INTRODUCTION

Scientific advancement, high educational aspirations and severe competition in academic and professional areas have an impact on the overall development of college students. Especially who belongs to the age group of 16 to 19 years, during this age the adolescents enter into college life from school life. There are several factors which acts as stressors and that leads to the development of problems among sophomores. Stress form an inseparable part of HSC students and certain degree of stress is essential for adequate personality development.

Too severe stress or too many stressors may affect the psychic equilibrium, producing maladaptive patterns of behaviour and give rise to behavioral problems. The response syndrome occurs as a result of the organism’s exposure to excessive environmental demands or stresses. The conditions of the social and physical environment operate as stressors to the extent that they exceed on organism’s adaptive resources.

Once the students enter the college he/she is expected to assure certain vocational and civic responsibilities as they are at the stage of transition towards physical, mental and emotional maturity, so they are expected to make serious efforts to achieve these responsibilities by the cultural group. This period of transition is known by various terms like ‘sophomore period’, ‘awkward age’, ‘clumsy age’, ‘stormy period of life’, ‘crisis of youth’, ‘difficult age’.

During this adolescence phase rapid physical and psychological changes occur. Most of the sophomores worry about the general health, diet, weight, growth and complexion. This may be because of their increased concern about health and physical self-image. In addition to this, the students has to face the problems of making various kind of educational choices for their career and also in need of assured emotional independence and establishment of social relationships within and outside the family.

According to a study conducted in north India by Hindustan Times reveals that nearly 70% of Indian students after class VIII experiencing severe academic stress during exam time and nearly 10% having contemplated suicide at some point during their academic years. Pritchard, Wilson and Yamnitz conducted a research and reported that college students were experiencing
significant distress. They found that stressful life experiences directly correlate with increase illness and increase in levels of stress over the past 30 years and concludes that in response to increased level of stress, students often indulge in negative health behaviors such as drinking, smoking, and using drugs.

Coping style may play an important role in the way students manage stressful academic events and perform at college. As expected, greater academic stress co-varied with lower course grades; however, students who engaged in problem-focused coping were more likely to be motivated and perform better than students who engaged in emotion-focused coping. College students confront many challenges in pursuit of their educational goals. When such experiences are perceived as negative, they can have an adverse effect on students’ motivation and performance.

WORK:
Considering the nature of the problem it has to select the specific method for research study. Regarding the statement, it has to find out the level of academic stress it impacts on physical and psychological health and coping strategies among HSC students. The researcher has selected the survey method exclusively for the HSC students in the selected HSC Colleges urban & rural localities in Aurangabad district. In this study researcher have to find the level of academic stress, its impact on physical and psychological health and coping strategies among HSC students.

RESEARCH PROBLEM:
The problem of research is “Academic stress and Mentoring Per Analysis of HSC Student with special reference to Aurangabad District.(MS)”.

SCOPE:
The purpose of the study is to the level of stress among HSC Students and mentoring per analysis and common patterns strategies.

NARRATION:
This study attempts to understand the level of stress and mentoring per analysis of HSC students.

For a student entering from school to college life is full of new experiences, challenges and lot of anxieties. Going to college might be an exciting experience; making new friends, adjusting with new environment and
being independent. On the other hand it is the time to get lot of adjustments with new life style, responsibilities and pressures. The above said factors might create stress among the college students.

Stress seems to be very common in college student’s life. They have to survive academically and to prepare themselves for further graduate or professional trainings. Teenagers have to deal with the idea of becoming adults, deciding on career alternatives, and developing relationships. With over 10 million students writing school-leaving final exams every year, exam stress is a phenomenon that has assumed larger-than-life dimensions in India.

Living away from home, juggling academic demands, worrying about paying tuition and other bills, and maintaining a rewarding social life combine to create enormous amounts of stress for college students.

The Campus Calm website reports that stress can affect academic performance, with the association of Press and MTV 2,200 college students randomly sampled from 40 colleges and universities across the country. Among those polled, 85% of students reported feeling stressed daily. Over schoolwork and grades topped the list of college stressors in the poll, 60% of students reported feeling so stressed that they were unable to complete their work on one or more occasions.

The "Stress and the college student" a study of University of California and Los Angeles, in 1999 involving a sample of 364,546 students attending 462 institutions selected to statistically representing that year's 1.6 million first-semester college freshmen surveyed. Among them 30% reported frequent feelings of being overwhelmed. Female students reported feeling overwhelmed more frequently, and 38% reported feelings of stress compared with 20% of male students. Almost 70% of female students surveyed said they worried about how they would pay for college, while 57% of male students shared that worry.

In 2006, the college-career services support company Experience hosted an online poll involving 380 college students who were asking about their stress levels and strategies for maintaining equanimity. 25% of respondents reported that exercise helped to reduce stress. Watching television or listening to music helped 20% of those polled reduce stress, while 17% of students talked with
friends and family to reduce stress. About 10% of college students reported that cleaning cars or apartments helped reduce stress.

In January 2010, a spate of student suicides in India, specifically in the city of Mumbai, where at least 20 suicides were recorded within a period of 30 days [The Guardian, Jan 28 2010], caused immense turmoil within the echelons on power & the hearts of a billion people. An article from times of India in March 2008 leading daily, reported that in 2006, 5,857 students or 16 a day committed suicide across India due to exam stress, these are just the official figures.

A Report by CNN-IBN dated on Jan 13 2010 showed that a research study conducted 10 years back reveals: 16% of Mumbai students were depressed that is 2% more than the students in Boston. It also found that 8% of these were suicidal. After 10 years later, things could be worse. Statistics show that India has the highest suicide rate in the world, marginally behind China, but ahead of the west. 95-100 people commit suicide in India every day and of these a whopping 40% are in the adolescent age group.

Also Express India, on Jan 10 2010 reported that Crime Records Bureau figures show India’s suicide rate has risen 8% a year for 10 years. According to 2007 estimate, 45% of suicides involve people between 15 and 29 years of age and WHO lists suicide among the top three causes of death in the age group 15-35. The motive when students kill themselves is invariably academic pressure this accounts for 99% suicides in the age group 12-18. The psychiatrist sought to assess why the trend has risen of late and put it down to three reasons: deprivation of sunshine, exam results, and the copycat syndrome.

The above statistics indicate the systemic flaws in the education system. Even the most successful student in a class is merely an example of someone who has learnt to cope with a system which promotes rote-learning. A strict adherence to curriculum based learning limits the exposure to practical knowledge and first to finish the line oriented competition which defines academic success and future of a student.

All of us would agree on the fact that our country has no crunch on the talent front. We take pride in calling ourselves one of the most well educated countries in the world. Our country has the richest cultural heritage and we have produced some of the best minds in the world.
We are fast at adopting and developing all the latest technologies and business values are encouraged by everyone alike. Our education system has gradually evolved into a rat race, where in the exciting and enriching experience of learning has been stripped down to a mere number game. Every child is thrown in this ruthless battleground and his fate is sealed even before he learns to walk or talk properly. Regardless of his dreams and ambitions, he is made to go through the same grind that everyone else does.

By now we are conveniently oblivious of the thousands of dreams that could not be fulfilled because of the pressure and stress inflicted on them because of the so called rat race. The society failed to do a bit for our own loved ones.

Thus, it is very clear that there is an urgent need to find the academic stress, health problems and coping strategies among HSC students who enters from school to college life. The knowledge generated by this research can help the parents, teachers, students, counselors and also educationists in guiding the youth to grow as stress free individuals capable of shouldering their responsibilities in life. Therefore the investigator was under taken this study to explore the academic stress, its impact on health and coping strategies among HSC students.