

# CHAPTER 1: DEVELOPMENT OF THE SELF IN SOCIETY

## UNIT 1: LIFE SKILLS REQUIRED TO ADAPT TO CHANGE AS PART OF HEALTHY LIFESTYLE CHOICES: IDENTIFY STRESSES, ASSESS AND MANAGE STRESS

### Identify stressors

**Change:** to transform or become different.

**Quality of life:** your level of personal well-being and satisfaction with your life, what the conditions of your life are.

**Stress:** pressure, nervous, tension and anxiety, constant worry, strain.

**Anxiety:** worry, nervousness or unease.

**Stressors:** things that cause stress or pressure.

**Personality:** qualities, actions, behaviour and attitude that make a person unique.

**Stress** is a reaction caused by ongoing, increasing or new pressures or demands. When the pressures are more than your coping skills, you may feel overcome by:

- Constant nervous tension or anxiety
- Too much to do
- Too many problems to solve
- Too many things happening over which you think you have no control

#### Physical stressors

- Lack of physical exercise
- Physical or sexual abuse
- Illness
- Injury
- Hunger
- Accidents
- Overloadness
- Physical disabilities
- Unhealthy lifestyle choices

#### Environmental stressors

- Pollution
  - Air pollution (traffic)
  - Water pollution (waste from factories)
- Natural disasters
  - Fire, floods & droughts
- Dangerous environments where violence is part of life
- Harmful living conditions that lack basic facilities such as water, electricity and proper shelter
- Lack of private space at home
- Noise pollution
- Physical factors (lack of fresh air, sunlight and privacy)

#### Emotional stressors

- Feelings
  - Constant worry
  - Nervousness
  - Anxiety
  - Jealousy
  - Anger
  - Disappointment
  - Rejection
  - Hate
- Thoughts
- Reactions to life crises and change
  - Unplanned pregnancy
  - Death of a parent or family member
  - Failing
  - Divorce of parents
  - Job loss
- Personality
- Image of yourself
- Change
  - moving
  - starting a new job
  - marriage
  - transition from school to adult life

### Social stressors

#### Family & society

- divorce or death in the family
- family responsibilities
- family pressure to succeed
- arguments with family members
- trouble with the law
- poverty, financial difficulties, debt
- stigma
- gender discrimination

#### Friends and peers

- peer pressure
- breaking up a friendship or relationship
- loneliness
- unpopularity
- being unsure of others
- teasing and name-calling
- bullying
- pressure to join a gang or to party

# Grade12 Life Orientation Scope Term

**Siddappa N.Byrareddy**



## **Grade12 Life Orientation Scope Term :**

**Resources in Education** ,2001      **Fundscape** ,1973-12      **International Handbook of Student Experience in Elementary and Secondary School** D. Thiessen,Alison Cook-Sather,2007-06-03 The International Handbook of Student Experience in Elementary and Secondary School brings together in a single volume the groundbreaking work of scholars who have conducted studies of student experiences of school in Afghanistan Australia Canada England Ghana Ireland Pakistan and the United States Drawing extensively on students interpretations of their experiences in school as expressed in their own words chapter authors offer insight into how students conceptualize and approach school understand and address the ongoing social opportunities for and challenges in working with other students and teachers and the multiple ways in which they shape and contribute to school improvement The individual chapters are framed by an opening chapter which provides background on bases of and trends in research on students experiences of school and a final chapter which uses the interpretive framework translation provided to explore how researching students experiences of school challenges those involved to translate their qualitative research methods the terms they evoke to describe and define students experiences of schools and in fact themselves as researchers      **Home Economics Education** Ohio State University. Center for Vocational and Technical Education,1972      *Research in Education* ,1974      **School Life** ,1929      **Current Index to Journals in Education** ,2000      *Thesaurus of ERIC Descriptors* ,1984      *Social Workers' Desk Reference* Lisa Rapp-McCall,Al Roberts,2022 The Social Worker s Desk Reference fourth edition remains the definitive resource for social work students and professionals Expanded sections on current hot topics such as white nationalism gaming disorder substance abuse LGBTQ populations suicide sexual violence in the military and vulnerable populations make the fourth edition a fully updated and essential reference      **Progressive Methods of Teaching in Secondary Schools** Nelson Louis Bossing,1942

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