

**SELF IMMOLATION ATTITUDE AMONG SCHOOL STUDENTS ON ACUTE STRESS**

**Dr. R. GAYATHRI**, Associate Professor – PG Department of Commerce with International Business Nallamuthu Gounder Mahalingam College, Pollachi

**Ms. SANTHIYA S** (21-PI-22), Nallamuthu Gounder Mahalingam College, Pollachi

**Abstract**

The present research article is investigating about the self-immolation attitude among school students due to academic and personal on acute stress with the reference of 34 respondents from various schools in Pollachi Taluk. Today's lifestyle has made a stress as daily occurrence. Acute stress that occurred for a brief time had a serious impact on the student population, such as anxiety and despair, which cause students to think emotionally. Only when stress is under control will it be healthy. However, it becomes more difficult for students to concentrate and complete tasks when stress, worry, and anxiety start to overpower them. This study analyses the relationship between the stress level (Acute stress) of the students, reasons for their stress, steps to overcome from their stress and from the self-immolation thoughts occur due to stress.

**Keywords:** Stress level, Acute stress, Self-immolation thoughts, reasons and steps to overcome stress

**Introduction**

People often believe that students are least influenced by stress or other issues. But because of different internal and external expectations placed on school students, nowadays stress has become a part of their academic and personal lives. Mental health issues such as despair and anxiety are the effects of stress and it should be brought under control. However, it becomes more difficult for students to concentrate and complete tasks when stress, worry, and anxiety start to overpower them. In today's educational environments, students deal with a variety of normative stress which cause inconveniences in academic obligations. The pressure to achieve high marks, worries about receiving poor grades, homework deadlines, exam anxiety, health crises, family problems, and other related issues are examples of academic-related stress that secondary and higher secondary students frequently report. It creates tension among students which make them to depart from their studies and trap them towards self-destructive impulses. As part of this the present study was carried out to find the stress level of the school student and its causes and effect among themselves.

**Statement of the problem**

Students are affected due to stress for various academic and personal reasons. Stress has become a part of the student's life nowadays due to their academic and personal problems. Acute stress has led to a sharp rise in the number of attempted suicides and the incapacity of students to control their stress levels. Stress become a common word which was used and felt by all students nowadays. This study throws a light on the reasons and problems which create stress among the students.

**Objectives**

- To study the impact of acute stress among the gender of the school students.
- To study the main reasons of the stress and its impact.
- To know how the students overcome from stress and self-immolation attitude.

**Scope of the study**

Students stress level is the existing problem faced by the society and government is finding the way and means to solve the societal problem. Stress has become an unavoidable part of everyone's life, even though learning to manage it is crucial. Students felt more stressed for a variety of personal and academic reasons, which leads to self-immolation thoughts. The study will assist the government in formulating the strategy to address the relevant issue.