INTRODUCTION:

Stress is uninvited guest in everybody’s mind. Unknowingly it affects most of the people in many ways. People from all walks of life face stress in one way or the other. In a broad sense, stress and modern life go hand by hand. Stress is one of the most important psychological problems faced by the majority of people all around the world. Stress is an inevitable event in the life of young children and adolescent; under the stressful situation in the home and school; most of the adolescents use defense mechanism to reduce the stress but that does not change the overall stressful situations nor does it help the adolescent to gain relief from their stress permanently. Most of the adolescent simply talk, laugh and cry under stress but it gives temporary relief and the stress continues to affect the adolescents, this age is rightfully called the age of stress. Stress and its management is the “in thing” today and is gaining paramount importance.

Today life’s challenges are far more complex than they used to be. In this 21st Century also stress continues to ravage all level of society. People do say about this that Do students have any stress?” Yes stress occurs when the pressure is greater than the resource.

\[ S = P > R \]

It was observe that stress in the adolescent is a universal phenomenon and is the prime concern for all the people, more and more children suffer from stress now a days. The main reason behind the stress among children is attributed to the parents. All the problems related to behavior are the result of poor parenting. Stress may come from self, home or school for an adolescent. He/she may carry it from to home to school or from school to home and in both cases the self mean an adolescent is affected stress affect the child’s performance at school and his attitude towards work.

**Need and Importance of study:**

Stress is a fact of life, every individual faces daily one cannot be a successfully student without stress, but optimum performance is best obtained
under moderate levels of stress and performance suffer if there is stress overload or stress under load, when stress turns into distress and adversely affects a person’s mental, emotional, and physical status.

Stress is a natural and unavailable feature of life. In under developed communities, stressors can be related primarily to the need for physical survival, to finding food and shelter. In developed cultures our stressors have usually rather less to do with the basic mechanism of survival, and rather more to do with social success, with the generation of ever increasing standards of living and with meeting the expectation of ourselves and others living and with meeting the expectation of ourselves and others.

Stress is the reaction people have to excession pressure or other types of demand placed upon them. It arises when they worry that they can’t cope. It is the “wear and tear” of our minds and bodies which constantly changing as per our environment. When an individual meets with stress in the form of a conflict, frustration, anxiety or pressure, his or her immediate reaction is one of the aggression or of withdrawal. However due to circumstances he usually cannot express aggression directly.

stress exists from the change in an individual's thinking and their lifestyle. Individuals have changed in their perceptions and the way they interpret their life. Students in their teens are the ones who are going through the transitional phase, which is an intermediate of childhood and adulthood. During the teen years, a lot of biological, physical, as well as the changes in responsibility and role.

Stress is believed to be caused by the various problems that exist such as problems at school, financial problems, family problems and problems in their surroundings. Teenagers also experience stress because they are sometimes trapped between making decisions which is to follow rules and orders or to be free and discover the world like they should. Teenagers in their previous day were trained for things that were suitable with their age so that they can use it to manage their lives. But now, teenagers have to follow their parent’s desires which are preparing them to compete in the social system where the society is scrambling towards modernization so that they are not left behind. If it is not managed well, stress can ignite psychological disturbances among them when they are grown up. These
disturbances will cause stress to the teenagers in the future if they are not overcome now.

The purpose of this study is to understand the factors which cause stress among higher secondary students relation to their academic performance and home environment. Stress can cause both mental and physical way. The effects of stress are different for different people. Stress management is very important in our life because two third of all visit to physicians are for stress include the following. Stress can cause chronic fatigue, digestive upsets, headaches and back pain. Stress can affect the blood cells that help you to fight off infection. Constant stress can increase blood pressure and cab increase the risk for stroke. Stress can increase the danger of heart attacks. Stress can make an asthma attack worse. Stress can lead to diminished sexual desire and an inability to achieve orgasm. In order to stabilize these changes the students are always confronted with problems and conflict. For some students who are not capable of dealing with it, the changes will create stress and tension to them. If it is not deal within the early stage the students may experience mental problems.

In the present scenario, as the society is influenced by modernization and westernization the path from adolescence to adulthood is endowed with stress. This is true especially in the case of adolescents in the middle income group families as they have to face greater stress in the form of parental ambitions and pressures and highly competition academic and job environments.

The adolescent period is considered to be difficult and critical, they begin to have a sharpened sense of his/her own dignity and they strive for recognition but do not get it. Consequently they cling to their own age group (peers play the most important role in their live.

The formula no longer a child not yet an adult vividly expresses the transitional character of adolescent life. It is a state in which the person has already broken with the happy age of childhood, but has not yet found himself in adult life, that is why the adolescent mind is confused.

Adults commonly tell young people that the teenage years are “the best years of your life”. The remembrance high lights happy groups of high school students energetically involved in fun and florick but this is the only part of the picture. Life
for many young people is a painful thing of war filled with demands from parents, teachers, coaches, employers, friends and oneself. Growing up negotiating a path between independence and reliance on others. It creates stress and it can create serious depression for young people ill-equipped to cope, communicate and solve problems.

Stress is a major problem for college students everywhere. Stress causes many issues with emotional and physical health. One of the most frightening consequences of college students. Stress is suicide because of depression.

**SCHOOL / COLLEGE ENVIRONMENT**

A student’s educational outcome and academic success is greatly influenced by the type of school that they attend school factors include school structure, composition and climate. The institutional environment sets the parameter of a student’s learning experience school or college environment can either open or close the doors that lead to academic achievement. Infrastructure of the school college plays an important role for e.g., size of a class room, additional facilities like computers which have been shown like computers which have been shown to enhance academic achievement smaller size create more intimate settings and therefore can increase teacher student bonding which has also been shown to have a positive effect on student’s success. Socioeconomic bade ground, also plays an important role in the school. Peer group is another factor which plays an important role in the individual’s life, Apart from this school climate is closely related to the interpersonal relations between students and teachers. Trust between students and teachers motivate them to perform better results, as many a times we have seen that students do not attend school / college because of teachers. Students can focus more clearly when a school is able to create an environment where students feel safe. If a school is able to accomplish a felling of safety students can have success despite their family or neighborhood background.

**COMMON CAUSES OF STRESS IN SCHOOL**

Young people become stressed for many reasons. Stress can come from an unstructured classroom, unclear or unreasonable expectations or fear of failure.

- Regular old Academic stress.
- Social stress.
• Break up with boy/girl friend.
• Troubles with classmate
• Troubles with teachers.
• Humiliating experience.
• Extreme pressure to perform.
• Peer group.
• Physicals health.
• Amount of project / school work.
• Social acceptance.
• Missing family and friends.
• Irritability or unusual emotionality.
• Sleep difficult or night mares.
• Dating.
• School/college environment.
• Work load.
• Time management.
• Parental pressure/demands
• Extracurricular activities by force.

**HOME ENVIRONMENT:**

Family background is a key to a student’s life and outside of school, is the most important influence on student’s learning and includes factors such as. Socioeconomic status, single parent, household experience, divorce, parenting practices and aspirations, maternal characteristics family size and neighborhood. The environment at home is a primary socialization agent and influences a child’s interest in school and aspirations for the future. The socio economic status of a child is most commonly determined by combining parent’s educational level, occupational status and income level. Studies have repeatedly found that socio-economic status affects student’s outcome. Students who have a low socio-economic background likely to dropout and score low marks in studies. It affects academic achievement because low socio-economic status prevents to vital resources and creates additional
stress at home. It leads to disruptions in parenting, an increasing amount of family conflicts, and an increased likelihood of depression in parents and single parent households. For these reasons it is closely tied to home environment and one could argue that it dictates the quality of home life for children.

**COMMON CAUSES OF STRESS AT HOME**

Stress is something that we all have to deal with on a daily basis. There are many factors at home which cases stress if not more than just anxiety. So let’s look at some common causes of stress in the home.

- Financial problems.
- Family commitment.
- Health and safety.
- Life changes.
- Beating the clock.
- Unexpected events.
- Internal stressors.
- Daily hassles.
- Relationships.
- Money.
- Death of a family member.
- Divorce.
- Sibling rivalry.
- Parental pressure.
- Low socio economics status.
- House hold violence.
- Rigid rules and regulation.

**LITERATURE REVIEW**

**INTRODUCTION**

A review of literature relevant to the study is an important and essential part of the research process. It is a valuable guide to defining the problem,
recognizing it’s significant and suggestion promising data gathering devices, appropriate study design and sources of data.

**NEED OF REVIEW OF RELATED LITERATURE**

Good emphasis the need of reviewing the literature when the states that “Keys to the vast store house of published literature may open doors to sources of significant problems and explanatory hypotheses and provide helpful orientation for definition of problem background for selection of procedure and comparative data for interpretation of results in order to be creative and original one must read extensively an critically as stimulus to thinking

**REVIEW OF RELATED LITERATURE**

Mehra Vandana, Sharma Anjali (2008) “Effect of Yogic practice on Social Stress of female adolescents”. The present study was experimental in nature with a control and experimental group, where pretest, post test is designed for control group. Treatment was the independent variables and social stress and academic stress were dependent variable. The Sample was comprised of 120 girls of class XI from government school Chandigarh. It was found that experimental group who were exposed to yogic practices exhibited reduction in social stress as compare to control group. The inference regarding academic stress was the experimental group who were exposed to yogic practices exhibited reduction in academic stress then control group.

Panda Manoranjan (2005) “Correlation between Academic achievement and Intelligence of class IX Students”. The present study is showing the relationship of intelligence with academic achievement of 550 students of class IX. The objective of the study is to discover the effect of intelligence an academic achievement and it’s assessing the interrelationship between academic achievement and intelligence in different categories of schools. No specific tool is taken only non verbal standardized group test of intelligence developed by J.C Raven (1956) has been used for measuring intelligence. It was found that there is a significant difference in academic achievement of students studying in different categories of schools but there is no significant difference in intelligence of students studying in different categories of schools. The findings clearly state that there is little relationship between academic achievement and intelligence in different categories of school.