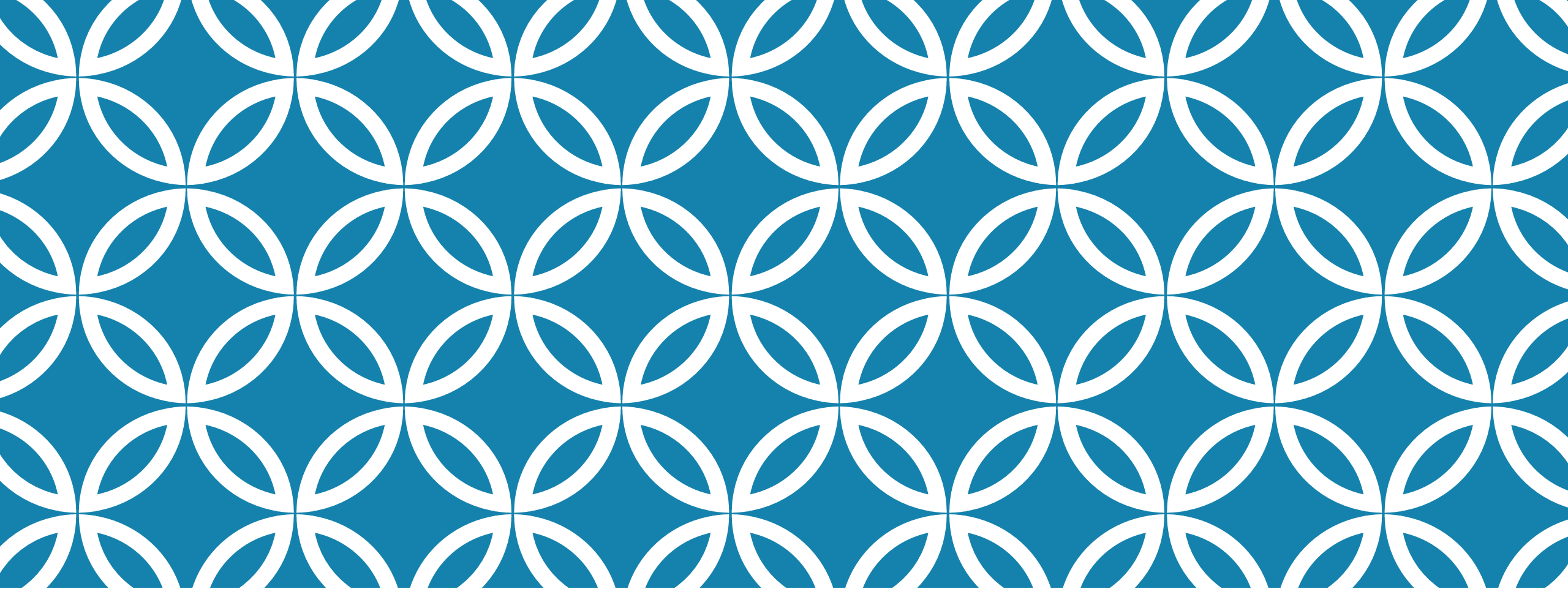




ADVANCE EDUCATIONAL PSYCHOLOGY

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UNIT 4

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PSYCHOLOGICAL VULNERABILITY AND DISTRESS IN SCHOOLS

Psychological vulnerability and distress in schools is a multidimensional issue that affects students' mental health, academic performance, and overall well-being. It arises from various internal and external factors such as exam anxiety, negative media influences, high school pressure, experiences of child abuse, consumerist culture, and crises of values.

Nature of Psychological Vulnerability and Distress

Psychological vulnerability in students refers to a heightened sensitivity to stress, emotional imbalance, and difficulty coping with challenges, which may result in anxiety, depression, and behavioral issues.

Vulnerable students often lack strong support systems, have low self-esteem, and may experience higher rates of distress due to environmental factors or personal crises.

EXAM ANXIETY

Exam Anxiety

Exam anxiety is a specific form of psychological distress where students experience excessive worry, nervousness, and fear relating to academic assessments.

Symptoms include trouble concentrating, sleep disturbances, physical complaints (headaches, stomachaches), and reduced performance, often made worse by parental or school expectations



MEDIA INFLUENCE

Negative Media Influences

Constant exposure to [social media and news can distort students'](#) self-image, create unrealistic expectations, and make them vulnerable to cyberbullying or harmful content.

Vulnerable groups (e.g., students with disabilities or in care) are at greater risk of mental health problems due to negative online experiences and often receive less guidance from parents about e-safety.

SCHOOL PRESSURE

School Pressure

School pressure encompasses academic stress, competition, disciplinary systems, and social dynamics within the school environment, all of which can contribute to psychological distress.

Factors such as gender and type of school can make some students more prone to distress—studies show that female students often report higher stress levels.

CHILD ABUSE

Child Abuse

Child abuse (physical, emotional, or sexual) in or outside of school undermines students' trust and safety, leading to long-lasting trauma, anxiety, and vulnerability to further distress.

Victims of abuse often show symptoms such as withdrawal, mood swings, aggression, and academic decline.

THE DIFFERENT TYPES OF CHILD ABUSE

1 Neglect

3 Sexual Abuse

2 Physical Abuse

4 Emotional Abuse



CONSUMERISM

Consumerism

Exposure to consumerist values through advertising and peer pressure can lead to feelings of inadequacy, materialism, and anxiety among students lacking means to compete socially.

This crisis is amplified by media and school cultures that equate self-worth with possessions or social status.

CRISES OF VALUES

Crises of Values

Modern schools may struggle to instill strong moral and ethical values, leading to crises where students feel disconnected, uncertain, or cynical about societal norms.

The lack of clear values can exacerbate distress, confusion, and risky behaviors among students.



SUGGESTIONS

WHAT ARE SUGGESTIONS FOR THESE VULNERABLE CONDITIONS.