Abstract

The purpose of this article is to examine school health programs and see how they promote and enforce stress management. In this article stress is defined as “the inability to cope with a perceived or real threat to the well-being of any of the five dimensions of health, resulting in a series of physiological responses to adaptations”. Mental, physical, emotional, social, and spiritual are the five components of health that may be affected by stress. Stress can be positive, or negative. Anything that contributes to negative stress is called a distressor. Some examples of positive stress is getting married or getting a job promotion. Illness, inadequate nutrition, bad grades, and too many extracurricular activities can be considered distressors.

This issue in this article was not having stress but knowing how to respond when it occurs. Students need to develop the skills required to help them deal with stress. Community participation and focus, school environment, education, and services are the four key elements used by the School Health Programs. The education portion includes health and physical education along with curriculum infusion of elective courses. According to the article, the school is a place that can have a direct affect on children and would be the perfect setting to enforce stress management.

Critical Comments

I think this was a very necessary topic for today’s generation. Many people especially students, experience different stressors on a daily bases and may either have no idea on how to handle that stress and may handle it in the wrong way. I think this article is a reminder to the school health programmers on the importance of stress management and the way it should be done.

The format of this article is very organized and it breaks everything down so that the reader understands the content. I really like how the writer broke down each of the five components of health and each of the four key elements of the School Health Programs. This made the material better for me to visualize their ideas because the author described in detail along with some examples of how to manage stress in each category which made content more stimulating and interesting. This article was definitely worth the time spent reading it.