



# **BEHAVIORAL ISSUES OF STUDENTS AND THEIR SOLUTIONS**



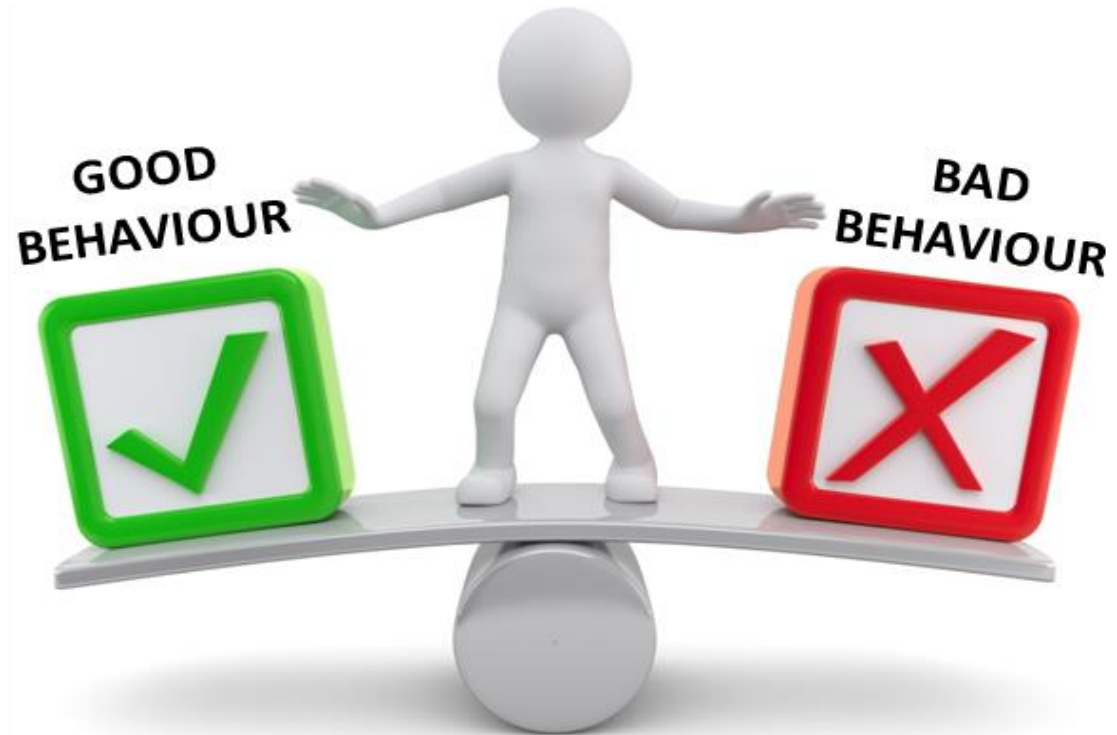
## What is Behaviour? How is it learnt?

- Behaviour is how someone acts
- Behaviour is a form of communication and it serves a purpose.
- Behaviour is also a way of getting needs met
- The two most common needs are:
  - **To obtain** – more time, understanding, order, calm, peer or adult attention, a desired object or activity, or sensory stimulation
  - **To avoid** – a stressor, a frustration, a difficult, boring or easy task, a physical demand, an activity the student doesn't like, or a peer.



## Behavior Problems are a Signal of

- Poor quality of life
- Little control in life
- Few choices
- Poor social Skills
- Poor communication skills
- Stress
- Boredom
- Peer pressure
- Mistrust
- Desire for attention
- Low self-esteem
- Skill deficits
- A feeling of not belonging



***It is easier to prevent behaviors than it is to address them once they have occurred***

## Common Behavior Problems

### 1. Addicted to Social Media and Electronic Gadgets

- Nowadays child's life spins only around mobile phones, virtual social networking and other gadgets and gizmos.

#### Solution

- Encourage them to talk about what they do online, by being friendly and open to their ideas and interests.
- Ask parents to have restrictions on time spent on texting and calling their friends or on social media when they are at home.
- Ask parents to Monitor how they use the Internet

### 2. Risk taking behaviors (Drug use, sexting, fighting, rash driving etc.

It has become a biological fact that teens engage in risk taking behaviors.

To explore their own limits and abilities, as well as the boundaries you set.

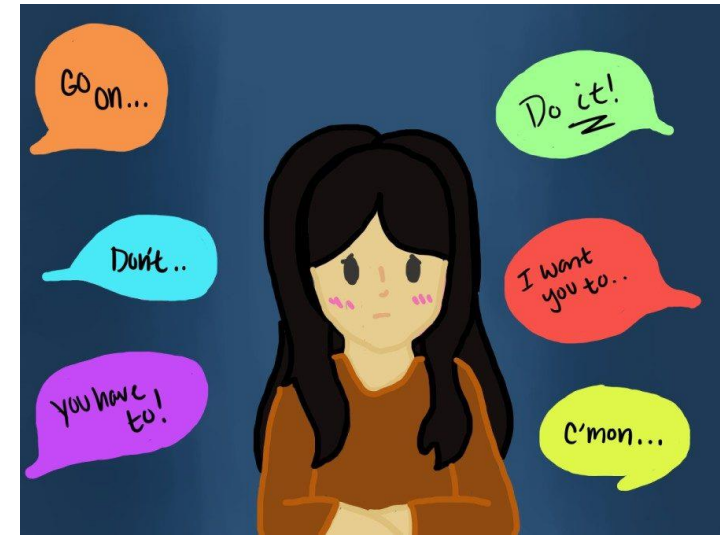


## Solutions

- Channeling this energy into safe and constructive activities
- Talk about behaviour and consequences
- Talking about values
- Help them to handle peer influence

### 3. Negative peer Influence/pressure

- Teenagers' sense of identity is based on who they hang out with.
- If they seem to be spending more time with their friends instead of with you at home, it is because they want to fit in, which is typical teenager behavior.
- The problem is when your teen spends more time with people you do not approve of (not that your teen cares about your approval), or with people who you think can influence your teen negatively.
- Peer pressure can cause students to do or say things they wouldn't normally do or say.



## **Solution**

Promote positive peer pressure outcomes in your classroom.

Talk openly and honestly with your students around what peer pressure is and how it can be used for both positive and negative outcomes.

Teach them some assertive skills

### **4. Arguing**

There are numerous reasons that teens get angry, argue with and talk back .

Sometimes, they has something to say, it is important to them and you are not interested and do not want to listen.

They learned that arguing is the best way to focus your attention.

They develops lack of respect. If you do not pay attention, teen continue to argue.

#### **Solution:**

Minimize verbal communication

Move them to a new location

Outline the consequences

Let them feel listened to

A full stop to the situation



## 5. Lying

- It is a behavior which is used as a means to escape.
- They get caught doing something wrong, and in order to protect themselves, they lie.
- Some lie for Self Defense.

### Solution

- Avoid being judgmental.
- Know the truth
- Be direct in dealing with them'
- Move on delivering your consequence



## 6. Swearing

- Swearing is a bad habit that is learned through modelling and normally learned well before the teen years begin.
- They usually swear to seek attention and get noticed
- To vent out their frustration.



## Solution

Stay calm and explain clearly that the word used is not OK

You can also encourage use other words that aren't offensive.

Make him/her breath deeply and count till 10 if he swears in frustrations

## 7. Mood Swings

Mood swings are common in teenagers, with them being happy sometimes and cranky the other times.

Anything and everything can set them off, and they can go on endless tirades of how unfair you are.

### Solutions

Avoid giving advice or diverting the topic

Rather than brushing off their reaction, try to listen and empathize.

Develop a Working and Collaborative Relationship with the Student

Avoid Negative Techniques.





## 8. Indecisiveness

- Teens are often confused and indecisive because of the physical and emotional changes they go through

### ***Solution:***

- Teenage is the right time to introduce decision-making skills.
- Teach them different ways in which an option can be evaluated or gauged to make the right choice. Make sure that you do not, in any way, put them down or laugh at them for not being able to make a simple choice.



## 9. Need For Privacy/Withdrawal

- Teens suddenly stay aloof or away from family and friends, relatives because he/she no longer enjoy company of them.
- They suddenly become reserved and detached and demands sufficient space.
- At this stage, he/she may want company of same age teenagers and not the caring family.

## Solutions

It is recommended to give teen the space he/she needs.  
Try to talk to them in private space

### 10. Adjustment issues

It can be because of

Change of Environment

Not being accepted by classmates and/or teachers

Feeling pressure to get good grades.

### Solution

Listen to your students anxieties, and express empathy for their situation

Let him or her know that you sympathize with the difficulties of adjusting

Tell your students that you believe in them and that you love them.



## #1. Shyness

What it is?

Scared by new faces, Sticking to Mother

How it is created?

In a child by nature.

How to solve it?

Take them to social gatherings.

Arrange gatherings of similar age children at home.

## #2. Fear

### What it is?

Reasonable Fear is necessary to be in limits, protects one from avoidable harm.

Unreasonable amount of fear hampers thinking ability.

### How it is created?

Horror Stories or events are shared during children.

Over-pampering.

Hiding practice – Isolation.

### How to solve it?

Trust on Allah swt from early on.

Engage in ibadah.

Engage in chores.

Make it a joy.

Stories of Sahaba (rz)

### #3. Low Self-Esteem

What it is?

The most dangerous of all emotional issues.

How it is created?

Nature.  
Medical issue.  
Economics.  
Upbringing.  
Reinforcements.  
Over-protecting.

How to solve it?

Avoid Labeling.

Evidence-based counseling.

Avoid Public Shaming

## #4. Jealousy

What it is?

Having a negative feeling regarding another person's blessings.

How it is created?

Sibling Rivalry

Comparison

How to solve it?

To be loved.

Just-ness.

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**THANK YOU**