STRESS EXPERIENCED BY THE FEMALE PARTICIPANTS IN THE PRIMARY AND SECONDARY EDUCATIONAL MILIEUS

by

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I declare that:

*Stress experienced by the female participants in the primary and secondary educational milieu* is my own work and that all the sources that I have used or quoted have been indicated and acknowledged by means of complete references.

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Mrs M L Klos                     DATE
Dedicated to my family
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- Above all, the Lord, who helps me, gives me strength and whose yoke gives me rest from stress (Phil. 4:13; Mt. 11:28-30).
SUMMARY

Stress, a feeling of pressure, tension, strain or threat, is a problem for contemporary female participants in the primary and secondary educational milieus who automatically respond to stressors (causes of stress), in the same way as women and girls in the past, since human beings have not changed psychologically and biologically over the millennia. Like their ancestors many female educators, learners and caregivers today do not return to a calm mental and physical state after an initial stress reaction. They often remain under stress, which results in emotional, behavioural, physical and cognitive manifestations of stress. Moreover, females may be predisposed to stress because of psychological, biological and social factors that have underpinned their response to time-related stressors that have faced them throughout history. Yet, history has also shown that women and girls taught and learnt successful stress coping mechanisms. Insight into these universal truths may provide educational solutions to a universal problem.
KEY TERMS

Female participants
Primary and secondary educational milieus
Stress
Causes and manifestations of stress
Stress coping mechanisms
Contemporary era women and girls
Prehistoric era women and girls
Ancient Greek and Roman era women and girls
Medieval era women and girls
Industrial era women and girls.