

A STUDY ON STRSS MANAGEMENT IN RELATION TO THE ACHIEVEMENT OF HIGHER SECONDARY SCHOOL STUDENTS

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INTRODUCTION

Man is a social animal and can develop his personality only in social setting. The major task of any society is to develop the personality of an individual. Only the individual development ensures harmonious co-and the existence is the bridge between the society and the people. The modern world considers human being as an asset.

Education is endless. Education for an individual starts with is birth and goes on till his last breathe. It is an essential human virtue, which makes an individual a real human being, i.e., an individual becomes a complete man through education. He learns something at every moment and in everyday, education equips the individual with social moral, cultural and spiritual aspects and thus makes life progressive, cultured and civilized.

Stress is a physical, chemical or emotional factor that causes bodily or mental tension and may be a factor in disease causation. Stress can be divided by time of exposure(chronic stress), effect it has upon the person(eustress) or according to the origin of the stress(workplace). Chronic stress is a persistent stress which can lead to illness and mental disorder. Eustress is a positive stress that can lead to improved long-term functioning. Workplace stress that is induced by employment.

MEANING OF EDUCATION

Philosophers from different periods and areas have given the meaning of education. In accordance with their of life there have emerged divergent concepts of education which are like diamond appear to be a different color when seen from a different angle.

In brief, concept of education has different meanings on account of the following factors.

- ✓ Cultural settings
- ✓ Economic set up
- ✓ Geographical considerations
- ✓ Political philosophy and system
- ✓ Philosophical thoughts
- ✓ Religious thoughts
- ✓ Sociological thinking

All these singly or in combination of one or more factors exercise their influences content, organization, discipline and methods etc. of education.

The word stress is derived from the Latin word "stringer" which means to be drawn tight. The word stress is currently used was coined.

"Stress is physical, mental or emotional or tension. Tension is mental or emotional strain, suspense, anxiety or excitement. Anxiety is a reaction to a real or imagined threat, a general feeling of uneasiness or dread".

Tension, conflict, pressure, strain, upset, nervousness, unhappiness or poor lessons. Most people use it to mean either. Stress can manifest itself in both physiological and psychological ways.

NEED OF EDUCATION

The new born infant is a helpless human being. He has neither any friends or an enemy. He is not aware of social customs and traditions. Not only this, he is often keen to achieve any ideal or value. But when he grows older, he is influenced by the formal and informal agencies of education.

In this way he develops his physical, mental and emotional self and social feelings also develop in him gradually. He is able to develop a sense of responsibility like his elders and solve the problems in life successfully.

IMPORTANCE OF EDUCATION

Generally, at the start of the very young age, children slowly start to use their mental, moral and physical powers, which they acquire through various types of education. Education is commonly referred to as the process of leading and obtaining knowledge school, in a form of formal education. However, the process of education does not only start to child from their schooling, environment also plays the great role in educating a child. Almost, in all the societies attending the school and receiving the education is extremely vital and necessary if one wants to achieve success.

Learning subjects in schools is not enough. In addition one should learn how to lead life by knowing what to say, when to act in a certain way.

The concept of education is dynamic and it has passed through many ages and stages in the progress of evolution. In a nut shell, education comprises both teaching and learning.

STRESS

Stress demands the place on the individual that are perceived as threatening and demands that tax the individual's resources. Stress that involves a perceived threat which an individual thinks that may strain or exceed his/her resources. Stress includes tightening of muscles increased the heart rate and breathing seems more rapid. Both the persons who is lethargic to do anything and the person who always has to do something may be experiencing stress.

The term stress refers to situations that pose demands, constraints or opportunities. However, a stress-arousing situation for one person maybe neutral event for other. Certain situation which pushes in a stressful path does not depends on how we appraise in our life event and how we rate our ability to deal with it. It's all about the fair decision - making at the point.

Stress is an internal state of mind which may lead to physical illness both internally and externally. There are chances to be absent in the activities which engage us with the environment and social welfare. It is potentially harmful and exceeding to the resources.

Lifestyle and events of our everyday activities have a forceful impact on our health. Recent research has proved that stress is playing a vital role in human health condition. The empirical research on stress says that both body and mind is been effected. To identify these life events or the environmental triggers has gained importance as early deduction can help in preventing major degenerative disease.

SOURCE OF STRESS

Stress can be caused in many factors in the life of an individual. It comes to be felt only when it exceeds a certain critical intensity. Some of the accumulations of stress are as follows:

➤ ***Frustration***

Repeated failures in our attempts to achieve certain goals can contribute to stress. This type of repeated failure leads to frustration. It can be mild and temporary or severe. Prolonged and cumulative frustration may result in stress.

➤ ***Conflicts***

All of experience conflicts, 'to do something or not to do'. Conflicts can be of different types. In modern life, almost every point of decision making in one's life tends to create conflicts like choice of jobs, spouse, education etc. conflicts can be described as approach - approach, avoidance - avoidance, approach - avoidance type. But whatever be the nature of the conflicts, it necessarily generates the stress resulting in considerable amount of discomfort, restlessness.

➤ ***Pressure***

Contemporary society puts a lots o pressure on the individual. It is often very difficult to solitude. There is competition everywhere, for education, for position and almost everything. We have to be the fittest to survive. Today there is a struggle for 'moving up' and the pity is, there is a struggle not only for the real success but for the imaginary success.

STRESS MANAGEMENT

Stress management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress especially chronic stress, usually for the purpose of improving everyday functioning. Stress management is a large family of techniques which can be used by people who feel overwhelmed by stress.

STRESS MANAGEMENT IN SCHOOL

Life stress, burn out the consequent copying behavior influence teacher's behavior, teaching styles and related activities in school. Teacher's stress and anxiety has become an major concern, while planning for teacher's effectiveness.

The adolescent period is considered to be difficult and critical. It is so because to the numerous qualitative shifts that takes place, at this time and which at times assumes the character of a radical break with the previous properties, interests and the relationship of the child.

CONCLUSION

It is revealed that the level of stress of government school, government Aided school and private school students is moderate. It is revealed that the level of academic achievement of government school, government aided and private school is moderate. There is no significant relationship between stresses is higher secondary school than other school children.

