

Competitive Exams v/s Stress and Pressure

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Abstract: The world today, despite all technologies, progress and education. Education is taken means some kind of instruction, knowledge, training or skill in any sphere of human activity. But in the present era, there is high level competition environment. Competition is very hard in education or almost in all the fields. Students face more stress full life specially; it's related to studies, examination, peer, teachers or parents pressure. 6000 students were committed suicide under the pressure and stress of competitive exams in 2006. Every year students committed suicide after declaration of result due to the failure in examination.

Key Words: Hypothetical, Expectation, Personality, Fatigue, Mockery, Depression.

Introduction:

India has the second largest population in the world. Therefore it is quite obvious that there is high competition in almost all the fields. Better qualification and good graduation colleges give added advantage to perform better in the job market.

When neighbor children scored good marks or clear any competitive exam. Students are come under great pressure. Parents are also expecting her/him to perform a lot better than his neighbor. This hypothetical situation can be experienced many times by many of us and this is quite true also. Parents and family have lots of expectations for their children to succeed and do well in their life. In their desire and dream to see their child succeed they forget that every child has different talents and capabilities and scoring good marks is not the only criteria for being successful.



Under the parent's pressure and peer pressure is also another reason for stress among children after 12th and graduation. Parents create pressure on their children for preparation of competitive exams for government jobs like UPSC, PCS, SSC, Bank PO, NDA, CDS etc. under the parent's pressure they start preparation and joining expensive coaching classes and spend lots of precious time of their life in for the preparation of competitive exams.

Especially in India, parents mentality that govt. jobs are much better than private sectors job. No doubt those govt. jobs are very good as compare to private jobs. It is also time bound jobs and after retirement the govt. employee get pension too. In high competitive world parents forgot that all students or children intellectual level is not same. Every children have individual personality and different from one another.

For example large numbers of students are coming in the Delhi for preparation of different competitive exams in mukherjee nagar especially for IAS, IPS and Bank PO exams. They are spending all most four and five year here for preparation. If they are selected than it is good but a large numbers of the students those are not crack any competitive exams, in last they are only graduate and they wasted precious time of the life and also cross the age limit to do something. After four or five years it is very difficult to start again to do something for good job or life. One person who is known of researcher, named Aakash he came here in mukherjee nagar seven year ago after his master's in economics. He choose this line by own wish. He started studies after one year he understood everything and gave his first attempt, no doubt that he is very intelligent student and crack prelim in first time, he written mains exam also. After that he faced first interview but hard luck in this time he was rejected. His parent's expectations are also increase. Than like this every year he prepared and gave exam, he cleared also but in interview he was rejected. He gave only four attempts because he was from general quota. One side his parent's thought that one day their son definitely cleared the UPSC exam and at the same time along with studies Aakash involved in wrong habits like drinking smoking and he also started to take drugs due to the depression. In last attempt he was again rejected. He was totally in depression because now he has no idea what he is doing? Sometime luck does not work. May be this is happened in this case. After two or three counseling he is understood the situation and presently he is working in international BPO.

Sometime due to this, student gone through long period of depression, mental stress and sometime they take wrong step. Peer pressure is also another reason for stress among children. The students generally compare themselves with friends, seniors and sometimes also with neighbors. During exam students keep in regular touch with their peers through phone calls, messages or chat just to see that they don't lag behind their friends. It is also assumed by them that if they fail to perform better, they will be subjected to mockery and laugh by their counterparts.

The increasing pressure from parents, peer groups and society pressure from parents and society takes away the innocence and youthfulness of a child. Children and students also have a risk of various health hazards like fatigue, body ache, eye weakness, stress and in a very severe cases depression. Failure in examination also forces many children to take the extreme step of suicide. India is the suicidal capital of the world. Out of every three cases of suicide reported in India in every 3 min, one is committed by a youth between the age group of 15 to 29.

Suggestion:

Suggestion for students:

- Prepare a timetable and work accordingly. Revise and repeat.
- Time out and take regular breaks.
- Manage expectations; do your best.
- Have number of future options.
- Look after yourself and accept help if needed.

So students please don't feel tensed and pressurized by exams. Sit back and relax and do your best. Every darkest night has a dawning day and success will follow after failures. Education exams and competition are for polishing and improving you, not to dishearten and disturb you remember

Advice to parents:

Request to parents that it is good to guide your children for their good futures but don't force them to fulfill your dreams. Let them free to what they want to do. Accept them as they are, not try to convert you children into Einstein or someone else.

- Look out for signs of distress in your child
- Try to find your child's true potential in your children.
- Do not compare the capabilities of your children with other.
- Remember that all children are different — intellectually and emotionally

“Failures are the Pillars of Success”

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