COMPETITIVE EXAMS AND IT'S IMPACTS ON STUDENT'S MENTAL HEALTH: AN ANALYTICAL STUDY IN INDIA

AAFREEN GULL

B.A. HONS. Sociology, Lovely Professional University, Phagwara, Punjab, India

ADIN RAMESH

B.A. HONS. English, Lovely Professional University, Phagwara, Punjab, India

MRUNMAYEE MAHAPATRA

B.A. HONS. English, Lovely Professional University, Phagwara, Punjab, India

PRANAV GUPTA

B.A. HONS. Geography, Lovely Professional University, Phagwara, Punjab, India

SAHIL PRASHAR

B.A. HONS. Geography, Lovely Professional University, Phagwara, Punjab, India

DR. KM. BIRENDRI

Assistant Professor, Lovely Professional University, Phagwara, Punjab, India

Email: Sahilprashar02@gmail.com

Abstract

This project entitled "*Competitive Exams And Its Impacts On Students' Mental Health*" aims to explore the competitive exams such as NEET, JEE, Civil Services Exam (CSE), GATE , UPSC etc and find the impact of such exams on the students. The study will explore the experiences and perspectives of students who have taken or are preparing for these exams, as well as the societal and institutional pressures that contribute to the prevalence of such exams. The project will employ a mixed-methods approach, including surveys and interviews, to gather data from students, teachers, and mental health professionals. The findings of this project can provide insights into the mental health challenges faced by students and can inform interventions and policies aimed at reducing the negative impacts of competitive exams on the well-being of students. The project will be looking upon the different causes due to which the aspirants of the various competitive exams land up having different mental health issues like stress, anxiety and depression The study will also investigate the role of social support systems such as family, friends, and mentors in mitigating the negative effects of these exams on students' mental health. The project's results will contribute to the existing literature on the impacts of competitive exams on students' mental health and provide recommendations for educational institutions, policymakers, and mental health professionals to promote the well-being of students during the preparation and examination phases of these competitive exams.

Introduction

An egalitarian method was developed to find deserving candidates on a level playing field without the chance of influence peddling, bribery, or other problems. A 'competitive exam' is a method of choosing suitable applicants for their particular courses. Millions of candidates are working hard in a highly populated nation like ours to pass these tests and gain a spot at a prominent university. When we analyze the educational system in this rapidly developing country, we see that students are unprepared for the level of complexity that these assessments entail.

Competitive exams have become a ubiquitous part of the education system, especially in countries like India and China, where they are a significant determinant of academic and professional success. While these exams are intended to provide equal opportunities to all students and identify merit, they often result in increased pressure, stress, and anxiety among students, which can adversely affect their mental health. The intense competition, societal expectations, and institutional pressures to succeed in these exams have led to a rise in mental health issues such as depression, anxiety, and burnout among students.

When we consider the serious consequences of competitive exams, we see increased stress and anxiety, a loss of creativity, more rote learning, inferiority complexes as a result of not being able to keep up with other excelling students, fear of losing, which leads to fear of not being accepted into the preferred institution, which leads to worry of unemployment.

Despite the increasing concerns about the impact of competitive exams on students' mental health, there is limited research on this topic. Therefore, this project titled "Competitive Exams And Its Impacts On Students' Mental Health" aims to explore the experiences and perspectives of students who have taken or are preparing for competitive exams. This project will help assess the mental health problems that come with the competitive exams, and find out what the Indian students go through while preparing for these exams .

It is crucial to understand the impact of competitive exams on students' mental health as it has long-term implications for their overall well-being and future success. Poor mental health can lead to academic underachievement, career dissatisfaction, and reduced quality of life. Moreover, the impact of these exams on students' mental health is not limited to the examination phase, as the stress and anxiety can persist long after the exams are over.

This project's significance lies in its potential to provide insights into the complex and multifaceted factors that contribute to mental health issues among students preparing for competitive exams. The findings can inform the development of interventions aimed at reducing the negative impact of these exams on students' mental health, such as stress management programs, counselling services, and academic support programs. Additionally, the project's findings can contribute to the ongoing discourse on the role of education systems in promoting the overall well-being of students, rather than solely focusing on academic success.

This project's importance lies in its potential to address a critical issue that affects a significant proportion of students in the education system. By identifying the factors that contribute to mental health issues among students preparing for competitive exams and proposing potential interventions, this project can contribute to promoting the overall well-being of students in educational institutions.

Literature Review

Indian students are becoming stressed as a result of increased competitiveness and performance pressure. This is especially true for individuals taking competitive examinations. Students are becoming depressed as a result of the continual pressure to do well in competitive tests such as the Joint Entrance Examination (JEE) and the National Eligibility Cum Entrance Test (NEET). Exams that measure students' relative performance put a lot of strain on them. The dread of rejection is significant among Indians as they compete with a big number of hopefuls for engineering and medical admissions. *(Sindwani, Business Insider).* In India, education is a very competitive battlefield, with the most intense rivalry in the stem areas. Only one out of every 50 candidates is accepted into the elite Indian Institutes of Technology (IITs). (For comparison, Harvard accepts one out of every 19 students and Oxford accepts one out of every six.) With tens of thousands of students applying each year, tests like the JEE and the NEET are meant to screen out a significant number of applicants. Having lost a mark or two can result in thousands of rankings being dropped. *(Ponnavolu, The Life Project)*

India has the second-largest population in the world, with a young population. The number of students taking competitive exams continues to climb as a result of the rising population. However, the quantity of available seats does not increase at the same rate. For example, the first all-India engineering entrance test was held in 1961, with 19,500 students participating. In 2006, the figure reached 299,807 people. In 2020, the exam was taken by 11,18,673 students. Despite the addition of additional colleges, they have not been able to keep up with the increased demand for education. Furthermore, the number of seats in important institutes like the IITs has not increased in lockstep. In other fields, the situation is equally similar. NEET (National Eligibility Cum Entrance Test for (Undergraduates) was first held in 2013 for medical school entrance. NEET became India's only medical admission exam in 2016 after the Honourable Supreme Court of India issued directives. The exam was taken by 717127 persons in 2013. The figure has nearly doubled to 1597435 by 2020. (*Banerjee, Youthkiawaaz)*

Rates of suicide amongst students who are preparing for admission tests for professional campuses are on the rise, according to published UNESCO research. In India, at least one student committed suicide per hour in 2019, according to the National Crime Records Bureau (NCRB). In the prior 25 years for which data is available, the year witnessed its most student suicides (10,335). Between January 1, 1995, and December 31, 2019, India lost over 1.7 lakh students to suicide. In India, at least one student attempted suicide per hour in 2019, with 28 suicides per day on average. According to the NCRB, 10,159 students tried to commit suicide in 2018, up from 9,905 in 2017 and 9,478 in 2016. Between 1999 and 2003, 27,990 students attempted suicide, 28,913 students attempted suicide between 2004 and 2008, and 36,913 students attempted suicide between 2009 and 2013. There was a 26 percent growth from 2014

to 2018, increasing the total to 46,55, compared to the preceding five years. The NCRB's website does not currently have information on student suicides in 2020.

Year	Student Suicides
2011	7,696
2012	6,654
2013	8,423
2014	8,068
2015	8,934
2016	9,478
2017	9,905
2018	10,159
2019	10,335
2020	Still not available on NCRB website

Source: NCRB

Examination failure was linked to 2% of all suicides among students. Students' failure to deal with rejection and dread of failing their family drives them to such extremes, with one student attempting suicide every hour. The increased frequency of student suicides is also attributed to forced career options and children's incapacity to speak openly about the pressure, especially with their parents. When a student does not receive emotional assistance during a difficulty, he decides to commit suicide.When people's expectations are too high, this might happen. Family and peer pressure have a negative impact as well." *(Garai, The Hindu)*

India lost about 1.7 lakh students to suicide between January 1, 1995 and December 31, 2019. As per the National Crime Records Bureau, roughly 52 percent of these were recorded in the last decade, while the other 85,824 were identified between 1995 and 2008. *(Kumar, Times of India)*

Period	Suicides	% Increase*
1995 to 1999	27,359	
2000 to 2004	27,880	2
2005 to 2009	30,064	8
2010 to 2014	38,220	27
2015 to 2019	48,537	27
Total	**172,060**	

Source: Times of India

Only five states — Maharashtra, Tamil Nadu, Madhya Pradesh, Karnataka, and Uttar Pradesh contribute to more than 44 percent of the 10,335 student suicides that year, according to a state-by-state study. *(Kumar, Times of India)*

State	No. of Suicides
Maharashtra	1,487
Madhya Pradesh	927
Tamil Nadu	914
Karnataka	673
Uttar Pradesh	603

Source: Times of India

Self-inflicted stress, begins as a result of ambiguity and nervousness about one's upcoming academic and professional life. The highly competitive and advancing world makes it impossible to avoid this stress. Stress, depression, and anxiety have a very well reciprocal link.. Some students function better under pressure while some break down due to this stress , develop suicidal tendencies and take extreme steps like suicide. Students are often unaware of their views, and they are often manipulated by them. *(Prajapati and Singh,213.)*

Last year, three students from Tamil Nadu youngsters attempted suicide as a result of NEET. The results had not yet been released, and one student had not yet taken the exam. All the three committed suicide because they expected to fail. *(Krishna, The New Indian Express).*

On 12 September 2021, A 19-year-old teenager was discovered deceased at his home. Dhanush, the deceased, was scheduled to take the NEET test on September 12th, 2021.He had finished Class XII in 2019 and wanted to pass the NEET test from the previous two years; he was prepared for his third try at passing the exam. *(The Hindu).*

"Live a little every day, ek hi zindagi mili hai " These were the final lines on a suicide note written by a student at the IIT Hyderabad. On last July 2, the postgraduate student was found hanging in his hostel room. *(Garai, The Hindu).*

Suicides at prestigious institutions such as IITs are a reflection of the educational system. Between 2014 and 2019, 27 students across 10 IITs attempted suicide, according to statistics from the Department of Higher Education. IIT Madras is at the forefront, with seven students dying throughout this time. *(Garai, The Hindu).* Nagendra Kumar Reddy, an IIT Madras student, was discovered hanging from a fan in his hostel room hours after returning from a visit to his family on September 21, 2015. He was a master's student at the institute and was dejected after failing to pass the Graduate Aptitude Test in Engineering (GATE) to pursue higher education overseas . The event occurred just after a graduate at IIT Guwahati allegedly committed suicide and a scholar at IIT Bombay allegedly committed suicide in May. *(Hindustan Times).*

Suicide is the second biggest cause of mortality among college students. Many students devote the majority of their youth to studying for competitive examinations, which can lead to a lack of social skills. This creates a new challenge during the first few years of college provided students begin to develop social skills right away . When students get at IIT, they realise that the game is far from finished, and the burden has increased. *(Ghosh, Times of India).*

For JEE and NEET applicants, Kota is more than simply a coaching factory; it's a pressure cooker. Some students, unable to cope with the stress, develop depression, which can lead to tragic events such as suicide. *(Sharan, My StudyCart).* Every year, a number of students die in Kota. According to data provided by the district government, 58 students died in Kota from 2013 to 2017. *(Garai, The Hindu).* Students studying for numerous competitive examinations in coaching facilities have been driven to just concentrate on their studies for years and nothing else. They don't have anything else going on in their life. They only have 10 days off a year, and they have tests every Sunday. *(Ponnavolu, The Life Project)*

Students frequently believe that a perfect 10 CGPA in their board examination is enough to get a good JEE rank, despite the fact that the two are completely different games. Setting a goal based on a previous exam's result might lead to disappointment, producing tension and anxiety amongst students *(Sindwani, Business Insider).* Many suicide instances have been recorded after the board exam results have been announced as a result of such erroneous beliefs among students. In Telangana, for example, 19 students attempted suicide after the announcement of the state's intermediate results in April 2019. Another terrible incidence occurred three years ago in Madhya Pradesh, when 12 students, including six females, died on a same day after the exam results were announced. *(Garai, The Hindu)*

With a passing percentage of 0.1 percent to 0.3 percent, the civil services exam (CSE) is regarded one of the most difficult exams in the world. That means that out of 100,000 applicants, only 12,000 would be chosen for the second round. Only the top 2000 candidates will be selected for the final interview, from which only 1000 will be chosen. (*Bari, The Companion)*

UPSC candidates study all year in order to step in some of our country's most coveted posts in the public sector. Many people even give up their employment and social lives to study for these exams. Students encounter a variety of issues when studying hard and working day and night to get picked and maybe serve the Indian people. For many students, working for hours while staying in one location is a near-impossible effort. It's still hard to study all day, even if you take breaks in between. The length of the curriculum is also a huge problem as there is so much to learn in such a short amount of time. All of this adds up, straining the mind and causing high levels of mental stress. A typical concern from students is "managing this mental stress " Most UPSC applicants are between the ages of 21 and 28, when it is expected that they would begin working. Many people find that preparing for UPSC while working a job or operating a company is too stressful to be effective. This might place a financial strain on the family at times. This load appears to be particularly high for middle- and lower-middle-class households. Poor families face financial challenges on a regular basis, and applicants from such backgrounds must work especially hard to gain a position in public service commission. All of these issues combine, resulting in poor grades, low self-confidence, and, in many situations, a failed effort. *(Common Problems,2020).* There are some aspirants who remain unable in handling this extreme pressure or failure and decide to end their lives. Such a case was witnessed On 7August 2021, when after allegedly failing to pass a competitive test administered by the Union Public Service Commission, a 30-year-old man and a 29-year-old woman took their lives in Chandighar. *(Hindustan Times).*

Any student studying in India for a competitive exam, whether JEE, NEET, or UPSC, feel that the most prevalent source of mental distress among students is the devastating amount of pressure they are exposed to from nearly everyone in their lives. Every instructor, family member, and casual relative or neighbour emphasises the need of working hard in order to gain admission to a reputable school. Constant browbeating, especially from a few parents, relatives, and the majority of coaching class instructors, has a bad influence on their mental health.. *(Srinath, The Print)*

Many parents constantly telling their kids that they must enrol in this IIT or this medical school, even when their children are too young to understand what an IIT or a medical institute is. Indian parents put pressure on their children to achieve goals that were not available to them while they were growing up.   IIT is a passport to the United States, and medicine is a secure, well-paying profession, hence both are in high demand. No parent is concerned about their child's ability. The child is obligated to fulfil his or her family's obsession. Exam pressures are wreaking havoc on our children's mental health. They must remember by rote and seem to be terrified of forgetting even a single word of the teacher's prepared responses. Parental pressure comes next: "I spent a lot of money on you," "what will others say if you fail," and "I expect this from you." The burden is excessive. *(Krishna, The New Indian Express).*

Between March and October 2020, while much of the country was under lockdown, 173 youngsters aged 10 to 18 killed themselves in Kerala. During that time, students faced increased parental pressure and home discord while still studying for difficult tests like the NEET. *(Kapur, Quartz India).*

Peer attitudes, along with peer aspirations and norms, have an impact on an individual's academic performance. For many kids, academic success leads to indirect confrontation with classmates, which leads to stress. Unfavourable comparisons with others might cause stressed students to doubt their talents and have negative views about the implications of bad test performance. These ideas are persistent throughout the preparation time, and both qualitative and quantative changes in cognition are linked to test anxiety levels. As a result, students are frequently subjected to peer pressure, which is worsened when there is hardly any parental support. As a result, they are at a greater risk of stress as a result of their peer group. A student lives in a world where everyone expects him to attain ever greater heights. As a result, he is continually pressed by his parents and society, resulting in parental stress. *(Prajapati and Singh,214)*

Parents must realise that exams and academics are not the be all and end all of life, according to a student. When parents talk to their children, it's typical to see that they focus entirely on negative notions and say things like, "If you don't get selected, then." This makes the kids nervous, and they become worried and disturbed as a result. *(Prajapati and Singh,215).*

Students' stress is commonly manifested as a loss of self-esteem, self-worth, self-confidence, or abrupt changes in how they view themselves. *(Diener and Diener 2002).*

Educational experts believe that the current board and competitive examination framework should be replaced with a system that is more student-friendly. Something must be done to

alleviate the enormous burden of admission examinations on students while maintaining educational quality. Thus, the buzzword is stress. It has arisen as a topic that has to be examined in depth.. *(Prajapati and Singh,211)*

Objectives

The specific objectives of the study are:

- To study repercussions of competitive exams on students' mental health.
- To analyse the different causes for the repercussions of the competitive exams.
- To find solutions to lessen the negative impacts on the students due to the competitive exams.

Methodology

A study was conducted through primary and secondary sources. Secondary resources like Newspaper articles and research papers were studied to collect data and a primary survey was used to perform an analytical study. The respondents belonging to the age group of 18-40,comprising of students of school to college level, pursing or completed graduates, competitive exam aspirants or non-aspirants, were taken as sample for the study. A online questionnaire was used as the research tool which was divided into three parts. Section A (Demographic data): This section was structured to take general information of the respondent. Section B (Impacts): Questions in this section were used to know about the impacts on the mental health of the competitive exam aspirants. Section C (Causes): This section was designed to study the various causes and reasons for negative effect of the competitive exams. The sample size of the survey was of 100 participants. The data collected from these 100 respondents was then processed and analysed.

Repercussions Of Competitive Exams On Students' Mental Health And Their Causes: A Theoretical Perspective

There is a lot of competitiveness and pressure nowadays to get a government job. Competitive exam candidates are under a lot of pressure to do well in order to meet their own and their parents' expectations. The competitive level for government jobs grows as competition increases, prompting candidates to feel increasingly anxious. Stress has a harmful impact on both the minds and bodies of candidates.

Several professions in Indian society, such as civil service, medicine, and engineering, are viewed as status symbols and held in high respect. These occupations are frequently linked to a higher standard of living and higher earnings. The vast majority of Indian parents believe that certain occupations are linked to stability while others are not. In Indian society, acceptance into a prestigious institution is seen as one of the most important indicators of one's worth. There is also a lack of knowledge about the various work options available to students. Acceptance into a respected institution is seen as one of the most crucial measures of one's

merit in Indian society. There is also a scarcity of information on the various career alternatives available to pupils.

In recent years, there has been an increase in the number of suicide and depression cases among Indian students. A possible explanation has been mentioned as the fight for a position in a prestigious educational institution, as well as an insufficient supply of work. The pressure imposed on students by their family and educational institutions is another factor that causes physiological stress.

Furthermore, students are apprehensive because of the competitive climate of coaching institutes. Exams, both board and competitive, are usually stressful for students. Their coaching institutions don't offer much help with board exam preparation. This is particularly tough for students who are not academically successful. As a result of being looked down upon by their peers, they acquire an inferiority complex.

Exam candidates who are competing work hard and study for longer amounts of time. When it comes to qualifying standards, there are long gestation periods and many unknowns. As a result, pupils often go through a cycle of hope and despair. They are under a lot of pressure to finish the big syllabus and find it difficult to stay focused during the preparation period. They could be suffering from a variety of ailments. Students may also have physical and emotional health concerns, which could have long-term effects. They suffer from a range of health issues as a result of their demanding and gruelling practise.

Students are becoming increasingly stressed as a result of increased competition and performance pressure. This is particularly true for students studying for competitive exams. Exams are used to assess a student's academic achievement. As a result, students studying for competitive exams face increased academic pressure. Academic stress affects people from all walks of life, as well as people from a wide range of countries, ethnic groups, and ethnicities. Academic achievement is influenced by two major factors: parental expectations and the dread of failing exams. For secondary and tertiary students, academic stress is a major worry. Students' learning capacity, academic performance, education and employment attainment, sleep quality and quantity, physical health, mental health, and drug use outcomes have all been demonstrated to be negatively impacted by continuous educational stress.Both familial and psychological stresses are linked to academic stress.

Anxiety disorders are the most common mental illness among students studying for examinations. Worry disorders arise when anxiety interferes with daily activities, limiting your ability to function and causing a lot of stress and fear. Anxiety disorders are marked by a wide range of symptoms, including:

- Feeling stress

- Feeling of Irritability

- Trouble concentrating

- Feeling Fearful

- Feeling Dizziness

- Feeling Short of breath

- Irregular heartbeat

Exam anxiety has been linked to psychological issues as well. Students studying for competitive exams are under a lot of stress, according to a recent UNESCO study, which can lead to anxiety and mental tension.

Every now and again, candidates for competitive examinations have been observed to be depressed. Other symptoms, including suicidal ideation, can occur as a result of it. Depression is a common but serious mental illness that makes people feel hopeless and powerless, as if they are cut off from the rest of the world. Candidates may display symptoms such as;

- Feeling sad

- Changing appetite or weight

- Losing interest in Social activities or gatherings

- Fatigue, loss in energy

- Not able to sleep properly

- Feeling guilty or angry because of past failures

- Feeling Angry or frustrated for no distinct reason

It interferes with their life, making it difficult to work, study, sleep and eat.

There is a need to conduct a comprehensive study of suicide in specific demographics of competitive exam takers in order to make reliable suicide prevention suggestions.

NEET, JEE, and CSE are some of the most important competitive exams given in India .Every year, a huge number of aspirants register for these tests, and every year, a large number of aspirant suicide cases make headlines in the news before or after the exams' results are announced. We must investigate these exams in order to gain a better knowledge of their conditions.

National Eligibility Entrance Test (NEET)

Formerly known as the All-India Premedical Test (AIPMT), NEET is an entrance exam for applicants for the MBBS and BDS programs of Indian medical and dental institutions. Most students taking this exam are said to be between the ages of 17 and 19. Exam that provide 90,000 seats at MBBS and BDS universities in India are held annually. NEET is a test that determines admission or eligibility for MBBS and other undergraduate medical courses in Indian and international accredited medical institutions. The NEET exam has become a very important part of a student's life, especially for students studying in the medical field.

NEET is a pretty tough nut to crack. It requires at least two years of preparation and a lot of commitment on the part of the applicant. In 2021, approximately 16.14 million students across India applied for the NEET 2021 exam, and more than 65% of candidates who wanted to become doctors took the NEET exam. In addition, the results of the entrance exam shows that only around 8.7 lakh students pass in total out of the 16.14 lakh applicants.

NEET is one of the most difficult and among the most competitive exams to pass, with a success rate of only 15%.This highly competitive harsh environment may often result in stress and anxiety among the students preparing for the exams. According to counselors at the State 104 Health Helpline, they said that out of 100 at least 60 to 70% of students preparing for NEET who are at a higher risk of depression and anxiety are repeaters. Due to stress every year a number of medical students take their own lives. Clearly, it has a whole lot to do with a nation having a populace of approximately 1.3 billion humans and only a few confined numbers of medical seats. Every year round 15 lakh people compete in NEET for only about 70,000 medical seats which shows that only a few percentages of aspirants are able to secure their seats in order to achieve their goal.

NEET exams have always been very stressful for students, causing anxiety and negatively impacting their ability to cope with tasks. Failure to meet the pressure of doing, meeting parents' expectations, and achieving goals can lead to mental distress and suicidal behavior. Multiple suicides by students who expected to fail the exam were reported from various sections of the country prior to the exam. Clustering of suicide may happen as there are places, such as Kota, Thrissur, and Chennai, which are popular hubs of competitive coaching examinations where students often go to prepare for the NEET examination.On this regard counselors are of the opinion that "Students taking competitive exams, especially in a field like medicine, are often facing immense pressure from their parents, teachers and sometimes friends. To some of them, failure is not an option. Often, their lives completely revolve around exam preparation". In a system with a very large number of applicants and just a small number of seats, the chance of passing is very low which can be quite arduous. It is important to reach out to students and make them aware that there are other opportunities, alternatives, and careers.

According to psychiatry experts 14 suicides were officially reported in connection with the NEET in 2020, up from 7 in 2019.The main reasons for suicides among many NEET students over the years was due to fear of failure. Every year we get to hear about such sad news of some student committing suicide due to the competitive exam.

On September 1, 2017, Shanmugam Anitha, an Indian Dalit student from Tamil Nadu, committed suicide by hanging. Despite being a topper in her district, she was unable to secure a seat through NEET, which led to her suicide. Even though she achieved very high marks in 10th and 12th grade, her dreams were dashed when tougher obstacles like NEET were created.

In 2019,two young NEET aspirants S Ritusree and N Vaishiya ended their lives in Tamil Nadu after they failed to clear their exams. Following these two suicide cases another NEET aspirant,

Monica, took her own life the day after by hanging herself at the age of 18 due to the same reason as that of the other two NEET aspirants.

In 2020, a 19-year-old girl, Vidhi Suryavanshi from Madhya Pradesh's Chhindwara took her own life after she failed to score good marks which made her really depressed and that resulted her in committing suicide by hanging herself. Her NEET OMR sheet was then later reevaluated, and it was found that she had in fact scored 590 points.

Even the previous year a girl student, 17-year-old from Tamil Nadu's Vellore district; a NEET aspirant was reported to have killed herself out of dread of failing the key entrance exam to pursue medical degree.

In the same year another 20-year-old male student named Danush from Koolaiyur village in Salem district of Tamil Nadu reportedly took his own life over the dread of failing the NEET exam a third time. Failing the NEET exam twice had significantly taken toll on his mental health which resulted in him taking ending his own life.

The 18-year-old NEET aspirant on December 24, 2022, who ended his life by hanging himself has blamed the breakup with his girlfriend and mounting pressure of studies for taking the extreme step in his suicide note. Aniket Kumar had passed class 12th and was preparing to crack the National Eligibility cum Entrance Test-Under Graduate (NEET-UG) for the last three years, they said. A suicide note was recovered from his hostel room in which Kumar mentioned that he was under stress due to his breakup with his studies. Kumar in his note wrote that he was disturbed because a girl had played with his feelings, which had added to the already mounting mental pressure of his studies, adding that he was unable to cope with both.

This incident was the 15th case of suicide by a student this year. Earlier this month three students committed suicide, renewing a debate over the pressure of studies young people face when they come to coaching hub Kota to prepare for competitive exams. On December 11, suicide by 3 students within 12 hours rocked the coaching city Kota, prompting the district and coaching authorities to swing into action to take measures to check the same.

A 22-year-old NEET aspirant allegedly hanged himself in his hostel room under the Kunhari police station area. On January 31, 2023. According to 4 to 5 pages of handwritten notes recovered from Singh's room, he was disturbed. He had written on spiritualism, depression, and gods and goddesses. His family had got a hint of their son's condition. They had even left for Kota to meet him. However, by the time they reached the hostel, Singh had ended his life.

More than 20 medical aspirants, including board toppers, have died by suicide over the last few years in Tamil Nadu after failing to secure adequate marks in NEET for admission to government colleges

A medical aspirant allegedly died by suicide on Feb 28, 2023, at his flat in Kantilo in Odisha's capital after he failed to clear the NEET examination thrice.

The report of any student ending their life unable to cope with the stress associated with the National Eligibility Test (NEET) is heartbreaking. NEET was introduced with the aim of securing a place in the country's medical colleges without any hassle. But the sad fact is that in our country, India, common entrance exams like NEET are seen to be playing havoc with the lives of students.

Joint Entrance Exam (JEE)

JEE is an engineering entrance test offered in India for getting admission in various engineering institutes. This test is broken into two parts: JEE Main and JEE Advanced. The process s conducted for 23 Indian Institute of Technology (IIT) , 31 National Institute of Technology (NIT) campuses, 25 Indian Institute of Information Technology , and 19 other Government Funded Technical Institutes (GFTIS) based on a student's JEE Main and JEE Advanced score.

There are millions of students who have a dream to get admission in the elite club of IITians for career in engineering. Students from every state of India prepares for the Joint Entrance Examination. The registration statistics of the JEE Main 2021, somewhere around 6.6 lakh students registered for the JEE main 2021 February session alone, and somewhere around 5 lakh each for March, April and May sessions. Students who clear the mains, they are going to qualify for the advanced exams that secure them a place in the IITs. There are approximately 7000 seats available for such a huge number of aspirants. Students invest every effort and their courage in them, just for to secure a seat. But practically and statistically it is impossible to acquire a seat. Now, imagine the too much stress which puts on an 18-year-old student.

In the last two decades, about 20 million students unable to make space into IIT. The main point is that the success ratio in IIT JEE is not more than 5%. Oxford university of London accepts every one out of the five applicants while the IIT's allow one out of more than 120 students! As such, not getting successful in IIT-JEE is technically not a failure.

For many people, failures are not foundations of success. Some of them are unable to confront failure bravely and are forced to terminate their lives in a terrible manner. One such incident happened when following his failure to pass the JEE Main test 2020, in Dhanbad, a 21-year-old lad killed himself by hanging himself.

In our nation, there is typically a lot of pressure on kids to choose their majors and pursue their education, particularly from their families and instructors. The same thing occurred in the case of a 17-year-old Rajasthani girl who scored high on the IIT-JEE but killed herself the following day because she did not want to pursue an engineering profession. Suicide appears to be caused by melancholy and a lack of interest in engineering education. She said in her suicide letter that although her mother had enrolled her in the science programme, she had no interest in courses like physics, math, or chemistry.

Parents from all socioeconomic categories are concerned that their children should no be able to pursue engineering or other traditional disciplines and nothing other than that . Some parents may be interested in new subjects, but other streams' acceptance is too low. Even though it provides some of the most intriguing and even well-paying employment possibilities, the majority of our society still considers the Arts to be a very bad stream. All we need is a little
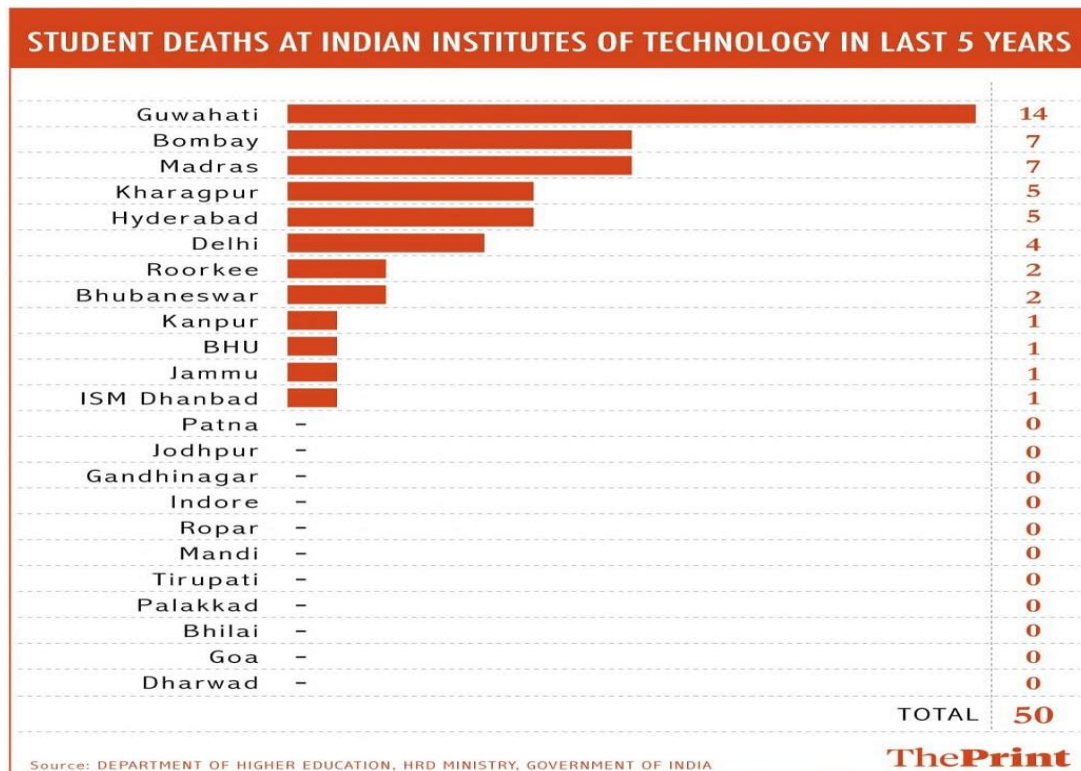
bit of thought. Allowing our children to accomplish anything they want, including starting a company, is essential.

Due to the strain on students to acquire places at prestigious universities and the ever-increasing cut-offs, many students quit up and are driven to commit suicide as a result of their sadness. Ronit Singh, a student from Dhanbad, hung himself on a ceiling fan at his residence. The student made this mistake after failing the exam. Since the JEE Main examination results were out, he had been depressed. For some students, these exams have become a life or death issue, as they require a minimum percentage to get admission to a good college.

According to data received by the education minister Dharmendra Pradhan, the Other Backward Castes (OBC) were reported to account for the bulk of suicides, particularly in Central Universities. Between 2014 and 2021, 41 students from the OBC community committed suicide. There were a total of 14 such incidents reported at Central Universities; IITs and NITs investigated 14 and 11 cases, respectively. 30 student suicides were reported in all by NITs throughout the same period. In the meantime, 24 of the 37 students who committed themselves in Central Universities in India belonged to the SC community. Nine suicide deaths were reported by other outlying institutions, including IISER and the IISc Bengaluru, four of them were reserved category students. The IITs reported 34 suicide deaths, of which 18 were from SC and OBC tribes or castes, per data from the ministry of education. Numerous events that have occurred in the last few months have led to widespread condemnation of the IITs for their caste prejudice. Numerous engineering students have spoken about instances of teacher intimidation and institutionalised discrimination in the recent past.

 Hari Prasath, a third-year IIT Delhi student majoring in mechanical engineering, committed suicide in his dormitory room. Another engineering physics fourth-year student passed away in his IIT Delhi dorm in October. They were under increasing strain.

G Mahesh Sai Raj's death by suicide on the IIT-Guwahati camp, on October 10, allegedly after he was finished for poor academic routine. Not getting any support made him to take this action to end his life.

STUDENT DEATHS AT INDIAN INSTITUTES OF TECHNOLOGY IN LAST 5 YEARS

Institute	Deaths
Guwahati	14
Bombay	7
Madras	7
Kharagpur	5
Hyderabad	5
Delhi	4
Roorkee	2
Bhubaneswar	2
Kanpur	1
BHU	1
Jammu	1
ISM Dhanbad	1
Patna	0
Jodhpur	0
Gandhinagar	0
Indore	0
Ropar	0
Mandi	0
Tirupati	0
Palakkad	0
Bhilai	0
Goa	0
Dharwad	0
TOTAL	**50**

Source: DEPARTMENT OF HIGHER EDUCATION, HRD MINISTRY, GOVERNMENT OF INDIA

ThePrint

In "N" number of cases, victims find it difficult to freely communicate their worries about the pressure they are under, even to their parents. In one such example, a student named Anjali Anand attempted suicide because she felt she had failed an exam for which she had been studying.

The JEE exams are regarded as one of the most difficult in the world. It is known as the "Mother of All Exams." After failing to pass the first round of JEE, many JEE students attempt suicide. Many more students participate in the same activities at coaching centres or even engineering institutions. In India, this is a very well known tragic reality.

Civil Services Examination (CSE)

CSE is a countrywide examination in India administered by the Union Public Service Commission for employment to the IAS, IFS, and IPS. The UPSC examination is divided into three stages: a preliminary test consisting of two papers, a mains test consisting of nine papers, and an interview. During the course of the year-long procedure, an ideal candidate appears for 32 hours of testing. The system is transformed in such a manner that if you're studying for an exam, you should study at least 14-16 hours a day and not spend much time on recreation, amusement, or socialising. Because, this is a calamity waiting to happen, a fostering environment for mental illness.

Every year about 4 lakh people apply for prelims test, only 10 thousand reach the next stage that is, in the mains test, and finally thousand plus reach the final stage which is the interview, while the vacancies to fill vacancies are only in mere thousands. Approximately, only 50% of students pass the first test from the total number of students applying, while only 5% of students

pass the main test. About 20% of those who appeared in the mains advanced to the final stage (Personality Test), while only 40% qualified from those and are successful to get th service. Only 1 person in 10 wins the first attempt.

An analysis of the success rate of the UPSC CSE exam suggests that the test is the most difficult in India. More than 1100000 graduate students wish to appear in the exam and the pass rate is approximately 0.1% -0.3%. This is considered to be the lowest success rate compared to all the other tests that take place worldwide.

Preparing for a difficult exam like the CSE can leave anyone exhausted because of the long study hours required to be included in order to do well. When many feel encouraged and depressed as they prepare for the exam. This is a test of forbearance and screens all targets at all levels every year. Although few aspirants pass this test, lakhs fail every year to face new competition. Impatience are not new to those who want to enter. For those who are unable to do so, there are long-term anxiety and depression. What happened to those who, unfortunately, could not cancel the test? Others gather their broken pieces, assemble them together, and prepare to resume or move on with their lives in order to achieve success in other areas. Although some are broken with great sadness and believe that the end of the world is theirs And that is why the newspapers carry the sad daily reports of young people who have killed themselves or taken what the Indians threaten to call the "extreme step".

Mr. Anoop Singh was a younger brother of an IAS officer, working as an IT engineer. Who allegedly committed suicide in the Greater Noida, after failing to pass the UPSC exam despite 4 attempts. Anoop Singh revealed that he had been depressed for the past ten years. He wrote that despite extra efforts, he had failed to pass this UPSC exam and his family members had failed to understand him and his poor financial situation.

In another incident, a 25-year-old UPSC who wanted to be found hanging from his rented premises in Rajender Nagar, Central Delhi. Akanksha Mishra of Uttar Pradesh in the Badahi region, was due to appear on the first trial. His family said he was under 'testing pressure' and suspected it was the cause of his death.

Varun Chandran From the small coastal town of Karnataka, who had attempted suicide. It was his fifth attempt at the Civil Services Examination. Mr. Chandran's friends said that after four attempts, he was under pressure to cancel test as he was escaping out of opportunities.

Days after the results were announced on 30 May, 2022 year, 28-year-old Blesson Puddu Chako died by suicide on 5 June at Jaripatka in Nagpur Maharashtra, after failing to clear the CSE twice. Earlier in March, a 31 -year-old former bank employee died by suicide in Noida after, supposedly failing to clear UPSC twice.

A 28-year-old IASaspirant set himself ablaze near ORR service road in Medchal on Monday. The departed was identified as Saket Kumar from Laxmapur near Shamirpet. In June, a 28-year-old UPSC aspirant committed suicide for not being allowed to enter into the examination hall. It was another frightening reminder of the kind of pressure aspirants face.

According to report of the National Crime Records Bureau (NCRB) 2020 data, around 2,500 people
die by suicide due to failure in exam every year. Student suicides have risen 27% over past five years. In 2021, around 1,6000 suicides had "failure in examination" as reason. All these suicide incidents have highlighted a serious mental health problem. The transition period after failing to clear the UPSC exam is a difficult one but the UPSC CSE is not a matter of everything and the conclusion. There is life after the failure of those who wish to cancel the test. Those who want to enter must not give up. There are a variety of alternatives to explore. When people has decided to take a government exam, they are usually motivated by enthusiasm and hope to cancel the exam once and for all. They are amuse to think that cancelling government examination like the UPSC, among other things is like lifelong success.

However, as the competition is resilient and the pressure is high, some students fall into the trap of depression. Even if they can get away with it one day at a time, their attitude is depressing.

A Way Forward

Exams are the narrowing bottleneck that leads to a seat in the elite, a diverse pool of professional opportunities, or, at the very least, a fragment of upward social mobility for hundreds of thousands of Indian students. However, for some, they are a reason to give up, not on attempting or persevering, but on life itself. These tests are turning into a swirl of destroyed hopes and identities.

Every hour, a student in India commits suicide. This makes it all too clear that we, as a culture, are doing very little to ensure that our students understand that their mental health is far more important than any exam. We urgently need to assist students understand the importance of mental health and encourage them to prioritise their health over their examinations.

Students are seldom taught to accept that failure is a part of life and that they should move on with the lessons learned from such experiences. The value of instilling the virtues of perseverance, determination, persistence, patience, and endurance in young, sensitive brains is being overlooked in the wild rush to earn high marks and academic grades.

Periodic counselling for students to help them manage and overcome stress and maintain a good mindset is required. To deal with life's challenges, students should be taught anxiety control, coping skills, and a variety of other interpersonal skills. This type of practise should be incorporated into the present educational programme, as it can assist students develop readiness for a variety of life situations.

Suicide stories are frequently connected with failure in our society, whereas success stories are often adored. As a result of this portrayal, many individuals associate failure with suicide. As a result, the present requirement may be to develop the ability to deal with disappointment and frustration and to use them as life lessons. It might be helpful in preventing suicidal behaviour among kids. Additionally, the main concerns must be addressed, such as peer pressure to achieve, parental expectations, and students' insufficient coping capabilities. Suicide

prevention necessitates the involvement of the media. The media should meet with mental health specialists to discuss topics about coping with stress and exam pressure, as well as give aid from mental health professionals in the form of helpline numbers.

Millions of students compete with their peers to be the best at any given time, a practise that is fruitless for everyone but a handful. Society demands greatness from everyone, leaving no place for normal lifestyles or modest goals. Demanding parents and mentors harbour embarrassment and admonishment for performances that are no worse than what would be anticipated of an ordinary kid. Students are expected to put their social lives and coming-of-age experiences on hold in order to devote their youth to achieving a higher rank. For both parents and students, failure is just unacceptable. As a result, students are taught that failure is more terrifying than death itself. It is vital for parents and teachers to begin trying to understand their children's abilities and capabilities. Putting them under pressure and condemning them for their poor academic performance would only make their situation worse. They'll be forced to suffer in silence, and as a result, they'll feel lonely. When loneliness and stress are combined, the result can be depression.

Anxiety and depression are frequent among students, who are urged to ignore it and continue on with their studies. Only physical disorders are acknowledged in society's reductionist understanding of health. Parents and instructors that urge youngsters to touch the sky irrespectively of their innate strengths and skills overlook quality of life and mental health. Suicide is to be recognised interconnected to mental health and seldom an act of impulsive behaviour or escape.

For a youngster to recover from the psychological trauma produced by competitive tests, he or she will require a robust social support structure. Instead than being forced to adhere to the medicine-engineering dichotomy, students should be permitted to pick their own path. Failure should be viewed not just as a typical occurrence, but also as a positive experience that teaches pupils crucial lessons. Even students who pass their admission examinations are not immune to the effects of exam preparation on their mental health. Students in prestigious universities struggle to cope with the stress that comes with living in a high-stress atmosphere, and others may opt to end their lives in order to escape the never-ending cycle of escalating demands.

It is vital that students understand that suicide is not an option. It ends not just their own lives, but the lives of many others as well. There is support accessible. Counsellors, psychiatrists, and their friends are willing to help them deal with the situation.

An emotionally driven applicant who stakes their entire future and self-worth on passing a tough exam. The system is designed to fail you, but it is instilled that it is your responsibility. You begin to perceive failure as a personal weakness. The test style for these competitive examinations can be altered so that they become less about merit lists and   rote memorization to achieve higher ranks. The biggest blunder is judging a student based on the results of a single exam. Especially in India, where a student's score is the only factor used to determine the prestige of the institute to which he or she may be admitted. When it comes to selecting candidates for admission, the world's most prestigious colleges, such as the Massachusetts

Institute of Technology (MIT) in the United States or any other premium institution from the United Kingdom, Australia, or other parts of the world, they use a subjective assessment criterion. They employ this method because they want to examine the student's entire personality and fitness, not merely determine eligibility based on a three hour examination.

Undoubtedly, the number of students registering for these tests is outpacing the number of seats available. It is also critical to increase the number of colleges around the country. Despite the attractiveness of private colleges, students choose national universities because they are more prestigious, provide better placements, and have lower tuition. A broad array of mental health therapies and large-scale government programmes should be used to supplement these activities.

"Suicide (as a result of examinations) is a national tragedy." Every suicide death is a result of the system's inability to safeguard and serve its citizens. The government should ensure that mental health services, including as consultations, awareness programmes, call centres, and other resources, are available to students. Through contact centres and assistance lines, the government should organise, create, formulate, and efficiently implement public health programmes to prevent and minimise suicides, as well as providing aid, support, and guidance to individuals with suicidal thoughts.

The nation's collective conscience bears the brunt of the responsibility. These competitive tests aren't going away anytime soon. As a result, it is time to take efforts to assure an equal playing field in such tests.

Data Analysis

Section-A (Demographic Data):

The data about the respondents such as their age, gender, current position , having an experience of any competitive exam or not is given in Table 1.

Table 1: Respondent Profile

Profile	No. of Respondents	Percentage
Age		
14-18	6	6
18-28	92	92
28-40	2	2
Gender		
Male	29	29
Female	71	71

Current Position		
School student	1	1
College student	89	89
Coaching student	1	1
Employed	7	7
Not Employed	2	2
Having an experience of preparing for any competitive exam		
Having an experience	43	43
Not having an experience	57	57

The Table 1 shows that :

1. Out of 100 respondents, 92% are in the age group of 18 to 28, 6% are in the age group of 14 to 18 and 2% are in the age group of 28 to 40. A graphical representation of which is as follows :

Age
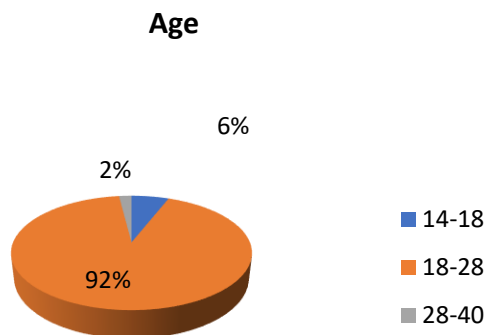
Fig. 1

2. Out of the 100 respondents 71% are Females and 29% are Males.

Gender
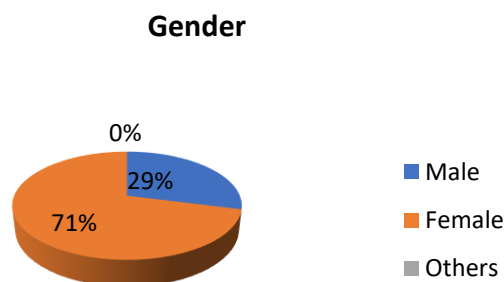
Fig.2

3. Out of the 100 respondents 89% are college students, 7% are employed, 2% are not employed, 1% are school and coaching students each.

Current position

1%   1% 7% 2%

- School Student
- College Student
- Coaching Student
- Employed

89%
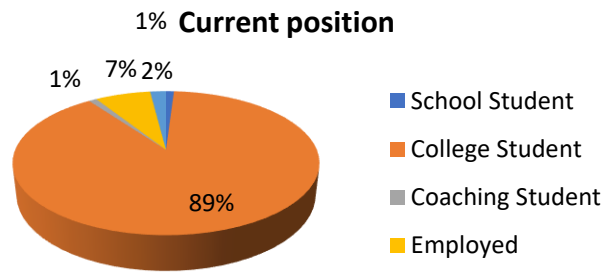
Fig.3

4. Out of the 100 respondents 43% have an experience of preparing for any competitive exam and 57% do not have an experience of preparing any competitive examination.

Experience of preparing for any competitive exam

43%   - Have an Experience

57%   - Do not hane an Experience

Fig.4

Section - B (Impacts) :

5.

Anxiety

9.3%

- Feel Anxiety

90.7%
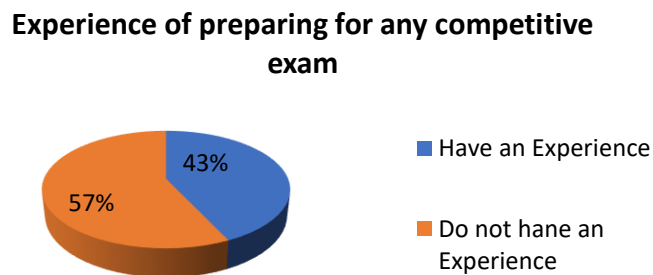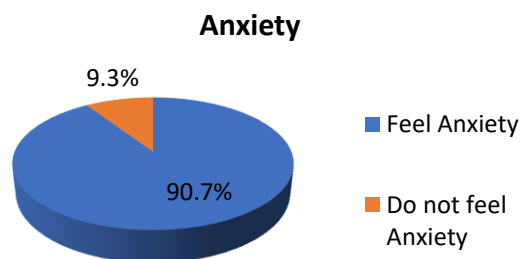
- Do not feel Anxiety

Fig.5

Fig.5 shows that 90.7% aspirants feel anxiety during their anxiety.

6.   **Table 2: Symptoms of Anxiety shown by the Aspirants**

Symptoms	Frequency of respondents	Percentage
Feeling of stress and apprehension	29	67.4
Irritability	15	34.9
Trouble Concentrating	24	55.8
Fearfulness	18	41.9
Dizziness	4	9.3
Shortness of Breath	8	18.6
Irregular Heartbeat	8	18.6
Headaches	17	39.5
None	6	14

Symptoms of Anxiety
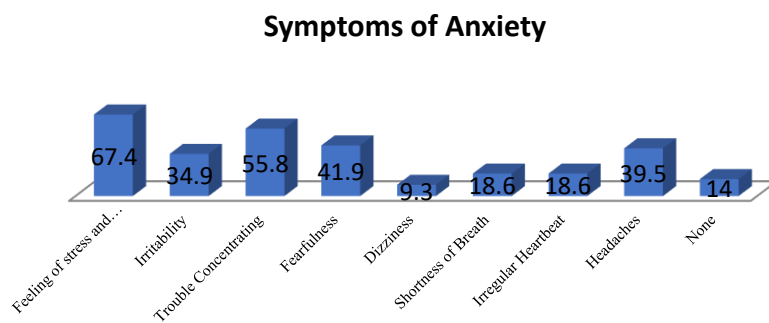
Fig.6

From Table 2 and Fig.6 it can be seen that 67.4% aspirants are having a feeling of stress and apprehension, 55.8% aspirants are having trouble in concentrating, 41.9% aspirants are feeling fearfulness, 39.5% aspirants are having headaches, 34.9% aspirants are feeling irritability, 18.6% aspirants are feeling shortness of breath, 18.6% aspirants are having irregular heartbeat, 4% aspirants are feeling dizziness and 14% aspirants are showing no symptoms.

7.

Depression

20.9%

79.1%

■ Feel depressed

■ Do not feel Depressed
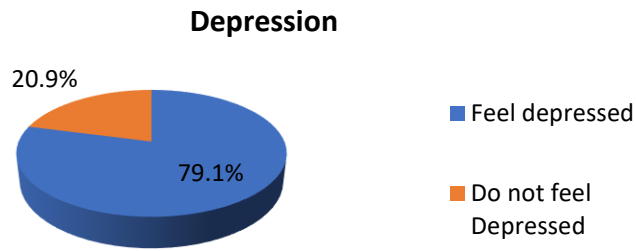
Fig. 7

From Fig.7 it can be seen that 79.1% aspirants feel depressed during their preparation.

8.   Table 3: Symptoms of Depression shown by the Aspirants

Symptoms	Frequency of Respondents	Percentage
Feeling sad or unhappy	19	44.2
Feeling hopeless or helpless	22	51.2
Change in appetite or weight	13	30.2
Loss of interest in activities or social gatherings	18	41.9
Fatigue/loss in energy	11	25.6
Sleeplessness	20	46.5
Anger or frustration for no distinct reason	22	51.2
None	10	23.3

Symptoms of Depression
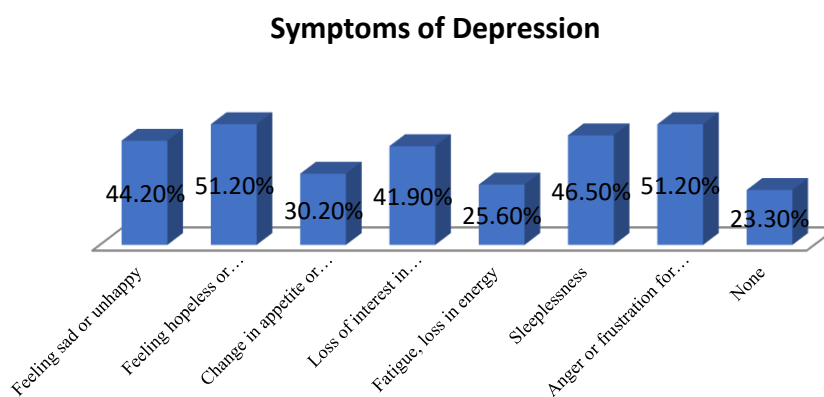
Fig.8

From Table 3 and Fig.8 it can be seen that 51.2% aspirants are feeling hopeless or helpless, 51.2% aspirants are showing anger or frustration for no distinct reason, 46.5% aspirants are showing sleeplessness, 44.2% aspirants are feeling sad or unhappy, 41.9% aspirants are showing loss of interest in activities or social gatherings, 30.2% aspirants are showing change in appetite or weight, 25.6% aspirants are showing fatigue or loss in energy and 23.3% aspirants are showing no symptoms of depression.

9.

Getting Suicidal Thoughts during Preparation
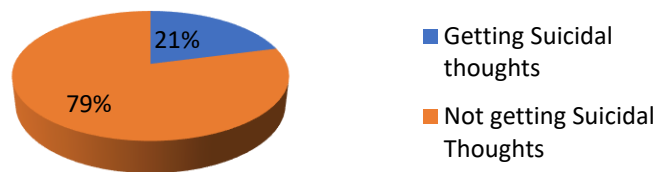
Fig.9

Fig.9 shows that 21% aspirants are getting suicidal thoughts and 79% aspirants are not getting suicidal thoughts during their preparations.

10.

Effect of Competitive Exams on Mental Health of Aspirants
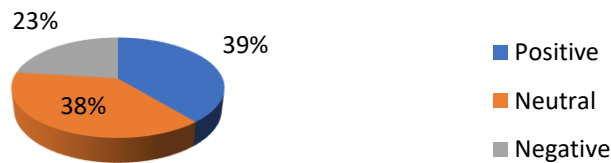
Fig.10

Fig.10 shows that 39% aspirants feel that Competitive Exams have a Negative Effect on their Mental health, 38% aspirants feel that Competitive Exams have a Neutral Effect on their Mental health and 23% aspirants feel that Competitive Exams have a Positive Effect on their Mental health.

Section - C (Causes):

Table 3: Causes of Stress

Causes	Strongly Agree (%)	Agree (%)	Neutral (%)	Disagree (%)	Strongly Disagree (%)
a. Pressure to fulfil Parental expectations	41	39	14	6	0
b. Parents impose their choices on their children	19	36	25	7	13
c. Parents keep enquiring about the marks of peers and keep making comparisons	30	41	23	5	1
d. Lack of positive parental guidance	16	24	37	22	1
e. Communication gap between parents and their children	16	25	38	20	1
f. Getting lower grades than anticipated	33	50	11	5	1
g. Desire to outperform peers	25	52	18	4	1
h. Comparing efforts, study hours and course coverage of self with peer groups	22	47	22	8	1
i. Bothered about failures	25	57	14	4	0
j. Worried about jobs	39	52	6	2	1
k. Unnecessary tension	19	56	14	9	2
l. Failing in competitive exams creates a negative feeling towards own self	26	47	17	7	3

Table 3 shows that:

11. 80% participants consider Pressure to fulfil Parental expectations as a cause of stress for the aspirants , 14% participants are Neutral about it and 16% participants do not consider it as a cause of stress for the aspirants (as shown in Fig.11)
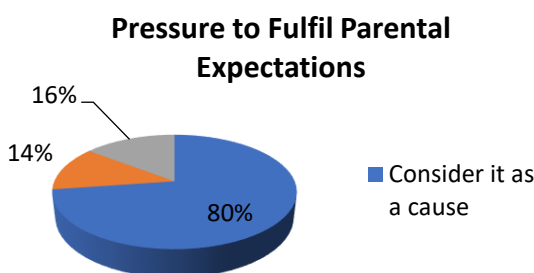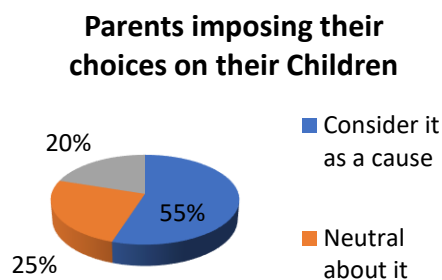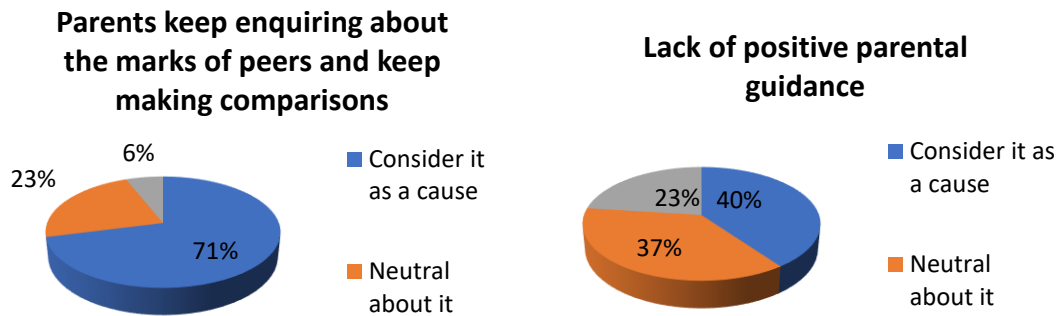

Figure 11

Figure 12

12. 55% participants consider that Parents imposing their choices on their children is a cause of stress for the aspirants , 25% participants are Neutral about it and 20% participants do not consider it as a cause of stress for the aspirants (as shown in Fig.12)

13. 71% participants consider that Parents keep enquiring about the marks of peers and keep making comparisons and this becomes a cause of stress for the aspirants , 23% participants are Neutral about it and 6% participants do not consider it as a cause of stress for the aspirants (as shown in Fig.13)
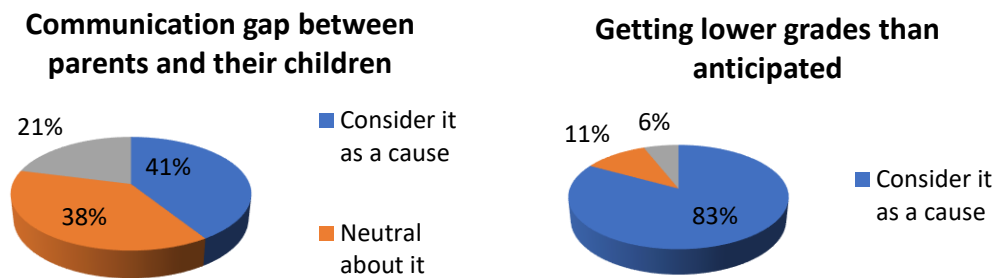

Figure 13

Figure 14

14. 40% participants consider that Lack of positive parental guidance becomes a cause of stress for the aspirants , 37% participants are Neutral about it and 23% participants do not consider it as a cause of stress for the aspirants (as shown in Fig.14)

15. 41% participants consider that Communication gap between parents and their children becomes a cause of stress for the aspirants , 38% participants are Neutral about it and 21% participants do not consider it as a cause of stress for the aspirants (as shown in Fig.15)

Figure 15

Figure 16

16. 83% participants consider Getting lower grades than anticipated as a cause of stress for the aspirants , 11% participants are Neutral about it and 6% participants do not consider it as a cause of stress for the aspirants (as shown in Fig.16)

17. 77% participants consider Desire to outperform peers as a cause of stress for the aspirants , 18% participants are Neutral about it and 5% participants do not consider it as a cause of stress for the aspirants (as shown in Fig.17)
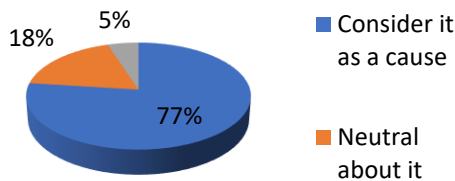
Desire to outperform peers

Comparing efforts, study hours and course coverage of self with peer groups
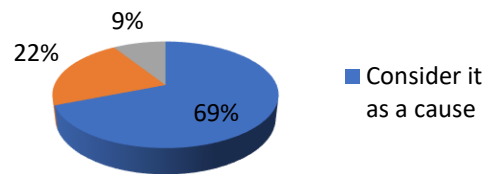

Figure 17   **Figure 18**

18. 69% participants consider Comparing efforts, study hours and course coverage of self with peer groups as a cause of stress for the aspirants , 22% participants are Neutral about it and 9% participants do not consider it as a cause of stress for the aspirants (as shown in Fig.18)

19. 82% participants consider Bothering about failures as a cause of stress for the aspirants , 14% participants are Neutral about it and 4% participants do not consider it as a cause of stress for the aspirants (as shown in Fig.19)

Bothered about failures
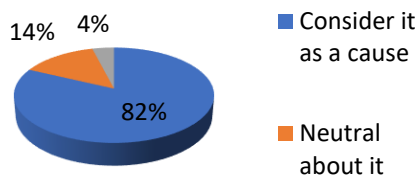
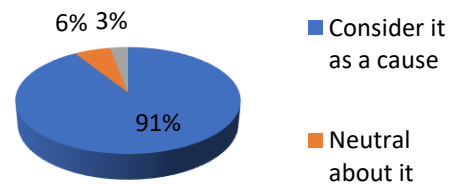**Worried about jobs**

Figures 19   **Figure 20**

20. 91% participants consider Worrying about jobs as a cause of stress for the aspirants , 6% participants are Neutral about it and 3% participants do not consider it as a cause of stress for the aspirants (as shown in Fig.20)

21. 75% participants consider Unnecessary tensions as a cause of stress for the aspirants , 14% participants are Neutral about it and 11% participants do not consider it as a cause of stress for the aspirants (as shown in Fig.21)
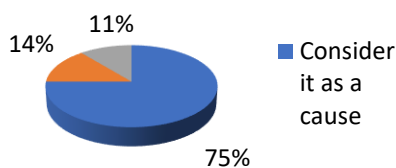
Unnecessary Tensions

Failing in competitive exams creates a negative feeling towards own self
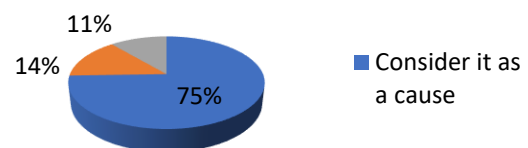

Figure 21   **Figure 22**

22. 73% participants consider that Failing in competitive exams creates a negative feeling towards own self and that becomes a cause of stress for the aspirants , 17% participants are Neutral about it and 10% participants do not consider it as a cause of stress for the aspirants (as shown in Fig.22)

Conclusion

 The outcomes of this study show that while competitive tests have a good influence on students' mental health, they can also have a detrimental impact on their mental health. Suicides connected to competitive examinations have become a big problem for the country as the number of suicides has increased. The students' mental health is suffering as a result of these tests. Academic, parental, and personal stress are among factors that students face. The extremely competitive schooling, strong pressure for achievement, and parental expectations for success in competitive entry examinations are all impacting students' mental health, resulting in lack of attention, bad attitudes toward oneself, and even suicidal thoughts in many. Students get academically stressed when they receive lower marks than expected; they also experience a great deal of pressure to succeed and great expectations from their parents, which adds to their stress. These pressures have an impact on students' physical, emotional, social, and behavioural elements of their lives.

Aspirants, their parents, and everyone else engaged in their lives must understand that these tests are not more essential than a person's life. They should be given the opportunity to discuss and express their difficulties in a safe setting. Because the majority of students rely on their families, family is a crucial component to consider, and their active participation in the student's life is required. All persons engaged in a student's life, including family, friends, neighbors, and others, should be given enough knowledge about the value of social support and how, rather than criticizing, offering support may have a good influence on a student. Various steps, such as policymaking, should be adopted at higher levels in order to reform the school system and increase competitiveness in such a way that suicide instances can be decreased to some extent. To solve this problem, it is critical to first understand the children and then assist them in coping with stress rather than becoming contributing elements.

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