



CHEMISTRY BETWEEN EDUCATORS AND LEARNERS FOR MENTAL WELL-BEING, STRESS MANAGEMENT AND HOLISTIC DEVELOPMENT

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ABSTRACT

In both imparting and learning it is brain that involves. There is always a coordination or chemistry between imparter and receiver. When imparter imparts precisely and receiver receives aptly then both of them get the credits. The mental status and psychology of the imparter or educator get reflected in the receivers as well. It is just like “Mutual Induction Phenomenon”. Educators’ personality, behaviour, psychology etc on an average impact the behaviour of the student directly and indirectly up to 40% and 85% respectively. Mental well-being i.e. “dynamic internal equilibrium” of the educator himself and his stress management efficacy profoundly impacts the brain of the students. Teaching with confidence, enthusiasm, good manners, hold on the subject, precise knowledge, equipped with techno-savvy qualities, cheerful atmosphere, creativity, innovative ideas, proper interest, flexibility and adaptability-like qualities often affect the psychology of the learner significantly. What we want to teach must be inculcated within ourselves first. Teaching is not just dictating anything to the students rather it is a chemistry between the teacher and learner. This chemistry creates mental well-being and stress-free thoughts in the students. The potential and mindset of the educator when he is teaching gets inculcated into the learners. Meaning thereby that an educator should be potentially active, with optimistic approach, positive attitude, well prepared with subject knowledge, updated with recent and advanced studies, capable of creating interest in the students, disciplined and punctual. When educator is imbued with such mandatory virtues himself then learners will automatically begin to manifest same qualities. If teacher is in active state of mind, stress free and optimistic the same he will induce into his students, this is why great teachers always produce great students. Moreover, if hard work is key to success, then smart work is a password to success. Both teachers and student should learn the new methodologies and teaching pedagogies of doing smart work to avoid over burden and have stress free life.

Keywords: Mental Well-Being, Stress Management, Smart Work, Teaching Pedagogies.

INTRODUCTION

Everyone is not born learned rather learns with time and experience. It is a teacher who teaches his students imparting subject knowledge, innovative ideas, personal experiences and makes his disciples a learned one. Role of a teacher is not just to complete the syllabus only rather he supports his students in every sphere of life. He understands the weakness and shortcoming of his disciples and corrects them with every possible effort. He leads his students in normal course of life as well. A teacher is an educator, mentor, guide, role model, leader, support, character builder, nation builder, critic, evaluator, reviewer, rectifier, facilitator and a true friend also. He imbibes qualities in him and motivates the students to follow all those virtues in them. He doesn't ask to do just theoretically rather lead his students through his own deeds and practices as well. When he acts as a mentor or guide it clearly reflects that he has already gone through the personal experience of those problems and issues, he knows how to deal with them and make them in order by minimising the scope of errors. As a role model or leader, a teacher is always on the top. From LKG to PhD every student follows his teacher as a role model and a leader. Students follow and obey his teacher in every respect whether directly or indirectly. A teacher also provides moral as well as emotional support for his students. Teacher is called a 'Nation Builder' because he inculcated his earned virtues and knowledge into his students and make them eligible and competent for global competition. When youth of a nation is progressive, competent and successful then obviously that nation will also be progressive and developing. A teacher is a healthy critic who criticise and reviews the shortcoming of his students and rectifies them as a friend. Just like a friend in need is a friend indeed likewise a teacher doesn't let his students to go into unwanted needs. Rather he tries to ensure that his students never even have any unwanted needs. Using smart teaching methodologies and new pedagogies a teacher always provides smart teaching and learning. Students find it easy and interesting due to which their focus and outcome get enhanced. Using online or hybrid modes of studies flexible and anytime learning can be

provided. A true teacher helps his students to rise above their needs ahead of time.

Doing all these efforts a teacher provides stress free life with mental well-being and holistic development for the students. When everything goes streamlined then it is always a take in easy situation and no stress on mind. In real sense it a teacher who first of all face the situation solves it, gets prepared for it and then he tries to make his students comfortable. Like if there is a tough topic in the subject. Teacher go through that, understands that, makes notes or so and then teaches same simplified and precise material to his students. In this way he takes burden of his students on him and hence students feel stress free and relaxed. For the learners it becomes easy going and comfortable. Likewise, using techno-savvy features of gadgets and devices, a modern era teacher prepares his up-to-date lectures from internet and various suitable sites and share with students just by a click. Anywhere and anytime students can receive the same updated study material and get benefit out of that. Mostly the material is simple and precise, however, if it is not so then it is the responsibility of the teacher that he must go through those study material before going to class, understands the same makes them simple and precise and then provide to to students. So, an educator or teacher has a great contribution to make his students stress free and relaxed. Simultaneously, he knows that tough things or topics are useful for mental exercise and brain development, so, students should not be made at too much ease that they become habitual of only soft and simple things. Initially let them do that first, however, after some efforts they are unable to solve or understand then with suitable examples and so those tough things can be made simple for them. That is why it is said that there is a great chemistry between an educator and learners. A good teacher reads the facial expressions of his student while teaching and accordingly give examples until or unless he finds that student has understood the matter. This chemistry makes the things to go on smoothly and precisely.

It's is the responsibility of the students also that they provide such an atmosphere in the classrooms with sincerity, obedience, focus and well behaviour that

teacher can teach with best of his efforts. If learners are not paying heed to what a teacher is teaching then automatically mind of the teacher will also get diverted and he will not be in a state to deliver the lecture or imparting the knowledge with best of his efforts. Providing knowledge is a mind game, so peace of mind is always required for good teaching (Bitsko R.H.; Claussen A.H.; Lichstein J. et al., 2022; Singh, Som P.; Menon, Shreya; Singh, Shipra., 2021; Ibrahim, Ahmed K.; Kelly, Shona J.; Adams, Clive E., 2013).

So, we can say that for mental well-being, stress free state of mind and holistic development up to 70-80% teachers and 20-30% students are collectively responsible. This is why a chemistry between the two is mandatory. If one provides and other receives with proper compatibility and etiquettes then both are satisfied and contented. Though educator is at number one to provide mental well-being, stress management and holistic development still at number two students are themselves, at number three respective institutions have their role and at number four parents' guidance and surveillance is also mandatory for the well-being of their children. Every mentioned category has some duties and responsibilities for them as shown in the following image:

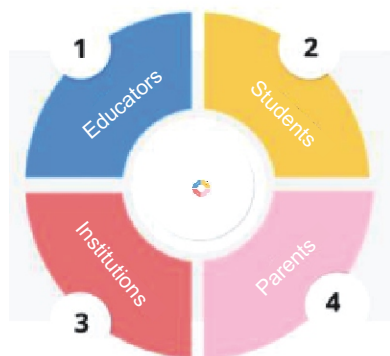


Image-I: Showing The Responsibility Order of Different Communities for Stress Management, Mental Well-Being & Holistic Approach

ROLE OF EDUCATORS IN MENTAL WELL-BEING, STRESS MANAGEMENT & HOLISTIC DEVELOPMENT

Teachers or educators are at number one in

maintaining mental well-being, stress management and holistic development in the students. In these three spheres role of an educator is discussed one by one as follows:

Role in Mental Well-Being

It is a teacher who first of all identifies mental status of his students through their behaviour, academic performance and extra curricular activities etc. The very first step to solve the problem is to know or trace the problem. So, after knowing the issues teacher has the responsibility to rectify them calmly and patiently. Teacher creates a new and safe environment for such students and with love, empathy and care he sorts out the matter without letting other students to know much about that. In schools and colleges such students are more scared and become low in confidence; teacher provides a platform and support for such students. In such cases it is a teacher who can stop other students to make fun of such students and build up their confidence. Teacher give him chances to grow and flourish. Teacher finds out the other hidden qualities in him and let him know about all those. In this way gradually and steadily that student begins to feel good and become at par with other students. Once that student becomes mentally fit, strong and confident then ultimately he can excel in other spheres also. The only thing is timely identification, extra care and patience which a teacher has to provide.

Moreover, those students who are looking absolutely fit and fine are also to be given proper care about their hobbies, passion, target as per their abilities and aims. Student who is looking good now, may have mental pressure later on due to deviation from their aims and objectives of life. So, its the duty of the teachers that they should access the abilities of the student and guide him accordingly. Some students have bigger dreams and aims to achieve, so, teachers must evaluate them as per their aims and let them know how much work they are doing and how much work is expected from them. So that timely aspirants can put their hard work and achieve their goals in life. A good teacher can shape the future and mental well-being of the students in this way.

Role in Stress Management

In students' life there are only two challenging roles i.e. as a child in family and as a student in institutions. So, they may have stress either due to family life or in student life. In student life they may have stress or anxiety due to academic pressure, vast syllabus, due to some inferiority complex or some inappropriate behaviour of other students etc.

In this regards a teacher can be greatly helpful to make his students to get rid of the stress and all. A teacher can teach smartly using gadgets like smart boards, virtual labs, hybrid classes etc. So that easy teaching and learning can be provided. PDF and PPT notes can be given so that students can get whole topic instantly and more emphasis can be given on understanding not writing and wasting time. In drawing the diagrams and tables etc much time is required but when notes are taught and sent in digital formats then that time can be saved. The saved time can be utilised in giving examples and healthy discussions so that students can understand in an easy mode. Teacher must go through the whole concept and teach his students without taking any book into the classes so that effective teaching can be provided. If students have to write orally in the exams, then teachers should also teach his students orally too. Moreover, actual intensity of the topic can be understood if and only if teacher himself studies that topic as a student.

Obviously in addition to these academic burdens sometimes students have other issues like inferiority complex, lack of confidence etc. All these issues can be resolved by the teacher only. Teacher can support, address and resolve the issues and make his student stress free with consistent efforts. Moreover, cheerful and positive atmosphere in the classes, arrangements of educational tours, talent hunt functions, sports activities, quiz competitions, seminars, conferences and such other get together also helpful in stress management in students.

Role in Holistic Development

Holistic development includes the development in whole personality, not only grades, academics, sports and extra co-curricular activities specifically

rather development in all these collectively. Just like parents develop the personality and character of their children likewise teachers act as "external parents" for the students. Students spend their time either at home or in schools/colleges/universities where they learn and adapt new habits and all. At homes its parents who take care and responsible for their holistic development regarding their habits, character, temperament, etiquettes, basic manners etc. However, at schools and colleges there is different persona of their children. So at schools and colleges its the responsibility of the teachers to take care of the students and develop them holistically. Apart from academics, spoken abilities, sports & cultural activities, emotional, social aspects as well as to become a good human first. It is absolutely correct that at schools/colleges students grow much more than at homes under the supervision of parents. At homes they are just under the supervision of two persons i.e. parents but in institutions they are under supervision of many teachers and every teacher is expert in different fields like some in academics, some in sports & culture, some in spoken, some in personality developments, some are councillors, some deals with spiritual aspects and some teaches you socially and emotionally. So almost every aspect of the holistic development is touched in teaching institutions. The only thing is that if teachers understand their responsibility to teach properly and students understand their duties to learn and implement honestly and precisely. In simpler words we can say that there should be a strong chemistry between teachers and students for identifying the shortcomings & their rectification and proper learning & implementation respectively (Weber, David; 2023; Fullchange, Aileen; Furlong, Michael J., 2016; Tzani, Calli., 2018).

ROLE OF LEARNERS IN MENTAL WELL-BEING, STRESS MANAGEMENT & HOLISTIC DEVELOPMENT

If teachers or educators have specific roles in students' life then students also have their roles and duties in their lives to act upon the advices which are given to them from teachers' time to time. It always takes two to clap. So not only educator rather learner

is also responsible for the development, stress management and mental well-being. This is why it is said that there should be strong chemistry or coordination between educator and learner. The role of students in their own well-being is discussed below:

Role in Mental Well-Being

Mental well-being reflects the positive mental state of an individual i.e. a balanced state of mind to lead satisfied, resilient and purposeful life. So, it reflects a state of “dynamic internal equilibrium” i.e. a state of mind which is full of positive energy, useful ideas to be implemented by maintaining balance in different aspects of life. For such a state of mind self-care, self-confidence, self-control, mindfulness, healthy routines, balanced schedule, awareness and continuous help & support from learned ones is needed. Though students can get eternal support from their learned teachers in this regard, nevertheless, these are the students themselves who have to adapt and implement all those do’s and don’ts in life. Personal mental well-being requires self-help service i.e. after getting instructions or advice one have to adapt and implement all those by oneself only. A student can do by best of his efforts, however, if he uses the support and advice of his teachers then progress and development would be by leaps and bounds. So, in maintaining the mental well-being an individual is himself responsible up to maximum extent, nevertheless, teachers’ or parents’ support and advice will give an extra boon or bonanza for the same.

Role in Stress Management

Stress is always a personal and self-inflicted phenomenon. It is mostly self-created due to our own misperceptions, misconduct and mismatch of thoughts and deeds etc. Sometimes stress may be due to overthinking, overburden and overconfidence etc. Especially in students stress may be due to fear of failure, academic burden, poor time-management, inferiority complex, excessive screen time, race to the top position, financial issues, family issues, social issues and all. Nevertheless, if we believe that every phase in life is temporary and that can be overcome easily with the patience and passage of time. Solution

of the problem is needed not the stress. Stress rather makes weaker thinking power and efficiency. Discuss the problem with experienced persons like teachers, parents, siblings, friends etc and try to find the precise solution for the same. Proper & timely sleeping habits, balanced diet and periodical relaxations also play a significant role in stress free environment for students. Habit of doing exercise, yoga, meditation etc are very much helpful in stress management. Mindfulness in terms of habits like gardening, listening music, company of good friends etc makes the young minds occupied and active. In nutshell we can say that get away from all those things which give you stress and get indulged into some useful tasks, relax and feel happy in every circumstances.

Role in Holistic Development

Schools, colleges and universities can provide the environment. Teachers and parents can guide and give the right direction. Friends and siblings can suggest, however, it is the concerned person only who has to do practically as an active agent to get the benefit. If we are not paying heed to what has been suggested for us with passive approach then obviously, we cannot develop holistically. For the development and progress eternal vigilance and continue efforts are needed. Even in those times when you are low in confidence or face failures etc despite all these staying committed and determined to your goals is the best policy for holistic development. Student has to become self-guided, self-dependent to solve the challenges of life. Support and guidance must be taken but student themselves have to recognize their weakness, shortcomings, plus points, strength etc. Knowing your weaknesses is the very first step of your success. Because once you know your weakness, you start work on eradicating the same. Keep determined with your positive aspects and try to diminish weakness and shortcomings. Everyone has different weaknesses but who overcomes them and replace with strengths and positivity definitely attains success in life. Some habits like keeping good company, doing health exercises, joining good communities, developing good hobbies, avoiding use of alcohol and other drugs, mindfulness with constructive tasks etc are very much useful for leading a happy and contented life (Ye, Zixiang; Wu,

Dongmei; He, Xiaoyan. et al., 2023; Bearman P.S.; Moody J., 2004; Golberstein E.; Wen H.; Miller B.F., 2020).

COORDINATION - CHEMISTRY BETWEEN EDUCATORS & LEARNERS

Positive relationship or linkage i.e. coordination or chemistry between educators and learners is a very significant role in upbringing the status of both educators as well as learners. Achievement of teachers lies in the fact that how many students they have taught well to achieve their goals. Likewise, achievement of students lies in the fact that how and what they have attained in their lives. Both of these things are dependent on the chemistry between teachers and students. As and when a teacher gives instructions to his students and with no lapse students start doing accordingly is the thing which leads to victory as a result.

Suppose a teacher is pointing out mistakes and shortcoming in the students then students must take it positively, not as feeling of inferiority complex. If a teacher is asking something to do or not to do then it must also be taken as a command of successful life. This type of coordination and understanding between student and teacher should be there.



Image-II: Showing Different Aspects of Holistic Development

A good coordination or chemistry always leads to better understanding, strong relations, mutual respect, positive approach, healthy environment, stress-free life, mental well-being and holistic development.

How a teacher can play a significant role for students in overall and holistic development in different spheres namely; cultural, physical, intellectual, emotional, social and moral etc are shown in Image-II (Hasan, Mahmudul, 2022; Elharake J.A.; Akbar F.; Malik A.A. et al., 2022):

CONCLUSIONS

Stress management, mental well-being and holistic development have intertwined relationship. If we have attained mental well-being then there will be holistic development and obviously there will be no stress in students' life. A healthy mind dwells in healthy body. So, when we feel healthy in terms of mind, body and spirit then development and successful life is the ultimate outcome. In the student's life institutions, parents, teachers and of course students themselves are the main pillars, however, students themselves and teachers have utmost significance in this regard. Many students had success in spite of poor and illiterate parents, from institutions with poor and low infrastructure. Nevertheless, teachers should always be good and up to the mark, they should not be below par or below average. Great teachers produce great students always. A true master or good teacher is just like air or oxygen for his disciples, without which student cannot survive. On these grounds one can conclude that there should be good coordination or chemistry between these two pillars of holistic development i.e. the teachers and the students. If good teachers are there in the society, they will produce good students and hence ultimately good doctors, good engineers, good bureaucrats, good politicians, good law makers, good teachers and good human beings will get produced. If this happens only then it will be considered that there is holistic development and world has developed globally in the true sense. Developed students will have the key role in the development of a nation and ultimately of the entire world in the times to come. For all these things to happen every teacher should play the vital role and responsibility in uplifting their students. Of course, it's the responsibility of the students also to have coordination with the learned teachers and get benefit out of their knowledge and experiences. For every

student purpose of life should be a purposeful life. Every educator and learner should keep in mind that to do is to be and to be is to do i.e. what you will do today accordingly you will become later on and what you want to be in future, you should start doing like that now.

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