A STUDY OF ACADEMIC (SCHOLASTIC) STRESS ON ENGINEERING STUDENTS TO ACHIEVE TOTAL QUALITY EDUCATION WITH SPECIAL REFERENCE TO MYSORE REGION OF VISVESVARAYA TECHNOLOGICAL UNIVERSITY

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ABSTRACT
The study aims at the measuring the scholastic (Academic) stress for engineering students fall under the Mysore region of Visvesvaraya Technological University, Karnataka. Engineering students have to cross many obstacles to achieve academic performance. The incidence of stress takes at of level of Management, engineering college faculties, co-students, placement, drawn from the society and may be more. For few instances such as fee structure, ambience of the college/ institution, nature of the faculty, the behavior of the co-students, fear of cut-throat competition in the placement and fear of the society. These are the few stressors shall imbue upon the students for non-performance in the academics which in the end be the fallout of the quality education. The present study tries to examine the gears of the stressors mentioned above. Canvassers have collected 400 samples across the eleven districts of the Mysore region of Visvesvaraya Technological University across various engineering institutes. The researchers have deployed simple percent analysis ranking method, Chi square analysis and ANOVA techniques for the response collected, with help of these techniques, study was so interestingly poised to understand the temperament of the students in general, however fifteen stressor were classified from the five stress categories, a small number of recommendation were prepared to all academic administrators to condense the concentration of the scholastic stress in the engineering/technical colleges within the Mysore region of Visvesvaraya Technological University, Karnataka.

KEY WORDS: Scholastic (Academic) Stress, Quality Education, Higher education, Technical colleges and Self Management.
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