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## Preface

“Soap and education are not as sudden as a massacre, but, they are much more deadly in the long run of life span and civilization”. - Mark Twain, 1900.

Today's materialistic thrust in India, as a part of globalization, along with the transient systems have contributed towards monstrous in every walk of life, eating into the very existence of individuals.

The new generation often tends not to weigh the pros and cons of a timely decision or life style. Modernity, with its diverse tentacles, allures the youngsters with make – believe benefits, as ‘ice-berg tips’. This in turn asserts the natural potential and capacity of children and youths, to standup to the multiple complex challenges of life, that induces and aggravates stress.

Charles Dicken's description of adolescents, their perspective and problems, can be stretched to to-days adolescents, who are exposed to the turmoil, conflict and chaos, unheard of, in this swiftly changing world.

“Too many people grow-up,  
They don’t remember what it is to be a teenager,  
They patronize, they treat children as inferiors,  
Well, I won’t do that” -Walt Disney

The rising stress amongst adolescents is evident from the countless episodes and incidents of suicide and delinquency that flash on the front pages of popular newspapers and magazines. Youngsters often are unable to stand up to challenges that is reflected in teenagers taking to addiction, or teenagers being rude, or depressed person acting on impulse or, teenagers falling short of school attendance.

The adults around such adolescents owe the responsibility of molding and mentoring the immense source of energy cum talents, into self disciplined, mature, productive and contended, healthy citizens of tomorrow. Parents often

nostalgically express their lack of control over relations spiraling out, simply because the child is grown up.

One needs to delve deep into the stressors, the ego support and stress coping mechanism adopted by teenage students and guide stressed students, parents, families and teachers, apart from modifying the politico-education system.

Ask me the main three priorities of government and society, I tell you Education – education – education”. - Mark Twain, 1998.

Early detection of stress, stressors and stress wise can enable school going adolescents to get back into their saddles and blossom even in native bower.

The researcher's long standing experience as a clinical social worker as well as an academicians, has urged her to take up present study, keeping in mind the ecological system of Anand district.

A humble effort is made to understand the inter play between micro-macro systems in society, from an inter disciplinary angle and inter sector linkage in context with the education system in contemporary times and its impact on students.

The researcher has tried to use various methods of data collection and incorporate both quantitative and qualitative analysis of data, so as to draw the ethos of young minds.

Further research especially action research in each of the sub areas may be taken up as an extension out reach and enrichment program for the promotion of school mental health clinics, under the umbrella of integrated school curriculum.

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