

IMPACT OF CHRONIC STRESS TOWARDS SELF-DESTRUCTION ATTITUDE

Dr. R. GAYATHRI, M.Com, M.Phil., Ph.D., MBA, PGDCA, SET, Associate Professor in PG,
Department of Commerce with International Business, Nallamuthu Gounder Mahalingam College,
Pollachi

Ms. INDUPRIYA.M, PG Department of Commerce with International Business, Nallamuthu
Gounder Mahalingam College, Pollachi

Ms. MEENAKSHI GAYATHIRI.S, PG Department of Commerce with International Business,
Nallamuthu Gounder Mahalingam College, Pollachi

ABSTRACT

Students in education settings face a wide range of stress related to academic, physical, financial and mental level. Previous research indicates that academic-related stress can reduce academic achievement, decrease motivation and increase the risk of school dropout. The longer-term impact would reduce the likelihood of sustainable employment each year. This study presents the impact of chronic stress related to academic and physical problem that makes you feel stressed and the ways to overcome from stressful thoughts and through stress busters.

INTRODUCTION

In today's highly competitive world, students face various academic problems including exam stress, disinterest in attending classes and inability to understand the subject. Examination stress is the feeling of anxiety or apprehension over one's performance in the exams. It can lead the students not able to perform to the best of their abilities in exams. Academic stress is the major source of stress among adolescents and it may lead to low self-esteem. Many psychological problems such as depression and suicide occur as a result of low self-esteem.

Stress is generally defined as the body's nonspecific response or reaction to demands made on it, or to disturbing events in the environment. Stress can also be defined as any change in the body's equilibrium. Any negative stress is also known as distress. Distress occurs while performing a task or throughout a day to day activity and tension builds up, there is no longer any fun in it and there seems to be no relief. This may lead to poor decision making. The general characteristics of the person in distress are, over-aroused, tense, unable to relax, touchy, easily upset, irritable, easily startled, nervy, jumpy, fidgety and intolerant of interruption or delay. As mentioned earlier, excessive stress results in increased prevalence of psychological problems like depression, anxiety, substance abuse and suicide

Higher secondary school education is a very important turning point in the academic life of the individual. It is similar of GCE a level of schooling in the countries like Great Britain. At this stage, the academic performance of the youth/adolescents plays a crucial role in deciding about next higher stage of education, and probably career too. Academic stress is mental distress with respect to some anticipated frustration associated with academic failure or even unawareness to the possibility of such failure. Students have to face many academic burden/load, for example, school examination, answering questions in the class, showing progress in school subjects. Understanding what the teacher is teaching, competing with other class mates, fulfilling teachers and parent's academic expectations.

This study will find the self-immolation attitude among secondary school student due to academic and personal stress as well this study brings out the solution for the above mentioned problem.

STATEMENT OF THE PROBLEM

The causes of academic stress can be classified mainly into seven categories i.e. the stress due to teachers, stress due to exams and test, stress due to peer, stress due to parental and social, stress due to time management and infrastructure, and stress due to self-inflicted factors. These can