



PARENTING AS A DETERMINANT OF STRESS TOLERANCE AMONG ADOLESCENT STUDENTS

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ABSTRACT :

Parenting is a most challenging yet rewarding experience. Guardians are the real impact in their youngsters' life. Studies uncover a connection between's child rearing styles and school capability, misconduct, viciousness, sexual movement, withdrawn conduct, liquor and substance misuse, sorrow, nervousness, and self-discernment. Parenting style is a psychological and social construct representing standard strategies that parents use in their child rearing. Parenting styles create different social environments in the lives of children within the home. Stress is our body's way of responding to any kind of demand. It can be caused by both good and bad experiences. Many different things can cause stress-from physical to emotional. Identifying what may be causing you stress is often the first step in learning how to better deal with our stress.

Adolescence is a critical period for the development of healthy behaviors and life styles. Findings from numerous studies suggest that the quality of the parent-adolescent relationship has significant impact on the development or prevention of risky adolescent health behaviors, to prevent psychological and social damages and to help them to cope, adjust and overcome stressful situations.

The present study aims to find out the effect of parenting styles on the stress tolerance of higher secondary school students (11th 12th standard). The sample of the study consists of 270 students selected by stratified cluster sampling method from Government and aided higher secondary schools of Pathanamthitta district Kerala state. The sample size was fixed using Kukeran Formula for a margin error of five percent, confidence level of 90 percent and response distribution of 50 percent.

It was found that demandingness is positively related to stress of the adolescents and responsiveness negatively related to the stress of adolescents. When demandingness increase, stress tolerances decrease and when responsiveness from the part of the parents increase stress tolerance increases. So it was concluded that stress tolerance will be low in authoritarian and permissive parenting styles.

KEYWORDS : parenting style, stress tolerance, demandingness, responsiveness .

INTRODUCTION:

Parenting is a challenging yet rewarding experience. Guardians are the significant impact in their kids' life. Along these lines their impression of how kids think, and ought to be brought up is significant in deciding kids' conduct. Different elements, for example, qualities, peers, culture, sexual orientation and money related status, are of lesser significance. Studies uncover a relationship between child's rearing styles and school ability, wrongdoing, viciousness, sexual action, solitary conduct, liquor and substance misuse, gloom,



nervousness, and self – discernment. Parenting style is a psychological and social construct representing standard strategies that parents use in their child rearing. Parenting styles create different social environments in the lives of children within the home. The present study was entitled as parenting as a determinant of stress tolerance among adolescent students. The basic objectives of the study were the following;

OBJECTIVES

- (1) To find out whether there exist any significant difference in stress tolerance between the male and the female Higher Secondary Students.
- (2) To find out whether there exist any significant difference in stress tolerance between the Higher Secondary Students in science stream and humanities stream.
- (3) To find out whether there exist any significant difference in stress tolerance between the Higher Secondary Students from aided schools and government schools.
- (4) To find out whether there exist any significant difference in stress tolerance between the Higher Secondary Students belonging to different religions.
- (5) To find out whether there exist any significant difference in stress tolerance between the Higher Secondary Students on the basis of fathers' occupation.
- (6) To find out whether there exist any significant difference in stress tolerance between the Higher Secondary Students on the basis of father's education.
- (7) To find out whether there exist any significant difference in stress tolerance between the Higher Secondary Students on the basis of mother's occupation.
- (8) To find out whether there exist any significant difference in stress tolerance between the Higher Secondary Students on the basis of mother's education.
- (9) To find out whether there will be significant difference between the Higher Secondary Students from rural and urban areas.
- (10) To find out whether there will be significant correlation between the parenting styles and stress tolerance level of higher secondary students

The nature of child rearing is unquestionably more fundamental than the amount of time went through with the youngster. Child rearing styles are the portrayal of how guardians react and request to their youngsters. Child rearing practices are explicit practices, while child rearing styles speak to more extensive examples of child rearing practices. There are different speculations and sentiments on the most ideal approaches to raise youngsters, just as varying dimensions of time and exertion that guardians are happy to contribute.

Kids experience distinctive stages throughout everyday life; accordingly guardians make their very own child rearing styles from a blend of elements that advance over occasions as adolescents build up their very own identities. Amid the phase of early stages, guardians attempt to conform to another way of life as far as adjusting and holding with their new newborn child. For instance, the connection between the parent and kid is connection. In the phase of youthfulness, guardians experience new difficulties, for example, young people chasing and craving opportunity.

A youngster demeanor and guardians social examples have an effect on the sort of child rearing style a tyke may get. How much a kid's instruction is a piece of child rearing is a further matter of discussion. Early research in child rearing and youngster advancement found that guardians who give their kids appropriate support, freedom and firm control, have kids who seem to have more elevated amounts of ability and are socially talented and capable. Extra advancement aptitudes result from positive child rearing styles including keeping up a cozy association with others, acting naturally dependent, and freedom. Amid the mid 1980s, scientists started to investigate how explicit child rearing styles impact a youngster's later advancement.

PARENTING STYLES

Diana Baumrind (1966) (1) concentrated on the arrangement of child rearing styles. Baumrind examine is known as "Baumrind's Parenting Typology". In her examination she observed what she viewed as the four essential components that could help shape effective child rearing: responsiveness versus Lethargy and requesting versus Undemanding Through her examinations Baumrind distinguished three beginning child rearing styles; Authoritative child rearing, tyrant child rearing and tolerant child rearing. Maccoby and Martin (1983) (2) developed Baumrind three unique child rearing styles by setting child rearing styles into two particular classifications: requesting and undemanding. With these refinements, four new child rearing styles were characterized.

Maccoby and Martin's Four Parenting styles		
Baumrind's Three Parenting Styles		
	Demanding	Undemanding
Responsive	Authoritative/Propagative	Indulgent
Unresponsive	Authoritarian/Totalitarian	Neglectful

Baumrind trusted that guardians ought to be neither reformatory nor reserved; rather, they ought to create rules for their youngsters and be warm with them. These child rearing styles are intended to depict ordinary varieties in child rearing, not degenerate child rearing, for example, and may be seen in oppressive homes.

AUTHORITATIVE PARENTING

Definitive child rearing is described by a youngster focused methodology that holds exclusive standards of development. Definitive guardians can see how their kids are feeling and show them how to manage their emotions. Indeed, even with elevated standards of development, definitive guardians are normally sympathetic of any conceivable inadequacies. They regularly assist their youngsters with finding suitable outlets to take care of issues. Definitive guardians urge kids to be autonomous yet at the same time put restricts on their activities. Legitimate guardians are not as a rule as controlling as dictator guardians, enabling the child to investigate all the more unreservedly, in this way having them settle on their own choice dependent on their own thinking. Frequently, legitimate guardians create kids who are progressively autonomous and confident. A legitimate child rearing style essentially results when there is high parental responsiveness and high parental requests.

Definitive guardians will set clear models for their youngsters, screen the limits that they set, and furthermore enable kids to create self-rule. They additionally anticipate develop, autonomous, and age-fitting conduct of kids. Disciplines for misconduct are estimated and reliable, not discretionary or brutal. Regularly practices are not rebuffed but rather the common results of the tyke's activities are investigated and talked about – enabling the kid to see that the conduct is wrong and note to be rehashed, as opposed to not rehashed to just maintain a strategic distance from unfavorable outcomes. Legitimate guardians set points of confinement and request development. They likewise will in general give increasingly positive consolation at the correct places therefore; offspring of legitimate guardians are bound to be fruitful, very much loved by people around them, liberal and equipped for self assurance.

AUTHORITARIAN PARENTING

Tyrant child rearing is a prohibitive, discipline overwhelming child rearing style in which guardians influence their kids to pursue their bearings with next to zero clarification or criticism and spotlight on the kid's and family's recognition and status. Flogging and yelling are types of control as often as possible favored by dictator guardians. The objective of this style, in any event when benevolent, is to show the tyke to carry on, endure, and flourish as a grown-up in a cruel and unforgiving society by setting up the youngster

for negative reactions, for example, outrage and animosity that the kid will confront if his/her conduct is wrong.

Authoritarian parenting has distinctive effects on children. Youngsters raised utilizing this kind of child rearing may have less social fitness on the grounds that the parent by and large guides the kid as opposed to enabling the tyke to pick by him or herself, influencing the tyke to seem to exceed expectations in the present moment yet restricting advancement in manners that are progressively uncovered as supervision and open doors for direct parental control decrease. Youngsters raised by dictator guardians will in general be conventionalist, exceptionally faithful, calm, and not extremely glad. These kids frequently experience the ill effects of gloom and self-fault.

Indulgent parenting

Liberal child rearing is likewise called tolerant, non-mandate or merciful, described as having few conduct desires for the kid. "Indulgent child rearing is a style of child rearing in which guardians are exceptionally included with their youngsters yet put few requests or controls on them. Parents are sustaining and tolerating, and are receptive to the kid's needs and wishes. Liberal guardians don't expect youngsters to direct themselves or carry on fittingly. The youngsters will develop into adulthood not acquainted with animosity in others because of their improper conduct which would be incredible stun to them. As grown-ups, they will give careful consideration in maintaining a strategic distance from practices which cause animosity in others.

Tolerant guardians endeavor to be "companions" with their tyke, and don't assume a parental job. The desires for the kid are low, and there is little control. Tolerant guardians likewise enable youngsters to settle on their own choices, giving them counsel as a companion would. This kind of child rearing is extremely careless, with couple of disciplines or principles. Tolerant guardians likewise will in general give their youngsters anything they desire and expectation that they are acknowledged for their pleasing style. Other lenient guardians make up for what they missed as kids, and subsequently give their Baumrind explored on pre-school youngsters with tolerant guardians and she concocted an outcome that kids were youthful, nonattendance in imprudent control and they were unreliable as a result of lenient child rearing style.

Neglectful parenting

For neglectful parents, they are consumed with their own needs so much that they ignore or neglect the needs of their children. While on the outside, neglectful parents may look like indulgent parents, there are many differences. Neglectful parents place few rules and restrictions on their children. However, the lack of rules and controls is not designed to foster relationship. Rather, the lack of rules reflects self-indulgence on the part of the parent and an overall lack of care for the child. A neglectful parenting style can have long-term effects on the emotional development of the child even into adulthood. There is a strong element of disconnect that pervades a neglectful household. While the basic needs of the children are met, there is a physical, emotional, and spiritual disconnect needs, often needs not met in their own childhood, these parents neglect the emotional and spiritual needs of their children. In addition to disconnect, since the child is receiving only minimal attention, these children are often very struggle to develop appropriate social skills with others, which lead them to loneliness. Parents are necessary in the development of social skills for the child.

Parent-child relationships in adolescence

There are a scope of practices and related feelings traded among guardians and their immature posterity ; a portion of these trades include positive and solid practices and others include the inverse; a portion of the results for juvenile improvement of these trade reflect great change and individual and social achievement, while different results reflect poor alteration and issues of advancement. As is valid for all aspects of human improvement, there is then decent variety in the nature and ramifications of parent – kid

relations in youthfulness. Sentiments of closeness in the parent-juvenile relationship is identified with guardians' perspectives of their child rearing as fulfilling to them and to the adolescent's confidence and to his or her investment in family exercises. (Paulson, Hill, & Holmbeck, 1991) ⁽³⁾

Different forms of stress

Stress is our body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. These chemicals give people more energy and strength, which can be a good thing if their stress is caused by physical danger. But this can also be a bad thing, if their stress is in response to something emotional and there is no outlet for this extra energy and strength. When you sense danger – whether it's a real or an imagined one – the body's defenses kick into high gear in a rapid, automatic process known as the "fight-or-flight" reaction, or a stress response. Many different things can cause stress-from physical (such as fear of something dangerous) to emotional (Such as worry over your family or job) Identifying what may be causing you stress is often the first step in learning how to better deal with your stress.

While different people may react in different ways based on the event itself, individual's age, life experience, training, preparation, proximity to the event, the amount of time involved in the event, etc, many people have some level of the same natural reasons, which are related to survival, resiliency and recovery. Some reactions will be mild while others may be so strong they might cause difficulty in functioning or moving to recovery.

Stress can also help one to rise to meet challenges. But how a person reacts to stress depends upon many factors. One of them is a person's mental health. A mentally healthy person will have a higher level of stress tolerance. Both these factors are influenced by the type of family and parenting style experienced by the person. Whereas a cooperative, motivated, and responsible teen may be more likely to have parents who exercise an authoritative parenting style. An uncooperative, immature, and irresponsible teen may be more likely to elicit a parenting style that is authoritarian or uninvolved. Teenagers under the influence of strong emotions, without the tools to regulate them, can be identified as dangerous.

Parent's negative feelings can lead, through the formation of issues child rearing practices, to negative results in immature advancement, Moreover, the nearness of issues practices in guardians in essence is connected to issues in juvenile improvement.

Significance of the investigation

We have seen that guardians differ in their raising styles, in the bearings in which they mingle their childhood. A decent arrangement of this assorted variety isn't just very sound yet is, truth be told, important to keep up the extravagance of culture and experience that improve human life, On the other hand, different cases of this variety – including for example, liberal, careless, or dictator raising styles, antagonistic communications set apart by negative feelings, and the showcase of issue practices can result in noteworthy issues for youth.

This decent variety that exists in family working, in child rearing, combined with the assorted variety we have seen to exist as to family structure, together have unavoidable ramifications for pre-adult advancement. Families, in their structure and capacity, impact essentially all realities of the young's mental and social working, related with both positive and negative attributes of pre-adult conduct and improvement. In the present society there are risky results of teenagers relations with their families. Albeit family impacts are not by any means the only wellspring of issues in pre-adulthood, they co change with these different sources in influencing the episodes of issue conduct; in the meantime group of starting point impacts can secure youth the event of issue practices.

Adolescence is a critical period for the development of healthy behaviors and lifestyle. Findings from numerous studies suggest that the quality of the parent adolescent health behaviors. Parents and their teenagers are struggling between the youth's wanting independence while still needing parental guidance.

Sometimes all these conflicts result in behavior problems. If these adolescents are left unnoticed they face different risks such as low mental health, depression, avoidance of important social activities, and substance abuse.

According to research, adolescents with low stress tolerance have a parent with low stress tolerance. They are more likely to have an anxiety disorder, too, stress also can trigger anxiety disorders, but also, children and adolescents with anxiety disorders seem to have an increased physical and psychological reaction to stress. Their reaction to danger, even if it is a small one, is more quickly and more strongly.

Higher secondary students belong to the adolescent age group. Along with the changing physical and mental status as grownups they have to face various problems. As this is a turning point in their life parents and teachers pressurize them to achieve more without considering the child's abilities and interest. In a society like Kerala, where unnecessary importance is given to entrance examinations and professional courses, it is natural that the children will feel stress and anxiety. These may cause many psychological problems to our future generation. Failure to detect youths mental health problem may result in negative consequences such as increased risk for academic failure, social isolation, unsafe sexual behavior, drug and alcohol abuse, suicide attempt, unemployment, and poor health. There is a growing and unmet need for mental health services are important for students and youths success.

Adolescent students in general show difference in their stress experience. Some are over ridden with anxiety, frustration, conflict and pressure in the matters of personal and academic life, while some are immune to this. Although individual differences loom very large, variables that account for this have been investigated with rather little success. It demands a probe into the dynamics of this interesting problem; what causes variance in the feeling of personal and academic stress of students living in the different situations.

The present investigation makes an earnest attempt to find out the impact of parenting styles on the stress tolerance level of adolescent. Such a study, it is believed, will be helpful in reducing the problems of our adolescents. The families, society and youths benefit only when problems in adolescents are identified and prevented earlier.

REVIEW OF LITERATURE

The construct of parenting style is used to capture normal variations in parents' attempts to control and socialize their children. (Baumrind, 1991)⁽⁴⁾. Two points are basic in understanding this definition, First, child rearing style is intended to depict ordinary varieties in child rearing, at the end of the day, the child rearing style typology Baumrind created ought not be comprehended to incorporate freak child rearing, for example, may be seen in injurious or careless homes. Second, Baumrind assumes that normal parenting revolves around issues of control. Although parents may differ in how they try to control or socialize their children and the extent to which they do so, it is assumed that the primary role of all parents is to influence, teach and control their children.

Parenting styles have a profound effect on child behavior (Yahav, 2006)⁽⁵⁾, Parents are encouraged to trust their instincts and to be flexible, affectionate and attentive to individual needs. They need to be ready to change their parenting styles with the development of their child. However, when it comes to discipline, parents need to have consistent rules with consistent consequences (Daniels, 2009)⁽⁶⁾, with consistent parenting, the child is able to learn about what is expected of him or her and how to behave in a socially acceptable manner. Children are less likely to act out or have behavior problems when they know the rules of what the consequences are for not following the rules (Sclafani, 2004)⁽⁷⁾, The leading research about parenting styles comes from Baumrind where she classified parenting characteristics into three groups : 1) authoritative; 2) authoritarian; and 3) permissive (Baumrind 1966)⁽¹⁾

The child has a voice in decision making that is age-appropriate. There is a high level communication between the parent and the child, with the expectations and limitations of the child clearly and firmly expressed. The parents help their child become competent and independent. This authoritative parent is family-centered (Sclafani, 2004)⁽⁷⁾

Children of authoritative parents may be able to cope with unexpected stress and handle problems in calm and purposeful ways. These children get along well with peers and have high energy in a non-hyperactivities fashion. They are cooperative and show respect towards adults and authority figures (Sclafani, 2004) ⁽⁷⁾

Authoritarian parenting style is characterized by enforcement of rules and demand for obedience (Sclafani, 2004) ⁽⁷⁾. Their motto is 'My way or the highway!' (Daniels, 2009) ⁽⁶⁾, Rules are always implemented, but not always explained in a clear manner. Authoritarian parents may be high in control and low in warmth (Daniels, 2009) ⁽⁶⁾. When it comes to discipline, they are punitive and harsh in response. They do not allow their children to make independent choices. Some children may be perfectionists in what they do so they do not disappoint their parents. They may be withdrawn from social events and settings. They are moody, unhappy, unpredictable, and vulnerable to stressful conditions. They can be deceitful and secretive as a child and rebellious as a teenager (Sclafani, 2004) ⁽⁷⁾. Numerous studies have found that children of authoritarian parents are at a higher risk for depression (Betts et al., 2009) ⁽⁸⁾.

The permissive parents in Baumrind's model are often warm and accepting (Sclafani, 2004) ⁽⁷⁾. These parents may act as a "friend" towards their child (Daniels, 2009) ⁽⁶⁾, these parents are high in warmth and low in control (Daniels, 2009) ⁽⁶⁾. They avoid setting rules and disciplining their children for fear of disrupting the natural development of the child. Children of the permissive parenting style may lack self-control, since none is expected of them (Sclafani, 2004) ⁽⁷⁾.

Ojha, Hardeo and Pramanick, Meena (1992) ⁽⁹⁾ investigates the child rearing practices of three religious – cultural groups in India. The sample comprised 300 mothers (aged 20-35 years), 100 each from Hindu, Muslim and Christian communities. The three groups were matched on age, education, family income number of children, and residence. They responded to a child – care schedule, and parental attitude schedule designed by the authors. Hindu mothers began weaning and toilet training early, Christian mothers began later, where as Muslim mothers were the last to begin weaning toilet training, Hindu mothers showed the least restrictive attitudes, and had more loving and protective attitudes than did Muslim mothers. Christian mothers had the most restrictive, most loving, and most protective attitudes.

Hickman, Bartholomae, and Mckenry (2000) ⁽¹⁰⁾, studied the influence of parenting styles on the adjustment and academic achievement of traditional college freshmen. Using self-report questionnaire data, the parental Authority Questionnaire, Quick work Tear, Rosenberg Self – Esteem inventory and family demographics (i.e., family structure and parental educational) were administered to hundred and one college freshmen, Researchers examined the relationship between parenting styles and (a) academic achievements and (b) adjustment of traditional college freshmen. Multiple regression models demonstrated that authoritative parenting style was positively related to the student's academic adjustment. Moreover self-esteem was significantly predictive of social, personal – emotional self –esteem was significantly predictive of social, personal – emotional, goal commitment – institutional, academic and overall adjustment of traditional college freshmen, implications are drawn for parent's as well educational institutions.

Aparna (2005) ⁽¹¹⁾ conducted a study on perceived parenting style and mental health status of higher secondary students. The sample consisted of one hundred and ninety four Higher Secondary School Students from Thiruvannthapuram District of Kerala. The study revealed that parenting style affects emotional stability and social competence of students. Authoritarian parenting style results in developing emotional instability and social incompetency in students. Authoritative parenting style is associated with children's social competence and emotional stability.

A study of development and gender prevalence for psychopathology in childhood, adolescence and early adulthood was done by Mc Dermott (1996), ⁽¹²⁾ the study said males and females express their adjustment problems somewhat differently. The troubled Males usually externalize their turmoil through rebellions and disobedient behavior, whereas females are more likely to internalize distress by withdrawing socially, complaining of somatic complaints of feeling tense, depressed or moody.

In a cross – cultural analysis on procreation behavior, stress tolerance and study habits, Streethi, (2002) ⁽¹³⁾ found that there is significant difference between the students of Kerala and U.A.E for the variable

stress tolerance. The sample consists of 210 students from Kerala, and 210 students from U.A.E (class X and XII). An index of stress tolerance is used to measure the level of stress tolerance of students.

A study by Radhakrishnan (et al) (2005)⁽¹⁴⁾, on the effect of bhagawat gita on the stress tolerance of adolescent find that learning bhagawat gita increased the tolerance level of adolescents.

SAMPLES

The samples for the study consisted of 270 Higher Secondary students, both girls and boys, of adolescent age group. The samples were selected from various higher secondary schools in Pathanamthitta district Kerala state. The sample size was fixed using Kukeran Formula for a margin error of five percent, confidence level of 90 percent and response distribution of 50 percent.

The study focused on the parenting style and level of stress tolerance of the higher secondary students.

Tools

1. An Inventory on Perceived Parenting Style by Reji. V. S and Dr. H. Sam Sananda Raj (2007).
2. Stress Tolerance Scale by Reji. V. S and Dr. H. Sam Sananda Raj (2007).
3. A Personal Data Sheet was also included to collect the details of the respondent

The items in the tests (1 & 2) had five alternative responses. For the positive item, the scores were 5,4,3,2,and 1 and for the negative items, it was 1,2,3,4,and 5.

Statistics

The data were subjected to the following statistical treatments- test and anova and multiple regression analysis.

MAJOR FINDINGS

1. Significant difference exists between male and female higher secondary students in Stress Tolerance. Males were found to have more stress tolerant, when compared to females.
2. Significant difference exists between students belonging to science stream and humanity in the level of stress tolerance. Students with science subject have more stress tolerance than students with humanities subject.
3. No significant difference exists between the Higher Secondary Students from aided schools and government schools in the level of stress tolerance.
4. There exists significant difference between the Higher Secondary Students belonging to different religions in the level of stress tolerance Stress tolerance is found to be highest among Hindu students followed by Christian students and Muslim students
5. There exists significant difference between the Higher Secondary Students on the basis of fathers' occupation in the level of stress tolerance. Stress tolerance is found to be higher for the students with fathers having higher occupation.
6. There exists significant difference between the Higher Secondary Students on the basis of fathers' education in the level of stress tolerance. Stress tolerance of the student is found to increase steadily with the increase in the education level of father.
7. There will be significant difference between the Higher Secondary Students on the basis of mother's occupation in the level of stress tolerance students having mothers with higher income occupation were found to have more stress tolerance.
8. There exists no significant difference between the Higher Secondary Students on the basis of mother's education in the level of stress tolerance.
9. There exists significant difference between the Higher Secondary Students from rural and urban areas. Students studying in urban area have higher stress tolerance than students studying in rural areas.
10. There exist significant correlation between the parenting styles and stress tolerance level of higher

secondary students From the result it can be seen that students subjected to Neglectful parenting style and Authoritative parenting style have comparatively higher stress tolerance than the other two types of parenting styles.

POLICY IMPLICATIONS

The knowledge and awareness attained through this study, in terms of the different variables and results are helpful in understanding the problems faced by our student's. Parent's educationalists teachers and the administrators should act in such a way as to reduce the problems faced by our children so as to enhance their mental health. Lower level of stress tolerance can be very disruptive to a child's life as they feel intense emotions of fear and worry which are not always brought on just by the typical stresses of life.

Programmes should be arranged at school by which the importance of effective parenting can be explained and by which the parents can be enriched. Parents should re- examine their own attitudes and ways of coping with fears and anxieties in their life. They should let children know that they also experience moments of fear and that they are successful getting through them because fear and anxiety are transient states. Parents should also take care not to pressurize their children to achieve beyond their capabilities. Administrators and educationalists should try to re- organize the educational system so that the adolescents can maximize their potentials in a stress free manner.

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