Your Name

Instructor Name

Course Number

Date

Title: Assignment 3

The humanistic approach towards parenting states that in most cases, human beings respond automatically to different events in the environment (behavioral theory), and get motivated by unconscious impulses (pscho dynamic). Thus, everyone has the power to decide their action and set the course of their destiny at any moment. This approach consists of 4 basic elements. This approach emphasizes personal responsibility. This idea is borrowed from the existential philosophers, and it is the main cornerstone of the humanistic approach. According to this approach, behavior represents personal choices like what we want to do at a particular moment. People can actively shape their lives with the full freedom to change that is limited by physical constraint. Secondly, in this approach, one has full authority to live life fully, and they need not be a victim of their past. This approach stated that no one could know you better than you know yourself. This approach also focuses on personal growth and proposes that people do not cease striving; they are always motivated to develop positively.

The humanistic approach regarding parenting is a respectful and compassionate approach to raise children. It involves the application of humanistic principles and values in raising children. The main emphasis of this approach is to respect the child and to treat them in the same way as we treat other humans (ethically, responsibly, and compassionately). According to this approach, parents should teach their children the life skills that they need to get success in the world. According to this approach, parents should encourage their children to express verbally any negative feeling that is disturbing them.

Stress is not only a universal phenomenon but also a universal experience, and ways in which people respond and cope with stress are different. Stress is defined as a feeling of physical and emotional tension. Stress can come from any event or thoughts that make the person angry, frustrated, and nervous. The stress effect on the nervous system has been investigated for the last 5 decades. Many studies showed that stress causes many structural changes in the nervous system. The chronic stress is usually associated with atrophy of brain mass and also decreases its weight. At the time of stress, the brain sends signals for the release of serotonin, adrenaline, and cortisol. These hormones cause an adverse drug reaction. Stress decreases the oxygen and blood flow to the stomach and causes an imbalance in gut bacteria and inflammation. These symptoms further result in peptic ulcer, irritable bowel disease, and gastroesophageal reflux disorder.

In this article, effect of stress on physical functioning is explained (Yaribeygi et al., 2017). The effect of stress on the gastrointestinal system and nutrition can be briefly summarized with two aspects of gastrointestinal function. The stress affects the appetite of a person, and it is related to involvement of either the amygdala *via* N-methyl-D-aspartate (NMDA) or the ventral tegmental area (VTA) glutamate receptors. There are many studies that have shown that stress affects the intestinal permeability, absorption process, stomach acid secretion, ion channel functioning, and inflammation of GI system. Stress enhances the GI system response to the inflammation and can also reactivate the previous inflammation by secretion of the mediators such as P substance. This results in increased permeability of cells and T lymphocytes recruitment. Stress also affects the intestine functional physiology, and many inflammatory diseases such as GI ulcerative diseases, and Crohn's diseases are associated with stress. Another disease, such as irritable bowel syndrome is also caused by stress. Stress decreases the water removal from the lumen and also induces chloride and sodium, secretion in the lumen. This is related to the increased parasympathetic nervous system activity. This article is well written and described the different disorders that are related to stress. This article emphasizes that stress affects every individual differently. Therefore, strategies must be formulated, and each patient should be treated accordingly.

Like many people, I also find exams extra stressful. Two years back, I found myself in an extremely stressful situation and ended in suffering from insomnia for more than 8 months. It was the time when I have to appear in the exams. I had three final papers to prepare for, and I had only 12 days to do preparation. Although I prepared for my final exam, my mind went completely blank. I remember that I sat on there in the exam hall for more than 20 minutes with a blank paper in front of me and with shaking legs and a fast heartbeat. Since I did not know any relaxation technique at that time, I had no idea what to do, at that time, I wanted to give the paperback to the examiner and walk out of the hall, but I couldn't do that as I knew that I would have to study more and to face this exam again. Now I use some of the coping strategies that help me a lot in reducing stress. I always try to think positively as whenever I feel anxious and feel that "I am going to fail" or "I can't do this," I try to replace these words with some positive thoughts such as "relax, it's just an exam" " everything will be ok." Sometimes I talk with my mother or my best friend regarding my stress, and it makes me feel very relax. Now I don't compare myself with my friends. Previously I do not take any break while studying, but now I always take short 5 minutes breaks after every half an hour, and this proves to be very effective.

**References**

Yaribeygi, H., Panahi, Y., Sahraei, H., Johnston, T. P. & Sahebkar, A. 2017. The Impact Of Stress On Body Function: A Review. *Excli Journal,* 16**,** 1057.