A STUDY OF PERCEIVED MULTIPLE FEARS OF STUDENTS REGARDING FORMAL SCHOOLING

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ABSTRACT: *The study was conducted to explore Perceived Multiple Fears of students regarding Formal schooling. A purposive sample comprised of 50 teachers and 25 parents was selected from the population. A closed ended questionnaire was used as an instrument. The data was collected from teachers and parents. Results revealed that Students feel diverse kinds of fears during formal education. Most of the common fears were school timing, loss of things in school, fear of injury, feeling stranger in school, teacher's harsh behavior, fear of sudden test, etc. Majority of the teachers and parents agree that freedom should be given to students to take their choices. Parents and teachers should have pleasant relationship with children to get the awareness of the fears of children. Positive teacher student relationship and parent child relationship will help them to eradicate fears among children.*

Keywords: *Fears, Students, Teachers, Parents, School*

INTRODUCTION

Most of the children suffer from fears in their life, it is not a strange thing. Some of the fears are common while some are unique. It is impossible to ignore the role of fears in children's life. [1]

Fears are normal things but these fears can be actual or unreal. [2]

Fears of children are actual and they affect their life. [3]

LITERATURE REVIEW

Teacher's think that punishment is necessary to correct the negative behavior of children but sometimes, it produces harmful effects on child's psychology. It develops negative thinking among students. [4]

Parents should encourage their children to talk about their fears with them. Parents should not make their children dependent instead they should give them confidence to face the challenges in their life. Parents and teachers should help children to come out of the fears. If they solve their problems themselves then it will boost up their confidence. [5]

Not only academic fears but also non- academic fears affect student's life. An extreme fear of animals like stray dogs can become the reason of fear of children and just because of it; he may avoid his class field trips. Some children are sensitive about their health; they fear that germs are easily transmittable and they will also affect them. So, they don't drink tap water in schools. Some children avoid physical education class because they don't want to change their clothes or do any activity which is tedious. [6]

Students face different fears regarding education; it includes failure in exams, fear of teacher, fear of getting hurt, fear of coming late to class, fear of bad performance in school etc. [7]

Fears are not always bad. A definite quantity of fears is normal. Fears are common and sometimes they are good and help to move forward in life. No one needs to worry or be embarrassed about their fears. [8]

There is a need to reduce fears among students. When students can't cope with their fears then they start avoiding the situations which is a short- term solution but it gets bad in the long-term. It is necessary to reduce anxiety in children; otherwise, it will develop into depression and will have worse affects on students. [9]

The terms anxiety and fear are sometimes used interchangeably but there is difference between them. Fear is exterior and particular but anxiety is vague. [10]

It is difficult to understand human brain. Students who show unwillingness to learn go through certain complex issues clouding their brains. It is essential for teacher to approach those students with a mindset of simplifying their issues; teacher should have the understanding of conditions of students from which they go through**.** [11]

In the contemporary world, students face different adverse issues; varying ways of life, expansion in the demands are some of the requirements of society. Students have to be adaptable with the changing technologies. Students go through severe pressure now a days. Children are weak to these environmental changes. They need to be given good counseling. Most alarming issue is fears at school as it increase stress among students. [12]

Fears are normally explained as a usual reaction to threat, whether predictable or real. [13]

METHODOLOGY

Population of the study

The population of the study included teachers of private and public schools of Lahore and parents of Lahore city.

Sample size

The sample of the study included 50 teachers from private and public schools of Lahore and 25 parents of Lahore city.

Instrument

The instrument of the study was a closed ended questionnaire; with a five point likert scale from strongly agreed to strongly disagreed, developed by the researcher. The validity of the questionnaire was confirmed by an expert opinion.

Delimitation of the Study

The research was limited to the specific areas of Lahore which includes private and government schools.

ANALYSIS OF DATA

Table: 1

Distribution of Respondents

	Frequency	Percent
Teacher	50	75.0
Parent	20	25.0
Total	100	100.0

Above table shows that 75% respondents were teachers and 25% were parents in the sample.

Table: 2: Gender

Respondents		Frequency	Percent
Parent	Female	20	76.9
	Male	5	23.1
	Total	25	100.0
Teacher	Female	43	87.8
	Male	7	12.2
	Total	50	100.0

Above table shows that 20% respondent were female parents and 5% were male parents in the sample.

Above table shows that 43% respondent were female teachers and 7% were male teachers in the sample.

Table: 3: Frequency of different statements

Sr.No.	Statements	Teacher		Parents	
		Mean	S.D	Mean	S.D
1	Students feel fear about school timing.	3.55	0.98	3.85	1.01
2	Losing things in school like pen, pencil etc is also a fear of children.	3.12	0.99	3.58	0.90
3	Student feels that he/she is stranger in school.	3.00	1.19	4.15	2.20
4	Teacher's ruthless behavior can become cause of student fear.	4.12	0.73	4.35	0.69
5	Student has fear about illness and injury in school.	2.82	1.24	3.35	1.09
6	Students feel fear about study.	3.18	1.07	3.42	1.03
7	Students feel fear about reading lesson loudly in class.	3.59	1.04	3.73	1.00
8	Students feel fear from surprise test or sudden task.	3.31	1.02	3.38	0.94

Frequency of some of the statements that are used in the questionnaire, are given in the above table.

RESULTS

1.   79% parents and 65% teachers agreed that their children/pupils feel fear about school timing.

2.   61% parents and 45% teachers agreed that losing things in school like pen, pencil etc is also a fear of children/students.

3.   19% parents and 42% teachers agreed that their children/pupils feel that he/she is stranger in school.

4.   88% parents and 88% teachers agreed that their teacher's ruthless behavior can become reason of child/student fear.

5.   46% parents and 30% teachers agreed that their children/students have fear about illness and injury in school.

6.   50% parents and 38% teachers agreed that their children/students feel fears about study.

7.   65% parents and 61% teachers agreed that their children feel fear about doing reading in class.

8.   54% parents and 49% teachers agreed that their children/students feel fear from surprise test or sudden task.

DISCUSSION AND CONCLUSION

Children's fear about school is genuine. They get anxious about their grades, performance in school, being alone in school. All students have felt fear regarding school at least once in their academic career. It is the responsibility of teacher to take interest in his students and help them to deal with fear. Parent's responsibility is also very important as they should understand their child's psychology. There should be no pressure on students from parents about their grades; they should give him free hand. It is obvious from the study that most of the children have fears about formal education. They see school a strange place, they have fears about their peers and it is difficult for majority of the students to adjust in new environment. Students feel fear about education due to the intense pressure parents and teacher exert on them. Student's also feel fear about the timings of school because being late will lead them to punishment. Teacher's harsh behavior is the big cause of student fear. Such students drop their confidence; they can't read lesson loudly. Students also feel fear about being hurt or any type of injury and illness. These types of fears affect children negatively and as a result they can't participate in healthy extra-curricular activities boldly. They become suspicious about everything.

From the above discussion, it is concluded that students face different kinds of fears during their formal education. These fears may be valid or illogical but they affect student's life. Therefore, it is the responsibility of teachers and parents to pay extra attention to students who are having these issues. Teachers and parents should give autonomy to children to take their decisions; it will give them confidence and help them to overcome their fears.

RECOMMENDATIONS

There are some recommendations for teachers and parents.

1.   Teacher should try to identify the fears of the students regarding education.

2.   Teacher-student relationship should be friendly.

3.   Teacher should show much affection and kindness towards students.

4. Teachers should make informal groups of students with their peers to make them social.

5. Parents should give their children liberty to take decisions.

6. Parents should not high their expectations from their children.

7. Parents should have friendly relationship with their children.

8. Parent- teacher meetings should be conducted frequently.

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