

HIGH EXPECTATIONS OF PARENTS LEADS TO DEPRESSION

Today's teens face perennial adolescent issues, as well as issues that were unknown to past generations. Stress from school workload and the student's inability to manage all his work within the allotted time lead to stressful student life. This stress comes from a combination of pressures from co-students, educators as well as family. *High expectations* of parents ultimately hinder *student's* success. Some of the psychologists opine that a forceful attitude of the parents and family members to do excel in academics, often tend to mental abuse, cripple the student's morale which is one of the greatest causes for failure, breakdown as well as developing suicidal tendency among the children. One such incident came into focus when a student of higher secondary mailed SSH for an urgent help. He was so much depressed that he got into depression and had no idea what to do. He was mentally fragile and consistently prone to suicidal thoughts. The reason behind this emotional turmoil was much more expectations of his family to get high rank in IIT. Soon after receipt of the case, the officers of the Helpline cell rushed to the school to meet the child as well as the principal. After a good discussion it was felt that his mother's presence was essential. The principal fixed a date for interaction with the mother. The matter was sorted out after having a detail discussion with the mother as well as the staff of the school. The family realised their mistake and provided their moral support & guidance to the child. Now the student is leading a smooth life with the supportive parent. Helpline shows its continuous effort in alleviating the Psychological, emotional and mental health of the students. Thus parents should understand and encourage their children in a positive way. When parents develop effective parenting skills, the generation gap gets filled. When the parents start to understand the balance of where to place boundaries, where to encourage and where to discourage then their children will not get spoiled.