Adolescents are generally more prone to stress and anxiety. Being in a transitional stage between childhood and adulthood, adolescents have to confront with varied types of stresses and strains. The high expectations of parents and teachers in terms of scores and academic performance sometimes put extra mental burden on children, which may generally if not dealt effectively cause many physical or mental ailments. The present study has been conducted on a sample of 200 school going adolescent students of Bathinda district. Data were collected with the help of academic stress scale by AbhaBisht (1987) and Mental Health Inventory developed by Srivasta and JagdishRai (1986). The scores obtained were analyzed statistically and the findings of the study reveal that students who are not taken care, they may lose mental health of adolescents. Further, a significant difference is also found in the mental health of students with respect to their gender in terms of high and low level of academic stress. Hence it is suggested that parents should not overburden the children and should not set over expectations in terms of excellence in academic pursuits beyond the capability and capacity of the child.

KEYWORDS: academic, stress, mental health, adolescents, relationship

Introduction
The quality of nation depends upon the educated citizens which further depends upon good mental health and adjustment of adolescents. Education is the powerful instrument for the social, political and economic development of the country. A child’s delicate and sensitive personality is influenced by the character of the parents, their mutual behavior towards the children, the child’s reaction with siblings and other relatives in the family. Hence it is essential that they might be healthy in both mental and physical terms and should be trained to keep sound mental health and be adjustable to any kind of environment.

Adolescents are generally more prone to stress and anxiety. Being in a transitional stage between childhood and adulthood, adolescents have to confront with varied types of stresses and strains. The rising expectations of the parents in terms of scores and academic performance sometimes put extra burden on children, which may sometimes cause many physical or mental ailments, if not dealt effectively. But academic stress has an adverse effect on the mental health of adolescents, healthy parents and healthy teachers are always boon to the society. In the classroom situation the task of the teacher is always challenging and baffling, when even he faces the heterogeneous group with multiple diversity in the traits. It is very much true that some students are under active stress and some are normal, some are adjusted and some are maladjusted. In such situations, it is very important to understand each child and also find out the impact of negative traits and positive traits in the development of the child. If such individuals are not taken care, they may lose equilibrium of the self and with the environment. Hence it is very important to identify the adolescents possessing stress and also to see the effect of stress on the health of the adolescents.

Previously homes were the most important agency of imparting education but now the school have almost equivalent role to shape the personality of students. The sense of security, the love and affection which homes were supported to give have become responsibility of school. The modern teachers have to play the role of guide, friends and philosopher because either the parents are illiterate or they are over busy in their professional endeavor, but difficulty is that the teachers are not conscious of their obligations and they do not discharge their duty with sense of commitment and devotion. This results in lack of guidance among adolescents which cause greater stress among students. Lazarus (1984) defined “Stress is as a feeling of tension that is both emotional/physical, it can accrue specific situation different people perceive different situ

Academic stress is a kind of stress which generally occurs due to the extra work more than the capacity and capability in terms of examination, academics or content matter in some particular class. Jha (2004) described academic stress as mental or physical stress resulting from adjusting demands or challenging where the learner is to profit from instructions in a given area of learner. Diane (2005) stated that high academic stress resulting in low achievement motivation. Menhas (2006) in her study revealed significant relationship between academic stress and self-concept. Significant difference in emotional intelligence was found with respect to sex.

Good health depends on the state both body and mind. A healthy person is not only physical healthy but also mentally healthy. Mental health is an index which shows the extent to which person has been able to meet his environment demands i.e. social, emotional or physical when a person find himself trapped in a situation for which he does not have coping strategies to deal effectively, he gets himself mentally strained. This mental strain is generally reflected in symptoms like anxiety, tension, restless or hopeless. The emotional life of an individual plays a very important part in maintaining the mental health. By healthy emotional life is meant that person has an attitude of love and affection towards his near and dear ones.

Mental health is a global term which refers to condition of an individual which results from the normal organization and functioning of his mind. It is a combined outcome of five type of health like physical, emotional, moral, spiritual and social health, Mental Health is an important component of the total health of the person. Right thoughts, rights attitude and right actions are very useful and necessary to maintain good mental health. Mental health can also be called as the process of human self satisfaction, self realization and fully successful existence. A self satisfied and healthy person has a state of mind that enables him to experience the greatest amount of happiness and to attain the maximum efficiency in spite of the presence of strain and conflict. He does not have the anxiety to live or the dinging attitude that everything must happen as suits his design. He is not keen to grab or hoard or have so many mouthful pleasure himself but give away more than taking and shares with other his leisure, time energy, wealth and whatever he has. Crow and Crow (1951) defined “mental health is the state that deals with human welfare and persuades all fields of human relations”. Chauhan (1987) defined “mental health is a condition which permits the maximum development of physical, intellectual and emotional status of the individual so that he can contribute maximum to the welfare his ideas and aims in life”. However, no significant difference in emotional intelligence was found with respect to organizational set up and stress. Gupta (2002) found that there is significant relationship between emotions intelligence and mental health.

Rationale of the Study
One of the most challenging problems faced by psychologists, counselors, educational administration and teachers of today is the accurate prediction of psychological traits of children. This problem has aroused the attention of many psychologists and is assuming greater
importance day by day as our society has changed drastically. Be-
cause adolescence is the age of stress and strain and children have to
cope up with many type of stressful situation, academic stress affects
the personality make up of the child the most. It has adverse effect on
the mental health of the students. Therefore knowledge of the stress
management helps the adolescents to cope up with the problem of
stress. Thus for this it becomes necessary to study the effect of aca-
demic stress on mental health. The present study will be helpful to
school administrator, curriculum makers and counselors to provide
educational and vocational guidance and counseling to the students.
The study is also beneficial to the parents so that they can help their
children in study and be particular about their need in the academic
affairs and thus reducing their academic stress.

Objectives of the Study
1. To study the effect of academic stress on mental health of ado-
lescents.
2. To study the effect of academic stress on mental health of male
adolescents
3. To study the effect of academic stress on mental health of female
adolescents.

Hypotheses of the Study
1. There is significant difference in mental health of the adolescents
with regard to high and low level of academic stress.
2. There is significant difference in mental health of male adoles-
cents with regard to high and low level of academic stress.
3. There is significant difference in mental health of female adoles-
cents with regard to high and low level of academic stress.

Methodology
Sample was selected randomly from +1 class students including boys
and girls from the Bathinda district. It was further divided into two
categories i.e. male and female. To study the academic stress, scale
of academic stress developed by Abhabish(1987) was used. Men-
tal health inventory developed by Srivasta and Jagdishrai(1987) was
used to study the mental health. Data were analyzed quantitatively.
Descriptive statistics namely mean, S.D.was calculated and t-test was
employed to check the significance of the difference between means.

Results and Discussion –
The results so obtained after the statistical analysis of the data are
presented in the form of tables and are discussed below.

**TABLE 1 Statistical Scores on Mental Health of Adolescents with regard to Levels of Academic Stress**

<table>
<thead>
<tr>
<th>Variable</th>
<th>Level of academic stress</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td>High academic stress</td>
<td>51</td>
<td>92.45</td>
<td>20.49</td>
<td>2.36*</td>
</tr>
<tr>
<td></td>
<td>Low academic stress</td>
<td>55</td>
<td>99.96</td>
<td>10.9</td>
<td></td>
</tr>
</tbody>
</table>

*Significant at 0.05 levels

From the results of table 1 it is found that the mean score of men-
tal health of adolescents whose academic stress is high is 92.45, S.D
is 10.9, while the mean score of mental health of adolescents whose
academic stress is low is 99.96, S.D. is 20.49 and t-ratio is 2.36. Signifi-
cant difference is obtained in the mental health of adolescents due to
high and low level of academic stress as t-value is found to be signif-
ificant at 0.05 level (t=2.36). Therefore as per the result of the present
study mental health of adolescents is very much influenced by aca-
demic stress. Mean scores of adolescents on the variable of mental
health show that mental health of adolescents who have high level of
academic stress is lower as compared to the adolescents who have
low level of academic stress. This may be due to the reason that in
modern times either the parents are illiterate or they are over busy in
their professional work, so they do not guide the adolescents prop-
erly. Teachers have to play the role of guide, friend and philosopher,
but the difficulty is that teachers are not conscious of their obligations
and they do not discharge their duty with commitment and devotion.
Sometimes teachers cannot spare time due to their own workload

**TABLE 2 Statistical Scores on Mental Health of Male Adolescents with regard to Levels of Academic Stress**

<table>
<thead>
<tr>
<th>Variable</th>
<th>Level of academic stress</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td>High academic stress</td>
<td>16</td>
<td>80.67</td>
<td>22.44</td>
<td>2.54*</td>
</tr>
<tr>
<td></td>
<td>Low academic stress</td>
<td>40</td>
<td>93.64</td>
<td>14.67</td>
<td></td>
</tr>
</tbody>
</table>

*Significant at 0.05 levels

From the results presented in table 2 it is found that the mean score
on mental health of male adolescents whose academic stress is high,
is 80.67, with S.D. 22.44. While the mean score of mental health of
male adolescents whose academic stress is low is 93.64 and SD14.67.
t-value is 2.54, which is significant at 0.05 level of significance. Hence
significant difference is obtained in the mental health of male ad-
olescents due to high and low level of academic stress as t-value
is found to be significant at 0.05 level (t=2.54). Mean scores of male
adolescents show that mental health of male adolescents who have
high levels of academic stress is lower as compared to male adoles-
cents who have low level of academic stress. Which shows the di-
rect effects of academic stress on mental health of male adolescent
children. Hence the adolescents who have low academic stress keep
comparatively better mental health scores and vice versa. This may be
due to the reason that there is cut throat competition in all academic
aspects. The adolescents have to face this severity of the completion
in order to get admissions in various academic pursuits and areas. Not
doing well in class +1 after opting for science or commerce becomes
a cause of frustration and high academic stress which in turn leads to
poor mental health. Thus the hypothesis 2, that there is a significant
difference in mental health of male adolescents with regard to high
and low level of academic stress is accepted in the present study.

**TABLE 3 Statistical Scores on Mental Health of Female Adolescents with regard to Level of Academic Stress**

<table>
<thead>
<tr>
<th>Variable</th>
<th>Level of academic stress</th>
<th>N</th>
<th>Mean</th>
<th>S.D.</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental Health</td>
<td>High academic stress</td>
<td>34</td>
<td>71.07</td>
<td>19.61</td>
<td>2.16*</td>
</tr>
<tr>
<td></td>
<td>Low academic stress</td>
<td>14</td>
<td>83.88</td>
<td>12.24</td>
<td></td>
</tr>
</tbody>
</table>

*Significant at 0.05 levels

From the results of table 3 it is found that the mean score of mental
health of female adolescents whose academic stress is high is 71.07
with S.D. 19.61. While the mean score of mental health of female ado-
lescents whose academic stress is low is 83.88and SD 12.24. The t-
value is 2.16, which shows significant differences at 0.05 level. Hence
female adolescents differ significantly on mental health due to high
and low level of academic stress as t-value is found to be significant at
0.05 levels (t=2.16). Mean score of female adolescents on the variable
of mental health show that mental health of female adolescents who
have high levels of academic stress is lower as compared to female
adolescents who have low level of academic stress. This may be due
to the reason that there is parental pressure for excellence in perfor-
mance irrespective the potential of the girl’s students. This leads to
high academic stress and the mental health of the girl’s adolescent
deteriorates. Thus the hypothesis no. 3 that there is a significant difference in mental health of female adolescents with regard to high and low level of academic stress is accepted in the present study.

Conclusions and Educational Implications

From the above results it is clear that academic stress put negative impact on the mental health of the adolescents irrespective of their gender and level of stress. There is significant difference in the mental health of adolescents with regard to high and low level of academic stress as t-values are found to be significant. The negative and significant differences exist between the academic stress and mental health. Hence it is evident that the need of the hour is to reduce the academic stress among adolescents in order to keep them in good mental health and sound mental well-being. As sound mind resides in the sound body hence stress should be laid down to make the adolescents involved in the physical activities also. The findings will help the teachers in understanding the child psychology, so that they should not over burden the students with work and should not over expect beyond the capabilities of the child. The school curriculum can be planned and organized in such way that it provides equal opportunities for participation to all students, which will definitely boost their performance both in academic and extracurricular activities. The study will help the teacher in comprehending the direction of mental health of students (high and low), the teacher will try to nurture responsiveness and reciprocity in children in order to develop positive and sound mental health. Emphasis should be given on different vocation instead of choosing some specific vocation and pushing the child toward it.

REFERENCES