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### EDUCATIONAL STRESS AND STRATEGIES FOR REDUCTION: A PICTURE OF MEGHALAYA

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#### ABSTRACT

The National Policy planners have considered Higher Secondary school stage of school education as crucial as it is at this stage that necessary skills and competencies are acquired which enable the students to enter the world of work or to go for higher education. But it is revealed that 24% of adolescents falling under age group of 12-18 years are drug abused and 18% are malnourished in India. It is because of the several problems and one of the most reflecting problems is academic stress which leads them to aggression and antisocial behavior. They are often led or driven into vocations and careers unrelated to their aptitude and suitability under parental and societal pressure especially with regard to traditional careers like engineering, medicine, teaching etc. which leads them to aggression, deviancy and anti-social behavior and higher crime rates as well as increased risk of contracting HIV/AIDS. So therefore the need of soft skills and life skills education is felt to make the students aware about their individual capacities and weaknesses for better adjustment of their inner self with the outer world to achieve success. And a very elegant way of offering the skills to the students can be done by integrating all the core elements of those with school subjects to reduce stress among them.

**Keywords:** Stress, Adolescents, Higher Secondary Students, Life Skills, Soft Skills.