

Academic stress of higher secondary students

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ABSTRACT

Academic environment is going to be changed now with the help of technology. Teaching-learning process is making very joyful experience at the primary and secondary level of education. Whenever students are going to prepare for higher secondary education than it will be consider by the society it is very high level. This paper will show the actual reason for creating stress at higher secondary level. This research will showing that which are barriers are responsible for stress among students. This research is carried out y survey method. Student stress inventory was used for data collection.

Key words : Academic stress, higher secondary students.

Introduction

Education patterns have to be changed now. It is applying from the higher education to lower education system in Indian context of educational system. Some of the issues are more important for educational leaders and researchers. We all know that students are getting fall down from their result oriented stress during final year of degree. Academic stress internationally well knows issue for taking research in the field of education. Today many of the school are bothering their students for batter result. 76% of the students are feeling stress for their school, another 56 % are feeling more stress from the reason of school assignments, tests, grade, marks examination and school acceptance of their result at their home.(Yin & other 2000).

Review of Related Literature

One more dieses have been added in the list of 21st century which is called by *stress*.

Education system is note left from this above phobia. Whenever examination is going on many of the people are felling stress for their family members. According to *karmer(1994)* more than 75% students are frequently felling stress during their academic tenure for their batter future. Many of the time teachers are one of the reason for creating stress at the school level (*mishra and castilo2004, hussain, kumar and Husain;2008*) higher secondary level education is the starting stage for felling stress for the students. Sometimes parents also may be create stress for their own child educational expectation.

Objective of the study

1. To know about stress of higher secondary students.
2. To know the relationship between student stress and gender of higher secondary students.

3. To know the relationship between student stress and Area of higher secondary students.
4. To know the relationship between student stress and their stream of higher secondary students.

Hypothesis

1. There will be no significance difference between mean score of student stress inventory and their gender (boys/girls).
2. There will be no significant difference between mean score of student stress inventory and their area (city/rural).

Research design

This study was done by descriptive survey method. For completing this all procedure researcher have selected higher secondary schools from Bhavnagar district in academic year of 2011-12.

Population

The researcher has selected higher secondary students from Bhavnagar district as a population for this study. Apart from this all three educational stream where selected in the population like arts, commerce and science another criteria was the residential area of higher secondary school students like rural and urban. So researcher has to taking care on this above said the entire variable for selecting sample from the whole population. This population was selected from the Bhavnagar district schools in the academic year-2011-12.

Sample

Sampling is one of very important stage for researcher to got proper way to their research work. If the researcher has taking wrong selection in sampling than it would be create many problems in the whole research report. Here the selection of sample is done on the basis of such kind of variables like Schools of Bhavnagar District, gander, residential area of students, academic stream(arts, commerce and science) etc. after showing this above parameters researcher have choice of sampling. It was done by proceeding like odd/even name of the schools, list of the higher secondary schools like that. Final sampling was done by using randomization technique there where total 461 students was selected for the collection of the data from the 12 higher secondary schools which are situated in Bhavnagar district. Apart from that 236 are boys and 225 were girls. This entire sample was selected from different stream like arts 167, commerce 165 and 129 were selected from science stream. Therefore the sampling procedure was done in proper way and researcher has taking more care for selecting representative sample from the entire population which is mentioned above for this study.

Tool

Research tool is one of important component for the entire survey. It's a heart of the study. Student stress is very lacking issue for

education research in India. There is none of tool are available for measuring stress in gujarati language. For that particular reason the researcher have decided to develop a *student stress inventory* on the basis of *Academic expectation stress inventory* which is developed by ang (2006). This tool is originally developed in English language. Total 35 items which is for higher secondary students. It is include many of the components for students at school level for creating stress like *grade, expectation of parents, results, competition in peer group, job, stress for batter result etc.* Here the researcher has taken reliable procedure for developing inventory. The following steps where adopt for the development of tool

1. Translation on the basis of culture
2. Translation in regional language
3. Pilot study of the tool
4. Item construction
5. Final data collection

The above said procedure was done for develop student stress inventory. After this the researchers have constructed 40 items for expert opinion among from 9 item was rejected by the expert. Than after total 31 item were selected for final tool which is call *student stress inventory*. The inventory was constructing and validate by using *NRT 2000* which is one of item analysis programme. The reliability was measure by split half and spearman brown formula its value is 0.64 and 0.78. Validity of the entire inventory was

measured by *clefs 'c'* value which is showing 0.43. Hence the developed *student stress inventory* was highly reliable and validate as per the result showed. Finally in this inventory some component have include like *stress of teachers, result oriented stress, test oriented stress, group stress, friends stress and stress of self.* This all components are affected students academic development.

Finding

As per the objective and hypothesis finding are as follow

1. There is significant difference between the score of student stress inventory and their gender. The detailed value and measures are showing in table -1

Gender	N	Mean	SD	t-value
Girls	236	94.39	24.47	6.21*
Boys	225	108.72	24.97	

*significance difference at 0.05 level

As per the result showing in table one there is a huge difference between gender and mean score of student stress inventory. It is showing that the boys are more feeling stress as compared to girls; its values are 108.72 and 94.39 which is showing that significance difference at 0.05 level.

As per the above result we can say that boys are more stressed because the roles of man are more important than female in terms of Indian social system.

2. There is significant difference between the score of student stress inventory and their

gender. The detailed value and measures are showing in table -1

Area	N	Mean	SD	t-value
City	214	99.29	26.39	1.62
Rural	247	103.20	25.01	

As per the result showing in table-2 there is no significance difference between residential area (city/rural) and mean score of student stress inventory. It is showing that the rural areas students are more feeling stress for their academic development as compared to city; it is measures are 103.20 and 99.29 which is showing that there is no significance difference. As per the result we can say that the students are rural area are more stress for getting job and other family responsibility as compare to students of city area.

Conclusion

Student stress is most affected topic for discussion among the academicians as well as policy making people for the change in education formula like examination patterns. Somewhere students are taking negative action for their academic stress. It is very talk issue. Therefore researcher has to find some of the reasons for student stress at higher secondary level of education. The parents should be keeping in mind that every child

has some specialty for their own life. This is true so our social values should accept all this barriers which is creating students stress in education.

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Man shapes himself through decisions that shape his environment.

- Rene Dubos