

A digest of lifehacks for “Letovo” school student

A personal project by grade 9 student Anna Rebrova

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Structure of the digest

1. The problem itself
2. Level of stress among students and its reasons
3. Methods of coping with stress
4. Recommendations on lowering the stress level

Main problem

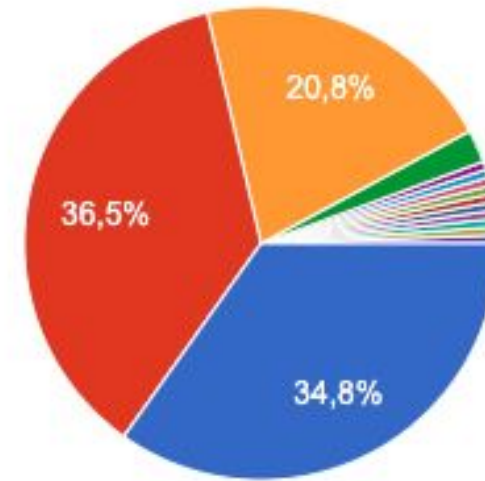
- The problem of my project is that after entering a boarding school each student's life changes. To this extent, each boarder has to cope with many issues themselves and raise their level of independence due to living far away from their family and having nobody to do something for them.
- What complicates the problem is that a student may have to satisfy several different social roles at once, for example, having to be both a diligent student and a member of family.

Usefulness of the digest

- I have conducted a survey to figure out what usually comes as a reason of stress for Letovo school students and how they cope with their problems.
- The idea of this digest is to represent the results of my survey and to introduce more or less popular methods so that people benefit trying of different ways of dealing with stress and lowering their stress level.
- Another reason to benefit from this digest is to help teachers and other social workers in “Letovo” understand what usually comes as a reason for stress among students.

Statistics

- 178 respondents took part in my survey, including 18 seven-graders (10,1%), 44 eight-graders (24,7%), 82 nine-graders (46,1%) and 34 ten-graders (19,1%).
- The diagram on the right shows how often the students struggle from stress, where **blue** stands for “every day”, **red** – for “several times a week”, **orange** – for “several times a month” and **green** – for “never”. Thus, 71,3% of students suffer from stress more often than every week.

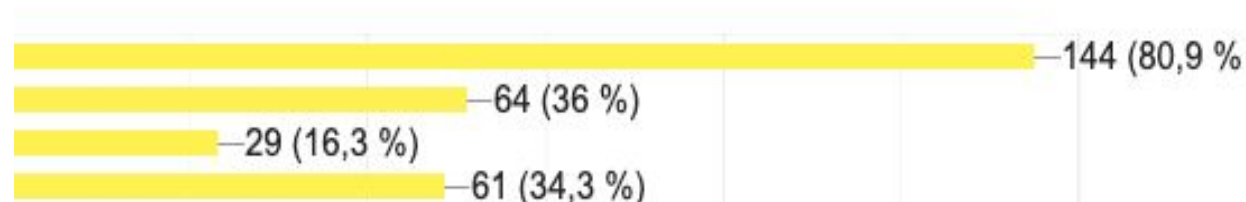


Stress level among students

- Nine-graders suffer from stress most of all: 79,5% of respondents face stress more often than once a week.
- Seven-graders suffer from stress least of all: 61,1% of respondents face stress more often than once a week.
- Such a gap in stress level between these two grades can be explained not only by the increase in the workload, but also by a range of physiological phases each person experiences, for example, puberty.

Reasons for stress

- The most popular reason for stress is studying: 144 out of 178 respondents consider it as a reason for stress.
- Other two most popular reasons that cause stress in Letovo are loneliness (68 out of 178 respondents) and lack of personal space (64 out of 178 respondents).
- I also asked the respondents to suggest what they think can be a reason for stress among their classmates. The most popular answers are: studying, lack of family support, lack of personal space and loneliness.



Letovo is home

- The previous slide demonstrates that students usually don't have stress because they miss their family and home, although they are considered to (only 29 out of 178 respondents miss their home occasionally)
- This can be explained by the fact that Letovo has accommodated the students successfully and they feel safe, as if they are home.

Problem of trust in Letovo

- The fact that students usually don't face stress because of bad relationship with their neighbors is significant. This means that students successfully establish friendly connections with each other.
- However the fact that loneliness is one of the most popular reasons for stress in both cases explains that students don't tend to share their concerns with others.



How open each grade is

- 50% of *seven-graders* are ready to share their concerns with others, 22,2% prefer to keep them inside and 27,8% chose the option “other”
- 47,7% of *eight-graders* are ready to share their concerns with others, 38,6% prefer to keep them inside and 18,7% chose the option “other”
- 46,3% of *nine-graders* are ready to share their concerns with others, 39% prefer to keep them inside and 14,7% chose the option “other”
- 55,9% of *seven-graders* are ready to share their concerns with others, 20,6% prefer to keep them inside and 23,5% chose the option “other”

Analysis

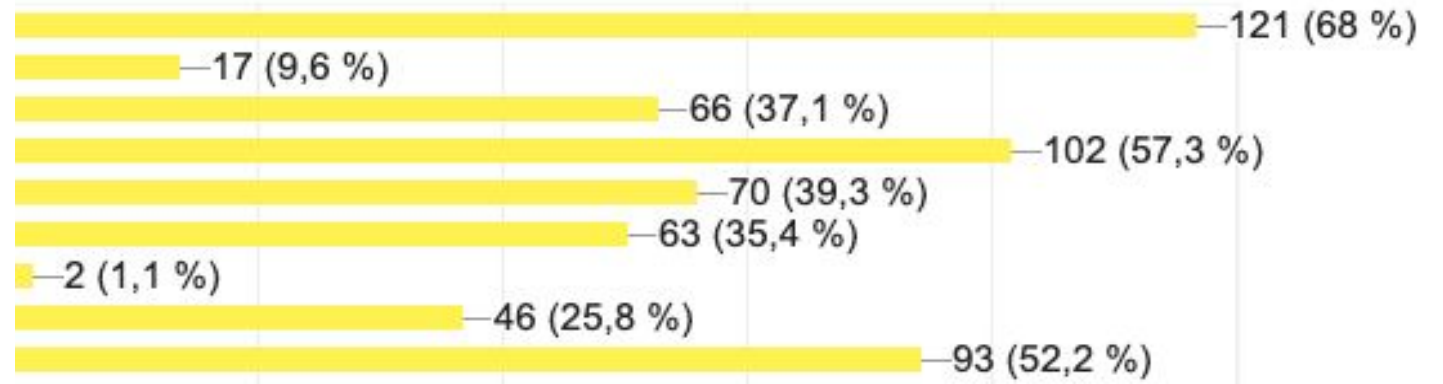
- The data given in the previous slide shows us that nine-grades are the ones who tend to hold everything inside more than others. This complements slide 6 and I can infer that the more withdrawn a person is, the more lonely he may feel.
- The ten-graders are most open among all grades we have in our school. This can be so because they have an extremely busy workload so they open up to relieve their lives a little bit.

Boarding – a reason for stress

- Although I didn't have an option named "boarding" as a reason for stress, several people wrote it in "other". I'm also used to hearing a lot about boarding in school: people say the boarding rules scare them and deprive them of wellbeing.
- This can be explained by the fact that the boarding rules are the same for everyone: some consider them too harsh, other get on well with boarding. The point is that when accepting a student to boarding, the staff members take responsibility for their health and by being strict towards boarders they limit the risks of their health being damaged.

Methods of coping with stress

- Letovo students cope with stress using different methods. The most popular are: communication with friends (121 out of 178 respondents), eating (102 out of 178), walking in the fresh air (31 out of 178).
- I also asked respondents to suggest how their classmates cope with stress. The most popular suggestions are communication with friends (146 out of 178 respondents), watching movies (105 out of 178), eating (102 out of 178)



Psychological help

- 70 out of 178 respondents tend to think that their classmates visit psychologists to cope with stress. In reality, only 17 out of 178 respondents have meetings with psychologists to deal with their problems. This also reflects the fact that most students are used to keeping their concerns inside.
- Psychological trainings organized in school also aren't helpful: only 1,1% of respondents see them as one of the methods of coping with stress.



How to lower the stress level?

- Throughout the survey I have understood that the main problem of Letovo students is trust. When they learn how to open up and share their concerns with others, they will not only relieve their stress level, but also establish strong connections between them and people they trust. Such problem as loneliness will be likely to disappear.
- I have also carried out the belief that the school workers (including anyone from admissions to boarding staff) should be considered as friends always there for you to help, because they really are. Being able to support each other is what can make us a community full of people ready to cheer you up.

A gratitude slide

- I would like to thank you for reading my digest. I hope it didn't only carry some new information, but also a message, that Letovo is a community where everyone can establish strong relationships. It is about having someone who will always be there for you. If you have any questions, I would kindly like to answer them. For contacting me please use the following email address: 2022rebrova.ad@student.letovo.ru

