



BRAIN GAMES AND BRAIN TRAINING FOR BURNOUT STUDENTS AT SECONDARY SCHOOL LEVEL

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Abstract:

Burnout is a very common situation among adults but the present situation is that this burnout situation is becoming popular among the high school students too. The students are in a very much stressed state that leads to burnout situation among them. The stress among the students arises due to the high academic stress and also due to their physical and biological changes in their growth pattern. These high stress levels can cause uneasiness and unhealthy mental state in them which thus lead to a burnout situation. Thus they fall behind their coursework and begin to feel depressed and sick. Brain games and brain training can play an important role in changing such a state of hopelessness among the adolescents. Brain games and brain training not only increase their brain power but also make them feel fresh and motivated. Such a motivation can help the adolescents get across the burnout situation and encourage them to be more productive and energetic. It can also help the mood shifts among the adolescents. Thus it is the need of the hour to investigate the brain training and brain gaming techniques among the burnout students and thus to reduce the high amount of stress they face.

Keywords: Burnout, Brain Games, Brain Training, Stress & Adolescents

Introduction:

The high amount of work and the high rate of physical and biological change in growth pattern can make the adolescents feel to work more and harder. The more they work the more they get de-energized. Over time the adolescents start to fall off or slow down in their work. The very next thing they do is to procrastinate the assigned coursework or any other assigned works to them. This habit of procrastination arises due to the lack of motivation which they feel in doing their work. Since they feel unmotivated and exhausted their interest and attitude to their work disappears. In such a situation brain games and brain training play a very crucial role in improving the situation of adolescents. Brain gaming and brain training can help improve the unmotivated situation of the students to a far better motivated state. This technique can be effectively used at any grade level secondary student to increase the energy level and hence the productivity of the adolescents. Many brain gaming and training techniques are there which can be used to enhance the status of the burnout students. It can effectively change the situation to a motivated and energetic state if used accurately by the help of enthusiastic motivators.

Definition and Related Literature of Burnout and Academic Stress:

Ang and Huan(2006) in their study carried out in Singapore with 1108 adolescents(596 boys and 508 girls) having age 12 to 18 defined that academic stress is a chronic stress feeling among the students with high academic self-expectations or high academic expectations from others such as parents and teachers.

Salmela-Aro, Kiuru, Leskinen and Nurmi(2009) in their school- related burnout study described the situation as being composed of exhaustion due to school demands, cynical and detached attitudes toward school, and feelings of inadequacy as a student. The same author also described burnout as a continuous phenomenon of academic stress to major burnout. The study was conducted in 1418 participants (708 girls, 709 boys) from 6 upper secondary high schools and 7 vocational schools.

Yusuf (2010) in his study academic stress and school related burnout described academic stress is a result of inappropriate workloads or assignments, examinations, and inappropriate treatment by teachers. School related burnout is caused by a lack of fit between student's internal resources, school workload, personal expectations of school results, or expectations held by teachers or parents.

Thus the studies and the relate literature points out that the school related burnout is a consequence of excessive school demands, lack of control, lack of recompenses for high achievement, lack of interpersonal relationships, and high expectations from significant others like teachers and family members. Hence the above literature gives a clear definition of academic stress and student burnout in the context of school environment.

Brain Training:

Brain training can make the brain stronger and thus by practicing that the students can learn better and efficiently. It can help the students to enhance their basic thinking skills. The foundational skills which can help the adolescents through brain gaming techniques are attention, memory, auditory and visual processing, logic and reasoning and processing speed.

Brain training and brain gaming involves a series of games and activities that can arouse and strengthen the brain. The brain games arouse interest and the games become more and more challenging as it goes on to different levels.

Theory of Brain Training:

Human brain is constantly changing. It can react and respond to all the experiences it faces. The shaping of the human brain is through these experiences and the reactions to the experiences. The brain training can make the brain active and energetic. Through the challenging games the brain gets strengthened and the neurons get more connections and networks to accommodate new information. Thus the brain training can make individuals smarter.

Brain Gaming and Brain Training For the Burnout Students:

Brain training is such a technique in which students are given opportunities to understand their cognitive strengths and weaknesses and help them set up a plan for themselves. The training technique is unique and hence it's not the same for all the children. The training techniques are chosen according to the potentialities and abilities of the child. The technique never gives more emphasis on the child's achievements or difficulties in a particular subject. It just enhances the capacities of the child so that they feel fresh and energetic and hence become more enthusiastic to do their work without any emotional discomfort.

The main underlying idea behind the brain training is to improve and enhance the cognitive skills of the students so that they can master any subject they desire. In fact it gives them a special motivation to work well and harder without boredom. The training focuses more on skill training which can help the students become more confident so that they can have an easier time of learning.

Brain training helps to improve the ability of an individual to handle distractions and disturbances. It helps to improve the core brain skills such as memory, attention and processing speed.

The brain training has also another advantage of building more brain networks that result in better association skills. Thus the individuals get more associative pathways which result in new communication skills. They get more interested in the environment in which they work and they will be able to handle frustration and the burnout situation in a much efficient manner.

Benefits of Brain Gaming and Brain Training Techniques in Burnout Students:

1. Increase in the thinking speed
Through different brain training and brain gaming strategies the thinking speed can be enhanced to a very great extent. The brain health gets strengthened which in turns speeds up the information processing at double the normal rate.
2. Better memory
The brain gaming techniques such as face detection games, spotting the difference games etc can help build a sharper and confident memory.
3. Energetic in getting things done.
These techniques help remove the fatigue and make mind and body fresh and energetic. The tendency of procrastination gets ruled out and hence can help the individuals or students to become more attentive to their work.
4. Enthusiastic in trying out new things.
Having high energy and excitement, students feel happier in trying out new things which is one of the surprising benefits of brain fitness. The brain training and gaming can awaken the curiosity and motivation of the students.
5. Sharper vision and sharper listening
The skill improvement is a main part of the brain training technique. The core skills such as listening or attending to new information are shaped in the individuals through the training programmes. The burnout students if go through such training they would become much more attentive and involved in their duties.
6. Good mood
These techniques help the students especially the burnout students to overcome their frustrations and overpower their mood fluctuations. They never get depressed and moody in doing their assigned duties. This can help the students to create within them a good atmosphere and a good healthy environment to work happily.

Brain Games to Avoid Burnout Situations:

The brain games and brain training techniques can be effectively used to avoid the situations in which the students feel burnout. They feel more self confident and self reliant through the regular training and gaming sessions.

Brain games help the students to prioritize for better time management. Setting up preferences and prioritizing is a very best way to avoid burnout. Unnecessary tasks can be easily recognized and those things which need to be prioritized can be easily identified through these techniques. Brain games help to understand the strengths and weaknesses of the individuals. The limitations can be easily comprehended which in turn helps and guides the students and individuals on tasks which are to be done and which are not to be done.

Brain games help to schedule time and thus strive towards excellence. The techniques make an individual smarter and hence make him productive so that he doesn't get time to feel worried and depressed. Moreover, the brain gaming techniques helps to release tension and bring down stress levels of the students.

Conclusion:

The student burnout is really a problem and that it must be studied and discussed in detail. Burnout is a real worse situation in which the student feels so tensed that he may fail in his courses and also he may feel to drop out from his school. It's an emotional, mental and physical problem, which requires proper care and attention. Here arises the need of brain gaming and brain training techniques to such

children. Through such innovative techniques, the student feel motivated and hence get more interested in his academic areas. Through support, guidance and by giving proper brain training techniques the students who are facing a burnout situation can recover soon and become productive individuals.

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