

**A STUDY OF THE STUDENTS PERCEPTION OF ACADEMIC STRESS DUE TO THEIR PARENTS ABOUT THEIR STUDIES.**

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Abstract

The present study is concerned with the study of student's perception of academic stress due to their parents about their studies. Researcher prepared a self made questionnaire of 35 questions in English medium and it was administered to 200 students selected from Government and private schools including both male and female students. 't' test was used to find out the significant difference. Product Moment Correlation was used to find out correlation between academic stress and parents expectation. It was concluded that there is high significant relationship between Academic stress and parents expectation towards their well being. Similarly it was found out that there is significant difference between the student's perception of academic stress among government and private male and female students.

Keywords: Academics, perception, stress, studies.



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Introduction: Stress, which is the mental and physical pressure experiences from circumstances felt to be threatening, seems to be everywhere one turns. Although stress begins with a perception of outside events. It affects far more than the mind. Stress may be felt thought out the entire body. When stress occurs, it causes the adrenal glands situated on the kidneys, to release a hormone known as adrenalin. At the same time, the brain instructs the pituitary gland, which is in the brain, to release adrenocortico tropic hormone (ACTH). ACTH causes the adrenal glands to produce even more adrenalin as well as other hormones known as glucocorticoids.

What are the combined consequences of all these hormones? An adolescent's blood pressure and heart rate rise. Blood moves from the digestive system towards the brain and muscles.

One may develop an uneasy feeling in the stomach and the respiratory rate may become faster. The liver releases more glucose, a source of energy and the teen begins to sweat. All these work well if the adolescent is in the jungle trying to flee from a wild animal. But these responses are of little use when someone is attempting to cope with the stresses of daily living. The release of all these hormones will cause their muscles to be tense. A teen may feel unsettled and have head, neck and shoulder pain. Other common stress related systems are insomnia, skin rashes, digestive problems, recurrent abdominal pain, chest pain, musculoskeletal pain, chronic fatigue, dizziness, hyperventilation, headaches, heart palpitations, and an impaired immune system.

Modern education is aimed for the all round development of children. So that they can enjoy their childhood freely and later on can build a strong nation and society. Schools and colleges are set up to achieve this motive but sometimes children got depressed due to their low academic achievements. In extreme cases, this stress leads to the suicide by such students. Students may feel stressed due to many factors like pressure of self expectation and goals, pressure from the peer group and pressure of the parent's expectation. The most crucial factor of academic stress among students is parents' expectations. Parents expect their children to fulfill their unfulfilled desires or to complete the children of their friend and relatives. It sometimes spoils the love and attachment between children and parents. The parents ignore capabilities of their children and ignore their achievement in the field of their likings. They pressurize children to perform better in the field of their likings so badly that their performance dips down in every field.

Parents' expectation spoils the career of their children and in extreme cases provoked children to commit suicide. The number of suicide cases due to academic stress is on increase now-a-days. Keeping this fact in view the researcher decides to study, "The student's perceptions of academic stress due to their parents about their studies".

Stress: The word "stress" is derived from the Latin word "stringi" which means "to be drawn tight". If stress continues over a longer period of time, it may impact an adolescent's ability to complete his or her school work, and the grades may fall. Some teens eat too little or too much and may neglect their appearance. Others may have trouble concentrating and relating to other people. In addition, some teen may become irritable and have emotional outbursts. Severe stress may lead to a depression. Some teens attempt to feel better by using tobacco, drugs or alcohol. In addition to failing to solve their problems, these actions may result in the development of a substance abuse disorder. One should take action before the stress gets out

of control. One could begin by identifying the source of the stress. Not all stress is bad. A life without any stress would be boring. To help with organizations and reduce stress, adolescents can make a list of all that they need to do. The important items should be placed first. In order to reduce stress, one should go for walk or listen to some music or e-mail a friend or share with someone or deep breathing or stretching body or aerobic the exercise or sleep more restfully. Stress is the enemy. It causes increased blood flow, increased heart rate and can mentally disturb your brain causing you to be more agitated over time. Stress also often leads to early heart attacks. So remain calm and try not to worry in the end it will be okay. Parents want their wards to be competitive and on top of all. Sometimes children cannot fulfill their parent's expectations in spite of their best efforts and this type of continuous failure causes stress among students.

Purpose of the study

Agarwal, S.K. (1975) found that the under-achievers were comparatively less emotionally mature, less calm, less prone to getting into difficulties and less able to face reality and possessed less ego strength than the over achievers. **Huabin Chen, William Lan, (1998)** found that the students in all three groups had mean scores showing a high degree of willingness to fulfill parent's academic expectations. **Freytag (2004)** found that mixed modes of communication be employed in schools. It is also recommended that schools continually monitor and review the effectiveness of methods of communication in place. **Nalini Malhotra and Devika (2008)** has found that expect auto craft and rejecting, all variables of parenting style i.e. democratic, accepting, overprotecting and over demanding have a negative impact on children's perception with respect to the education of parents. **Shigehiro Oishi, Helenoo, Sullivan (2010)** has found that one explanation for the Asian-American difference in well being is that Asian college student's perceive their parent's expectation to be more specific and thus harder to fulfill than Americans do. In a class students feel pressure due to the effort and performance of other students. Every child is a different one with different abilities and short comings. No one can match others in every field. Some students try to do so and this creates undue pressure on them. It causes stress among students. Some parents expect highly from their children and it causes stress among children. Some educationist believe that other factor work only if parents pressurize their children. Thus it becomes important to study this factor in detail.

Objectives

1. To study the parent's expectation's towards the studies of their children.

2. To study the academic stress on the children due to their parent's expectation towards their studies.
3. To study the difference between the students perception of academic stress among Government and private school students.

Operational definition

Stress: "A state of affair involving demand on physical or mental angry". Stress can be defined as a demand placed on our psychological and physical functioning that threatens an individual's adaptation to a given situation.

According to Kirti A. Dyer MD, MS.

Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response. Stress can come from any situation or thought that makes you feel frustrated, angry, nervous or even anxious. Stress is caused by an existing stress causing factor or stressor.

Academic: "Pertaining to area of study that are not primarily vocational as the humanities as pure mathematics".

Academic stress: The stress which is due to academic achievement or academic activities known as academic stress.

Methodology: The researcher's focus is to examine the student's perception of academic stress due to their parent's expectations about their studies. It is important to use a proper method for data collection for a good researcher. Survey method of research was used in this study.

Population: The population comprised student's of secondary school under CBSE including both private and Govt. school boys and girls.

Sample: The target population in this study was secondary school students in different schools of CBSE. Total 200 students were selected for the study, 100 male (50 Govt. + 50 Pvt.) + 100 female (50 Govt. + 50 Pvt.)

Tool's used: Self made questionnaire is used for this study which is in English medium containing 35 questions and the options of Yes and No before every question. There is no time limit to fill the questionnaire.

Procedure of Data Collection: The responses received from students were collected. The response sheets were studied and converted the present data into percentage and to maintain equality percentage has been used. Each item should be scored 2 marks for Yes and 1 mark for No.

Statistical techniques used

1. The statistical method's' value was used to find out the significance difference.
2. Product moment correlation coefficient was used to find out correlation.

Data Analysis and Discussions: Self made questionnaire was used. It was used to find the significance of relationship between academic stress and parents expectations towards the studies. A sample of 200 students studying in various schools of CBSE was used.

Hypothesis 1: There is no significance relationship between academic stress and parent's expectation towards the studies.

Σdx	Σdy	$\Sigma dx.dy$	Σdx^2	Σdy^2
5540	4471	143285	174870	119232

$r = .95$

The calculated value is more than 0.5 it means there is highly significant relationship between academic stress and parent's expectation towards the studies.

Hypothesis 2: There is no significant difference between the students perception of academic stress among govt. and private school students.

Secondary students	N	Mean	S.D.	't' value
Govt. School	100	24.19	3.92	12.46
Pvt. School	100	27.53	3.32	

Significant at 0.01 levels:

Table value for one tailed test for 198 df is 1.98 at 0.05 level and 2.61.

It is observed from the table that 't' value of 12.46 for difference in the mean scores of Govt. and private school students is significant at both level of 0.01 and 0.05, df 198. The mean scores 27.53 of private schools is higher than the mean score of 24.19 for Government school students. Therefore, null hypothesis, there is no significant difference between the students perception of academic stress among government and private school students is rejected. This shows that students' perceptions of academic stress of private schools are more than government schools. It means that parent's of private schools has more expectations from their wards as compare to private schools parents.

Hypothesis 3: There is no significant difference between the students perception of academic stress among male and female students.

Secondary students	N	Mean	S.D.	't' value
Male	100	19.35	2.82	3.47
Female	100	20.28	3.14	

Significant at 0.01 levels:

It is observed from the above table that the 't' value of 3.47 for difference in the mean scores of male and female secondary school students of government and private school is significant

at both 0.01 (table value 2.63) level and 0.05 (table value 1.98) level with df 198. The mean score at 20.28 of the female secondary school students of both private and government school is higher than the mean score 19.35 for the male students. Therefore null hypotheses, there is no significant difference between the students perception of academic stress among male and female students is rejected. This shows that the students' perceptions of academic stress are affected by sex. It means that the student's perceptions of academic stress due to their parents about their studies are more prominent towards boys. Expectations of parents from boys are more than girls.

Conclusions

i) This study show that there is high significant relationship between academic stress and parent's expectations towards the studies. ii) This shows that there is significant difference between the students perception of academic stress among government and private school students. iii) There is also significant difference between the students perception of academic stress among male and female students.

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