

Sources of Stress among Students Preparing in Coaching Institutes for Admission to Professional Courses

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KEYWORDS Stress. Professional Courses. Self-inflicted Stress. Peer Inflicted Stress. Parent Inflicted Stress. Coaching Institutes

ABSTRACT Adolescents entering a new academic world are confronted with multiple transition challenges. The challenges are compounded as they experience higher academic work load. In short, failure to cope effectively with these challenges can result in major problems, but since a number of problems seem to be faced simultaneously, they feel particularly stressed. Due to their immaturity and future uncertainties, they seem not to have any control over the situation. The present research investigated the stress of such adolescents. A sample of 300 adolescents was drawn randomly from the Coaching Institutes of Agra city. Self- prepared Adolescent Stress Inventory (ASI) was administered to get information from the subjects. The result of the present study revealed that adolescents are affected by self-inflicted, parent inflicted, and peer inflicted stress and they also experience a high amount of these stresses.