Preface

Adolescence can be a specifically turbulent as well as a dynamic period of one's life. It has been identified as a period in which young people develop abstract thinking abilities, become more aware of their sexuality, develop a clearer sense of psychological identity, and increase their independence from parents. G. Stanley Hall denoted this period as one of "Storm and Stress" and, according to him, conflict at this developmental stage is normal and not unusual. Margaret Mead, on the other hand, attributed the behavior of adolescents to their culture and upbringing as that the majority of problems associated with adolescence in Western society are not present in other cultures.

Several developmental stage models have placed adolescence in a period of human development. Sigmund Freud saw it as the "genital phase" of psychosexual development, where the child recaptures the sexual awareness of infancy. Jean Piaget focused on cognitive development, seeing adolescence as the "formal operative stage" where the young person develops the ability to think abstractly and draw conclusions from the information available. Erik Erikson’s theory of psychosocial development identified the identity crisis as central to the notion of adolescence.

Adolescence is considered as the most important period in the life span of an individual. They are experiencing many physical and psychological problems in this period. Adolescents are more prone to quarrels and impulsivity. It is also considered as an emotionally unstable period. So there is a helping hand is needed for the pupils to ventilate their problems.
The problems of adolescents are increasing day by day, because of the changing family situations from joint family to nuclear family they are not able to express their feelings. These suppressed feelings may cause the problem more badly. The maladaptive behavior patterns of the children may be due to family disputes, substance abuse, peer group pressure, infatuations towards other sex, physical and psychological changes and learning disability etc. Here comes the role of a school counselor because the child spent most of his time in school than his family members. A good counselor can find out the exact problems of pupils and thereby leads them to a successful life.

The physical and psychological development creates a kind of tension in the mind of the adolescent. So he feels dissatisfaction and indifference quite frequently without any apparent reason which the elders fail to understand. The adolescent grow very sentimental, because he has not yet developed mature ideas, outlooks and attitudes about things.

Teenagers are very often susceptible to emotional distress due to exam anxiety. Teenage is a period of emotional instability, being the transition period from childhood to adulthood. It is of great importance as we know a man could be physically fit only if he is mentally fit. It is also important because only a mentally healthy person can create healthy environment in our society.

Exam anxiety is one of the most important problems among moderate and low average students. In the time of examination, many students and parents approach counselors and psychologists which show the existence of the severity of this problem. It prompted the researcher to make an in depth study of this subject. Besides examination anxiety, students are facing problems like loneliness, learning disabilities, physical changes, emotional problems, peer group pressures, rebellious behaviours etc. Here comes the role of a school counselor.
The role of school counselors varies widely according to the goal, purpose and the requirement of education system of a particular country and the school system in which the counselor functions, which every age has its problems, those of adolescence are often especially difficult for boys and girls to with.

It is essential for a counsellor to recognize the significance of adolescent's life events, situations and stimuli, which present difficult. Challenges for the adolescent, and to be able to find ways to enable the young person to deal with them effectively. Adolescents often seek help from counsellors at times when they are unable to deal with particular hazards. It is the counsellor's task to enable young people to find satisfactory methods for overcoming hazards, - so that they are able to move forward along the required developments path.

In India, even now in the post modern era, not giving importance to the professional school social worker. So we should give more importance to this area. In this, the researcher analyzes the relevance of school counselor in India is high lighting because this period of transition in a human being is so crucial that it is the turning point. If professional school counseling might be given to those pupils who are studying in High School would get the actual message to be more good with respect all the variables including exam anxiety.