

KOTA COACHING INSTITUTIONS-A STRESSOR FOR COMPETITIVE STUDENTS (WITH SPECIAL REFERENCE TO KOTA COACHING INSTITUTIONS)

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Abstract: Stress is affecting every person's life. At a managed level that is good for human being but when it increased it is very dangerous for human civilization. This research paper presents a brief account of stress due to coaching institutions and its culture. In India Kota is a small district of Rajasthan which is very famous for its IIT, PMT, CPMT, JEE, AIEEE etc. coaching institutions in education sector. Coaching Institutions are life line of Kota economy, boon for successful IITians, doctors and engineers but it is also a curse for unsuccessful students. Because of that only many students committed suicide under high stress. For study sequential exploratory research method was utilized. For sample purposive sample selection method had been selected. 5 case study of those students who have committed suicide during the period of coaching was studies conducted (this was conducted on their parents to know their perspectives). 100 students were selected through Random Sampling. Interviews were conducted with counsellors, psychotherapist, parents and hostel care takers. Schedule was utilized to know the students perception about stress. So many causes have been explored through survey and interview. Rank in the exams is playing the biggest role in stressors of students. Many affective remedies like yoga, meditation, hobby classes, sports, parents counselling etc. are suggested by experts and researcher.

Keywords: Kota, Coaching Institutions, Stressor, Competitive Students, IIT, Stress.

Introduction: In the ancient time children were used to go to Ashram or in Van to do study, where Guruji or Acharye were imparted knowledge and after the completion of study and all types of training they came back to their home. Slowly and gradually education system is being changed. Traditional education system was replaced by schools and coaching institutions. Now-daysevery child is very habitual for coaching. But has the modern education system led to an increasing dependence on coaching institutes? It seems to be so. Coaching can be defined as a 'result-oriented, systematic process in which the coach or instructor facilitates the enhancement of life experience and goal-attainment in the personal or professional lives of normal, non-clinical clients'. Coaching is also a part of educational training especially in Technical and Vocational Education Training (TVET) and Professional Courses (PC). The 'coaching culture' appears to be expanding rapidly in education, business and industry. It's 'the art of facilitating the performance, learning and development of another'. According to Curly Martin "Coaching closes the gap between *thinking about doing* and *doing*".

Coaching can focus on any aspect of a person's life in assisting personal growth. Coaching does not seek to give students the answers to their problems or

difficulties, but through a collaborative process called guided discovery helps them to reach their own conclusions and solutions. Guided discovery is based on Socratic questioning whereby the coach asks the person a series of questions in order to bring information into her awareness.

Though the primary aim of coaching is to help individuals develop action plans for change, it also encourages them 'to increase self-awareness of thinking, moods and emotions' (Becket, 2000).

The ultimate goal of coaching is for individuals to become their own coaches, though intermittent booster sessions can be arranged once the coaching programme has ended. Coachings have a variety of rhyming acronyms for specific problem areas! Coaching can be conducted face-to-face, by telephone or e-mail, video lectures, video conference, (particularly if students are in other parts of the world).

From last 30-40 decades coaching culture is significantly increasing in the field of education in world. Modern parents are putting their children into coaching classes at very early age. Right from the time of primary schooling kids start going to tuitions for English, Mathematics, Science and so on. But why do we need these coaching institutions? Population, selection, age, employment restrictions etc. are major

reason the force children to become a part of the rat race. In Kota only their more than one dozen coaching institutions.

The mathematics of the last 28 years is as more than 12 lakhs came to Kota and out of them more than 55 thousand students were selected in IIT, NIT, Triple IT, 3 Lakh students get seats in Engineering colleges and 30 thousand were selected to medical college. In 2013 1.30 lakh students were getting coaching in Kota

and this strength will reach up to 1.56 thousand with 20 percent growth. These institutions are regularly doing and giving their best with better improvements that is why this growth will be increased more in the future. For students' they are providing 24 X 7 services with problem solving classes, audio-video lectures, lecture library, e-kiosk, on-line test series, result analysis etc. The major coaching institutions are as follow-

S.No.	Name of Coaching	Director	Year
1.	Bansal Classes	V.K. Bansal	1985
2.	Allen	Maheshwari Brothers- Pramod, Naveen, Brijesh & Rajesh Maheshwari	1988
3.	Career Point	Pramod Maheshwari	1993
4.	Resonance	R.K. Verma	2001
5.	Motion IIT	Nitin Vijay	2007

Apart from these prominent and oldest coaching institutions there are many other institutions as Akash, Vibrant Pvt. Limited, Eduwave, Rao IIT, Aspirant etc. those are providing coaching to IIT, AIEEE, PMT, CPMT, Triple IIT. These institutions have given 150 corers as service tax.

These institutions are successful in Kota because they are following the basic elements of Successful Elements.

The multi-million dollar coaching industry in Kota continues to thrive despite a change in the examination pattern.

What's more, the decision to give 40% weightage to Class 12 marks aiming to wipe off the coaching industry has instead opened floodgates for coaching institutes.

"The change in IIT-JEE exam pattern has created even most space for us. The 40% weightage to Class 12 marks has opened a new stream of coaching for CBSE exams of Classes 11 and 12," said Manoj Sharma, vice-president (operations & business development), Resonance Eduventures Pvt Ltd, in Kota. As soon as the Class 12 exams get over, several students aspiring to make it to the IITs make a beeline at coaching centres in Kota to enquire about various courses. This year, coaching institutes expect the number of such aspirants to be over 1.30 lakh. In 2012-13, around 1.10

lakh students came to Kota to prepare for competitive exams, including IIT-JEE, AIEEE, AIPMT, state PMTs and various other medical entrance examinations.

Around 75% of the aspirants who come here are from other states. They enroll for short-term or a two-year full-time coaching programmes to prepare for these entrance exams. A few others also enroll for the test series.

TOI did quick arithmetic to find out the size of the coaching industry in Kota. The average annual fee at a coaching centre is between Rs 60,000 and Rs 70,000. Add another Rs 20,000-Rs 30,000 as school fees and an average monthly expenditure of Rs 5,000-Rs 7,000 per student on food and lodging for over a lakh students; the annual coaching industry 'turnover' in Kota is estimated over Rs 1,500 crore.

With coaching, other allied sectors-schools, real estate, transport, catering, stationary- are also thriving in the city.

Be it local eatery joints or branded ones like Mc Donald's, everyone wants a pie of the successful 'coaching economy' of Kota.

Everything available in Kota is-customized-suited needs of individual students. The latest entrant in the booming business story is digitization of course content.

Nitin Vijay, director, Motion IIT-JEE said, "We tried to reduce the weight of bags by encouraging students to use technology and do away with paper work."

With students coming from different parts of the country to study in Kota, eateries and students' mess are serving everything from Punjabi to Gujarati cuisine.

Allen Career Institute, arguably the world's biggest coaching institute with 45,000 students at a single location, is expecting over 50,000 students to enroll this year.

"Brand Kota stands on performance. While 8-9% of the total aspirants appearing in competitive exams are from Kota, in terms of national selections, Kota accounts for 30% of the total selections," said Govind Maheshwari, director, Allen Career Institute.

The growth story has a dark side too. With competition not getting any easier, there has been a rise in the number of students with stress, anxiety attacks. A few cases of suicides have also been reported in the recent past.

However, such instances have proved no deterrent for people to open more institutes in Kota. Many IIT graduates have started their training institutes, marketing them with the 'IITian' tag" to reap maximum dividends.

Institutes like Motion IIT-JEE and Vibrant Academy are some running exploiting the 'IITian tag' to the hilt.

There are few hidden reasons as well as our children need to get more than 90%. But, they get more than 90% and still don't get admission and selection. The result of this system is that soon they are being trapped by stress and depression, which takes them in inferiority complex and during the coaching process, they become emotionally, mentally and physically upset that students 'give up' hope of life and commit suicide. Due to this stress they are even not able to perform well in their academics. As we all saw in the movie 3 Idiots. So it is also required to understand the concept of stress.

The concept of stress in education has been identified as a major syndrome of modern society. There are many different definitions of stress, the most common being that stress is a condition or feeling experienced when a person perceives that "demands exceed the personal and social resources the individual is able to mobilise."

The Health and Safety Executive defines it as "the adverse reaction people have to excessive pressure or other types of demand placed on them".

Stress is a way we respond when we feel threatened or under pressure. We usually feel stressed when we cannot handle everything we need to do in our everyday life. We feel relaxed and balanced when we can handle all the demands that are placed on us. Stress often occurs when we experience change or feel unable to achieve our goals.

A simple term stress can be defined as, "not having enough energy to meet the demands of life".

We experience stress when our energy level drops but the demands of life stay the same. Even though some stress is helpful for individuals in meeting new challenges, persistently high and unrelieved stress can lead to psychological, physical, and behavioural ill health. Physical stress is primarily concerned with one's biological responses to an event; psychological stress focuses on one's cognitive and affective responses to the evaluation of threat, whilst social stress focuses on the resultant disruption of one's social system following an event. A high level of stress has been recognized as a predictor of depression and suicidal ideation in young people (Dixon, Heppner, Burnett, & Lips, 1993). Similarly, whilst physical ill health is caused by many factors, stress has also been found to be strongly associated with the onset of illness and perceived or actual deterioration in well-being (Byrne, 2000; Hong & Chongde, 2003; Reynolds, O'Koon, Papademetriou, Szczygiel, & Grant, 2001; and Sordi, 2004). Stress has been reported to lead to the development of negative affect and a reduction in psychological well-being (Beasley, Thompson, & Davidson, 2002; Lange & Byrd, 1998). In terms of behavioural and social stress systems, it appears that stressful experiences motivate individuals to engage in a variety of behavioural methods, many of which are considered to be negatively motivated.

In the short-term, stress affects the sympathetic nervous system leading to behaviour change, including increased arousal and alertness (McNamara, 2000). With long-term exposure to stress, an individual's eating, sleeping, drinking, physical activity and social functioning can be disrupted. Stress-related behavioural change includes risk-taking sexual activity, risky driving, antisocial behaviour, smoking, consuming alcohol and tobacco, committing suicide and educational failure.

According to Singh (2005:47-49), educational experts unanimously agree that the present structure of board and competitive examination needs to be replaced with a system friendly to students.

Something needs to be done to lessen the huge load of entrance examination stress on students but without lowering the quality of education. Thus, stress is the buzzword. It has emerged as an issue, which needs to be discussed threadbare.

Need of the study: Kota city has emerged as a popular coaching destination for preparation of competitive exams. Even administrative officers and employees want their transfer to Kota for their wards' to have best coaching (Margrate Alva, Governor Rajasthan, 7th convocation of VMOU, Kota). Every year around 1 lakh students are coming here from different places of India and also from all the sections of the society to prepare primarily for the IIT, JEE, PMT, CPMT, AIEEE and so on. Thus the stress rate among students is constantly increasing due to competition. So it is very essential to investigate the coaching going students' stress behavior and its causes at the different levels because in the past decades due to heavy stress many students are facing many psychological, emotional, mental, academic and physical problems. In influence of heavy stress and lack of coping strategies with stress, students are committing suicide to end their problems and stress. Even from April, 2014 to July, 2015 26 students committed suicide.

Statement of the Problem: Kota Coaching Institutions A Stressor for Competitive Students (With special reference to Kota Coaching Institutions)

Significance of the study: In recent years, increasing stress in coaching students is demanding a solution of it, because students are the future of nation and it is the necessity of the education system to remove their stress so that they can perform their 100 percent result with their caliber. The outcomes of the current study will draw an attention to the ways in which students can maintain a healthier lifestyle to cope with, and prevent, stress. A further outcome of this study will be the helpful to those are associated with perceived stress and the ways in which they can maintain healthier and less risky lifestyles. The results of the study will also provide valuable information for parents, health professional, doctors, counselors, hostel owners and teachers of coaching institutes by offering them a detail study of causes of stress and also how to meet out the stress of coaching going students. Investigator believes that the researchers, clinicians, educationists, NGOs and mental and health practitioners dealing with stress in

different settings, and particularly the educational context would find the research a valuable resource document.

Contribution to knowledge: The proposed study of stress management in coaching students will add to the existing knowledge base of the discipline of psychology, specifically in relation to stress management.

The expected outcomes of this study will provide health professionals with:

- A detailed basis for designing programmes to students' needs relief from stress for a healthy life both physically and mentally.
- Appropriate planning for activities those help in coping stress in coaching students.

Fundamental questions of the research

1. What are the major causes of stress among youth of coaching students?
2. How can the problem of stress among youth of coaching students be solved?

Objectives: This study is proposed to be undertaken with the following objectives.

1. To find out the reasons of stress among the coaching students.
2. To suggest the remedies to cope with stress for coaching students.

Research Methodology: Present Study "A Study of Stress Among Coaching Students In Relation to Their Academic Achievement And Psychogenic Variables. (With special reference to Kota Coaching Institutions)" is an exploratory research as not a single study went through the sight of the researcher; on the "A Study of Stress Among Coaching Students in Relation to Their Academic Achievement And Psychogenic Variables. (With special reference to Kota Coaching Industry)" although similar studies has been conducted in medical and teaching field around the world. Also as per the requirement of the study a need of mixed methods for collection of data is felt by researcher.

Combination of mixed methods and exploration was found appropriate and therefore present research selected a sequential exploratory design among various mixed method research design. **Sequential Exploratory Design** possesses the ingredients of mixed methods as well as exploratory research design. As explained by **Creswell, Clark, Gutman & Hanson, (2003)** in the hand book **Mixed Method In Social And Behaviour Research** in the section

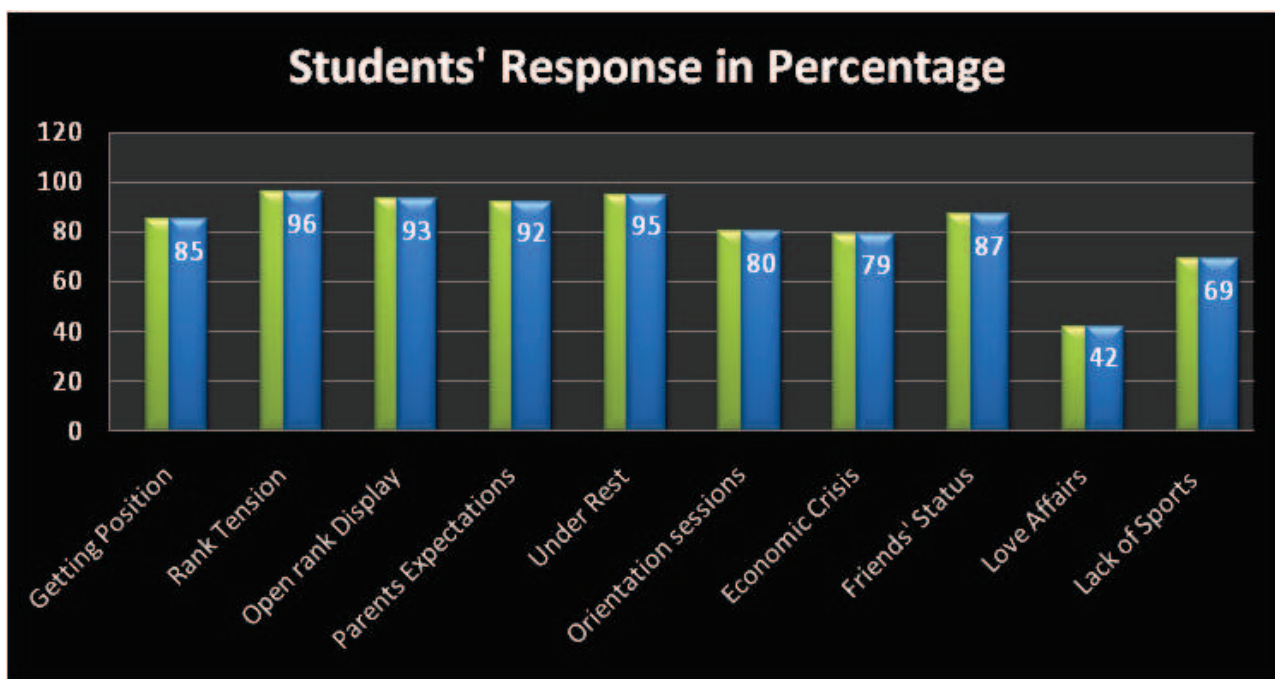
advanced mixed method design, “Sequential Exploratory Design is characterized by an initial phase of qualitative data collection and analysis followed by a phase of quantitative data collection and analysis. Therefore the priority is given to the qualitative aspect of the study. The finding of these two phases is then integrated during the interpretation phase. (Creswell, Clark, Gutman & Hanson, 2003).

For Qualitative research case study and content analysis was opted for study and for Quantitative research descriptive survey method was selected under which these data collection tools used.

- Interview: Interviews were conducted with counsellors, psychotherapist, parents and hostel care takers.
- Schedule: It was utilized to know the students perception.

Sample:-Purposive sample selection method has been selected. 5 case study of those students who have committed suicide during the period of coaching was conducted (this was conducted on their parents to know their perspectives). 100 students were selected through Random Sampling.

Result and discussion: After many interview with the parents, students, counsellors and Dr. M.L. Agrawal who is running a NGO and students’ help centre 27 X 7 it was explored that there are so many factors those are leading a child towards suicide. When a small survey was conducted with a self made schedule with 10 point those were suggested by the specialist to know the opinion of the students regarding suicide cases and stress these things came into noticed. The result is presented in percentage.



Graph No. 1- Major causes of stress among students

Stress of getting position: Everywhere in Kota students are watching holdings and newspaper advertisement of rankers in IIT’s, PMT’s, JEE’s AIEEE’s etc. which motivate the students. But system also has a negative side, after watching these advertisements of the toppers’ students some students don’t able to cope up with the situations and soon they become unhealthy. In the continuation of the stress they don’t share their feelings with their friends or relatives and ultimately their stress leads them towards suicide.

Arvind Panchal of Chattisgarh came in Kota in 2010 after getting his coaching for 3 years he went back to his native place and committed suicide in his suicide note he wrote that “My position in the exams were too low while I wasted 3 year of my life and spent more than 5 lac rupee. I spoiled my parent’s dreams too. I have no right to live.”

Rank Tension: When all the inspired toppers of their own city or state, come to Kota with full energy and enthusiasm they have the expectations that they can get the position or select in exams with good coaching but when they feel that here is a vital competition in different-different coaching as well as among students they unable to handle with their situations. In that rank tension or stress they can't sleep. When case study of Ravi Prakash of Bihar was done with his parent this point come into the light that rank matters a lot to students in coaching culture. They told that Ravi was regularly calling them regarding his low ranks in the test series. He was also teased by his roommates for the same. After getting so many courage from father and mother ultimately he lost his temperament and hope committed suicide in 2012.

Open Rank Display: In this system whatever rank a child score in the regular test series that is displayed by the management to everyone. In that those score low rank they feel embrace because after they are considered weak students and extra classes are specially organized for them only. So after getting demoralized with that system students left their aspirations of getting good ranks and scored well in final exams. Because of this open test system only many students leave their study during the coaching period. Sumit Panchal of Uttar Pradesh was the best example of the system he left the studies while he was studying in Allen Coaching Institution.

Parents' expectations: All parents have lot of expectations from their children that's why they spend a lot on the children and for their comfort. To secure their and child future they send their children to Kota because it is a common assumption of everyone that those are taking coaching in Kota their selection can be done, as in Kota best faculty is available but when they can't meet out the requirement of the current competitive situations . They commit suicide. There are also some parents those regularly build pressure on their child with this that "We are spending a lot on your study any how you have to get selected in the exams". These kind of statements demoralize the students. They realise that they and their expectations to becoming doctor or engineer are responsible for their parents' miseries and economic crises.

Under rest: During test series and monthly tests students don't get adequate time to sleep which often leads them to memory problems with facts, faces, lessons, or even conversations. After several nights of losing sleep even a loss of just 1-2 hours per night their ability to function suffers as if they haven't slept at all for a day or two. Lack of rest also leads them to micro sleep. Micro sleep refers to brief moments of sleep that occur when they are normally awake. While as per Doctors norms they should take atleast 7-8 hours sleep.

Table No. 2 Sleep Requirements for Coaching Students	
Teens (14-17 years old)	8-10 Hours
Young Adults (18-25)	7-9 Hours

Students those are not taking proper rest have problems getting along with others. They may feel highly stressed, angry and impulsive, have mood swings, feel sad or depressed or less motivation. They also face problems in paying attention, low performance and get lower grades. They are less productive in coaching. They take long time to finish tasks, have a slower reaction time, and make more mistakes.

Orientation of Session: Whenever new session begins in the coaching institutions always very big orientation programmes are being organized by them

with great motivators to motivate new comers but for some students that becomes the way to stress and suicide because in that clearly spoken by the speakers that only will be responsible for your failure institution is giving best that's why we are renowned, that's why you have taken admission here. Your parents are spending on you, now you have to repay". So when they can't repay or get success or don't get good ranks they feel stress and commit suicide.

Economic Crisis: This reason is playing a very vital role in increasing and creating stress among as friends' status, their luxuries, expensive gadgets and

many more things provoke them to spend money in useless things which lead them towards economic crisis and ultimately they indulge themselves in illegal activities. Even it is also related to parents' economic condition. When students don't get selected in their entrance exams they realise that any how their parents managed their stay, money and study on any cost in Kota but they couldn't get success so it is better to leave life rather than leave the Kota and search something new or new avenues.

Friends' Status: Everyone wants a friend to share his/her feelings and stress. But when they are good in studies, rich, intelligent, always get good marks and ranks it become point to be stressed and jealous for others. 87% students considered that because their friends are better than them, that's why they are in stress and tension. As they feel that their good and rich friends will make fun of their status and educational records.

Love Affair: In the absence of parents and supervision students get involve in love affairs and when they get failed in that they commit suicide. This happened with Meghna of Maharashtra. She was involved in love affair with Jean Joseph when she came to Kota but after his selection when he went away she couldn't handle the circumstances and committed suicide. As because of love she was not able to do her studies well.

Lack of play ground/ Sports Activities: Sports are good for mind, body and spirit. Sports are overall package for physical, mental and psychological development. Sports and other forms of exercise enhance your brain power. The movement and coordination required to play sports stimulate multiple brain centres and promote brain cell cross linkage which is very much requires in solving maths, physics, chemistry and other problems. It leads to improved memory, thought-processing speed and attention. Sports help children to improve self-esteem, provide emotional support and positive feedback, handle disappointments and losing. It teaches to do hard-work, accountability, dedication to work, work with rules and regulations. But because of the heavy schedule of the coaching, tests and classes student don't get time to play or enjoy or to do their habitual hobby activities.

Solution of Stress: These are some solutions suggested by the experts, counsellors and doctors to cope with the stress in students' life.

Yoga and Meditation Classes: For removing students' stress and peaceful life practice of Yoga and Meditation should be utilized. Yoga practice helps in developing and controlling the body and mind with positive and creative thoughts. It has the power to improve your intuitive ability so that you effortlessly realize what needs to be done, when and how, to yield positive results. A few minutes of yoga can provide the secret to feeling fresh and energetic even after a long day and removes negative blocks from the mind and toxins from the body. It also can improve the relationships with friends, teachers, parents etc. It works on keeping the mind happy and peaceful; benefit from the strengthened special bond you share with people close to you. It releases stress of dissatisfaction from life. The system of "Yoga in Daily Life" can assist in overcoming from delinquent behaviour, drug addiction, and grant people a new, positive aim and purpose in life. In rehabilitation centres and borstal there should be regular practice of it. Doctors recommend that Yoga and Meditation are great weapons for the well being of physiological and neurological health of stressful students. If slowly and gradually one becomes the follower of yoga from heart core, he/she will definitely go to get impeccable strength, awareness, peace, calmness, flexibility, composes mind and extraordinary physique.

Parents counselling: There should be proper counselling, conferences and seminars for guardians and parents to checkout children behaviours and psychological changes only parents can feel the changes in their child. They should ask their children regarding their routine life and status of mind regularly. If possible for parents then they should appoint a local guardian to look after their child. They should be trained to remove child stress through love, habitual activities and counselling. They must not build pressure to become a man of their will, while the decision should be left on them to choose their own career option. "3 Idiot" is the best example for parents to this. In the movie Raju Rastogi was in highly under pressure of family. Parents should also be very clear in their mind that in the race someone will win and other will lose. They must not tell the students that we are spending a lot on you so you should also be selected in entrance exam. Their financial condition should also be clear to children so that they can't be diverted towards illegal or delinquent acts. Parents, guardian or hostel care taker should provide a peaceful and calm

atmosphere to students. If they are watching that child is under stress then they should motivate and help him/her to get rid from that.

Proper rest: Rest is very important for learning and memory, and lack of sleep impacts our health, safety, and longevity. Dr. M.L. Agrawal said rest plays a vital role in memory, both before and after a new learning situation. According to the Division of Sleep Medicine at Harvard Medical School, your body manages and requires sleep in much the same way that it regulates the need for eating, drinking, and breathing. Without adequate sleep, judgment, mood, and ability to learn and retain information are weakened while these elements are very important to children's competitions. Rest helps to repair their body as our body produces extra protein molecules while we take rest which help in strengthen our ability to fight infection and stay healthy. These molecules help our immune system mend our body at a cellular level when we are stressed. Rest also plays a key role in keeping blood pressure and cholesterol levels in control. A proper rest can help lower blood pressure and control levels of stress hormones. It even improves memory also.

One hobby Class: Hobby classes help in overall development of the child. It helps in independent growth. To get rid from boring stressful life it is a best tool. A hobby can be fuel aspirations and be a motivating experience. Students can adjust themselves to any situations. They become mentally strong. With the help of hobby class students can gain confidence which is the most important trait for competitions. Students should be encouraged to join hobby classes as it gives them a getaway from stressful studies. Hobby classes that are of interest to the students help them to refresh and rejuvenate. They also identify the hidden talents. Children are able to vent out their emotions and feelings through these classes. It really gives freedom from stressful environment to children to enjoy what they love most to do. Children's Self-Esteem and Ambition can grow and bloom when they find the right hobby. If one hobby, pursued with passion then that can certainly help a young person to flourish. It motivates children to get success in their dreams and lead them to right direction.

Sharing of Feeling: It's well said that "sharing reduces sorrow". Many studies suggest that sharing

our feelings of stress with someone having a similar emotional reaction to the same situation reduces levels of stress more than sharing them with someone who is not. Psychologists and counsellors suggested that whenever students are feeling stressed they should share their emotions with their parents, friends, teachers, counsellor, guardian etc. They can provide insights and understanding as well as offering the ability to share with humour, good food and honest feedback. In the pressure of stress students don't tell their feelings which give heights to tension and stress. In stressed condition student doesn't able to cope up with the situation.

Conclusion: In the conclusion we can say that stress is affecting the students' life a lot because of stress only many students are committing suicide. They are becoming unhealthy and psycho patients. Students as well as their parents are also in stress due to excessive competitive atmosphere. The major reasons of the stress are getting good position in the entrance exams, rank system, open rank policy, love affairs, economic crisis, friends' economic, social and educational status, parents low income, lack of self esteem and decision making, taking power, lack of proper sleep, parents expectations etc. To get rid from stress students should divert their minds through sports, adventurous activity, habitual hobbies, yoga and meditation etc. Although this involvement during studies takes time and creates challenges for work schedules, but allows students to become more knowledgeable about the coaching, studies, behaviors, and attitudes. It is also very important to talk about parents' attitude towards child's performance and their expectations. They must not expect too much from their child and not pressurize them to always do study. Everyone should understand the meaning of this saying that "success is not the same thing as winning and failure is not the same thing as losing" every successful person having failure story. Through stress cope up activities and proper rest, healthy and peaceful life can be sustained by students. In coaching also there should be stress free, open and friendly environment. Students should expense as their requirements and status. They should only concentrate on their best performance. Whenever they feel stress they should consult with counselors, teachers, friends, neighbour and psychiatrists etc.

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