THE PSYCHOLOGY OF SCHOOL AVOIDANCE: UNDERSTANDING STUDENTS' RELUCTANCE TOWARDS ATTENDING SCHOOL

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Abstract

School is a place where children receive education, enjoy student life and do networking. After graduation almost every student miss their school, school life and everything at school. However, when they are school students they sometimes do not want to go to school.This article delves deeper into psychological factors of school avoidance by analyzing relevant sources and proposes some practical solutions to this problem.

Why some students do not want to go to school ? This question has always been a common among many parents, professionals and scholars.In this sense , actually school is a place where students get enjoyment entertainment by participating in various classes, competing with their peers , and exploring the corners of the world that was unknown for them before. However, in real-life situations, some students cannot receive these benefits from school and the question is why? There might be several answers for this as it is not a topic that was untouched. I found useful insights by reading one of the researchers of Google scholar Sumayya Ulas (a systematic review of school refusal)Refusing to go to school or having trouble focusing and staying on schoolwork for an entire school day is a symptom of school refusal, which is a frequent mental health issue originating from anxiety and fear (Kearney, 2008; Kearney & Albano, 2004). Although school phobia and truancy are discussed in the literature as possible explanations for attendance issues, Kearney (2007) proposed the term "school refusal." In this sense, "school refusal" refers to a child's reluctance to attend school or the difficulty the child has in spending most of the day in the classroom. School refusal is a significant problem affecting approximately 1–5% of all school-aged children, with similar prevalence rates between the sexes, and it tends to be more prevalent among children aged between 5 and 10 years (Fremont, 2003). In another study, the percentage of children having the problem of absenteeism due to school refusal was reported to be 4% (Havik et al., 2015).

When it comes to psychological factors, there are a lot of reasons behind the problem. From a psychological perspective, I can state that children with low self-esteem might experience the reluctance to go to school. This is because, self-esteem is everything for every person regardless of their age, gender , and socio economic status. Without this feeling, it is very easy to be confused and stressed in this globalized

society where person's skills are a lot more important than their grades even than their diplomas. For example, overweight students may have low self-esteem as the obesity is deemed to be a disadvantage for people. Their peers may not want to add them to their social circle , games in breaks , and laugh at them imitating their maneuvers. I found some interesting information with the help of AI about successful people who were rejected by their peers at school

Oprah Winfrey: Oprah Winfrey, a media mogul, talk show host, actress, and philanthropist, is a prominent example of someone who overcame childhood struggles. Growing up in poverty, Oprah faced numerous difficulties, including being overweight and experiencing low self-esteem. However, she turned her life around through hard work, determination, and a strong belief in herself. Today, she is one of the most influential and successful women in the world.

Chris Pratt: Chris Pratt, a well-known Hollywood actor, also had a challenging childhood. He struggled with his weight and faced rejection from his peers due to low self-esteem. However, Pratt found solace in acting and used it as a platform to transform his life. With perseverance, he achieved success in the entertainment industry, starring in blockbuster films such as "Guardians of the Galaxy" and "Jurassic World."

Melissa McCarthy: Melissa McCarthy, a talented actress and comedian, experienced similar challenges during her childhood. She battled with weight issues and endured bullying from her peers, which affected her self-esteem. However, McCarthy refused to let these obstacles define her. She pursued her passion for acting and comedy, eventually becoming one of the most successful and sought-after actresses in the industry. Her roles in movies like "Bridesmaids" and "Spy" have earned her critical acclaim and widespread recognition.

Jack Black: Jack Black, a beloved actor and musician, also faced difficulties growing up due to his weight and low self-esteem. Despite being ridiculed by his peers, Black found his passion in performing arts. He embraced his uniqueness and used his talent for comedy and music to carve out a successful career. With roles in movies like "School of Rock" and "Kung Fu Panda," he has become a household name and an inspiration to many.

In conclusion, if we explore psychological factors of school refusal, self- esteem can be a main reason of it in some students . Parents who experience this problem in their children should necessarily give love , attention and grate care dor their children so that students can have self-confidence . In more serious situations , they should bring their children to behavioral psychologists and definitely solve this problem as soon as possible

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