

A STUDY OF MENTAL STRESS ON HIGHER SECONDARY SCHOOL STUDENTS IN ALANGUDI TALUK AT PUDUKKOTTAI DISTRICT

Saritha. T¹ & Prabakaran. B²

¹M.Ed. Scholar, Government College Of Education, Pudukkottai, Pin Code-622001,
Tamilnadu (State) Saritha04636@Gmail.Com

²Assistant Professor, Department Of Education, Government College Of Education,
Pudukkottai Pin Code-622001. Tamilnadu (State)Mail: Prabakaran787@Gmail.Com

Abstract

The medical dictionary explains mental stress as a general term encompassing mental arousal or emotional stress. Mental stress can be evoked by a number of mental task-e.g., mental arithmetic, public speaking, mirror trace etc. The objective of the study is to find the level of Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District. Scope of the study is measuring the higher secondary school students' mental health in Alangudi Taluk through face to face data collection. All the formulated hypotheses are made in null form for statistical testing. The survey method and simple random sampling technic are adopted. Samples are taken 300 students from various government schools, government aided schools and private schools. Mental Stress Scale is used in the study. F-test and t-test are used for the interpretation. Findings of the study are (i) Higher Secondary Students in Alangudi Taluk at Pudukkottai District have more mental stress. (ii) There is no significant difference among Government, Government Aided and private schools with respect to Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District. (iii) Eleventh Standard students have more Mental Stress than the mental stress of Twelfth Standard students. (iv) Mental Stress of urban dwelling students is more than the Mental Stress of rural dwelling students. Conclusion of the study is mental stress can be cured by psychiatrist or academician with parents and school cooperation. So properly identified students' mental stress as possible as before treatments or remedies.



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INTRODUCTION

Modern world is competitive. Changes are occurring at a very fast and consequently there is knowledge explosion. The fittest alone are able to survive in a world full of competitions. The struggle for existence and to win the competition creates tremendous stress on human beings.

The price man pays for modernization, industrialization and globalization is very heavy in the form of stress and strain in day to day life. The word stress was originally derived from 'stringer' a Latin word used three centuries to describe hardships. Early

definitions of strain and load used to influence, a concept of how stress affects individuals. These tensions of everyday life are also reflected in the academic life. Higher secondary education decides the future of the students and hence the pressure is felt to a maximum extent by the students.

Added to sudden growth, spurts followed by psychological changes of adolescence, demands of perform well in academic subjects, the urge to excel the peers, to meet the demand of teachers, parents and the management crystallizes in the form of pressures on the learners.

SIGNIFICANCE OF THE STUDY:

The school students face various problems in different ways and modes. For example each student has to write three types of examinations namely quarterly, half yearly and annually. In addition to this monthly tests are also to be written by the students. There is stress caused by family as well as peer-groups and self too. Therefore in order to investigate the various stresses on the children, a study namely “Analysis into the stress of higher secondary school students” was carried out.

SCOPE OF THE STUDY

The study was restricted to the stress experienced by higher secondary school students. The study was restricted to the student’s stress in different aspects such as those caused by parents, teachers, peers and self.

OBJECTIVES OF THE STUDY

1. To find the level of Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.
2. To find the significant difference among Government, Government Aided and private schools with respect to Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.
3. To find the significant difference between Eleventh Standard students and Twelfth Standard students with respect to Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.
4. To find the significant difference between rural dwelling students and urban dwelling students with respect to Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.

HYPOTHESIS OF THE STUDY

1. There is no more Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.
2. There is no significant difference among Government, Government Aided and private schools with respect to Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.
3. There is no significant difference between Eleventh Standard students and Twelfth Standard students with respect to Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.
4. There is no significant difference between rural dwelling students and urban dwelling students with respect to Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.

DESIGN OF THE STUDY

POPULATIONS

Students are studying in Higher Secondary School students from selected schools in Alangudi Taluk.

SAMPLE SIZE

For the purpose of the present study the sample was taken both from government, government aided and private schools. The sample of the study consisted of 300 Higher Secondary School students from selected schools in Alangudi Taluk.

SAMPLING TECHNIQUE

Simple Random sampling technique is adopted for the selection of sample.

TOOLS FOR THE STUDY

The investigator use the following tool for this study, “Mental Stress Scale” tool is prepared by Investigator and Guide.

DATA OF ANALYSIS

Descriptive analysis involved calculation of the measures of central tendencies, and the measures of variability. The calculated values of the mean and the standard deviation are used to “t” test “F” – Ratio describe the properties of the particular samples and the descriptive statistics is used to reduce the bulk of data into manageable size.

ANALYSIS AND INTERPRETATION OF THE STUDY

HYPOTHESIS - 1

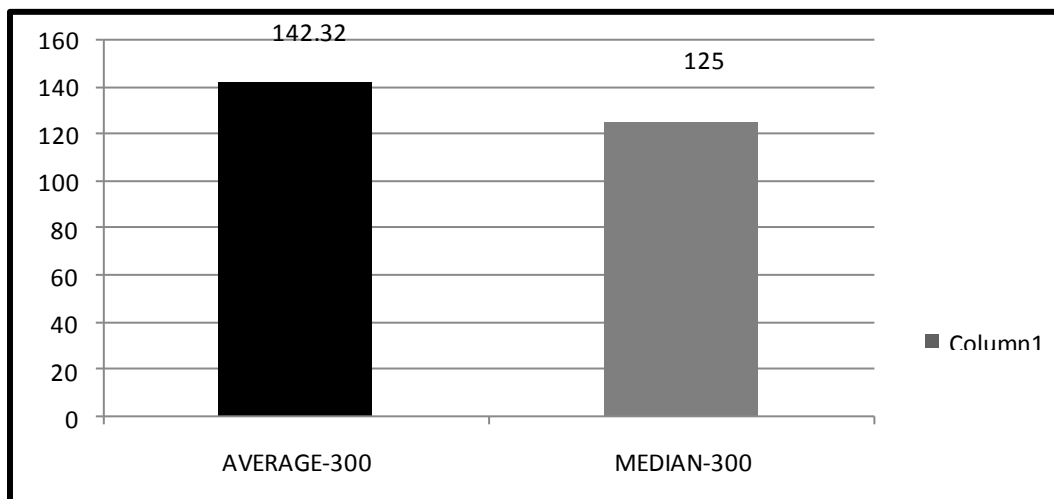
There is no more Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.

TABLE1: Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.

| VARIABLE | AVERAGE | SD | MEDIAN | INTERPRETATION |
|---------------|---------|-------|--------|----------------|
| Mental Stress | 142.32 | 29.35 | 125 | HIGH |

The above table reveals that the null hypothesis is rejected as revealed by the calculation Average = 142.32 which is compared to median =125. Hence, there is no there is no more Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.Higher Secondary Students in Alangudi Taluk at Pudukkottai District have more mental stress.

GRAPHICAL REPRESENTATION 2: MENTAL STRESS OF HIGHER SECONDARY STUDENTS IN ALANGUDI TALUK AT PUDUKKOTTAI DISTRICT.



HYPOTHESIS - 2

There is no significant difference among Government, Government Aided and private schools with respect to Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.

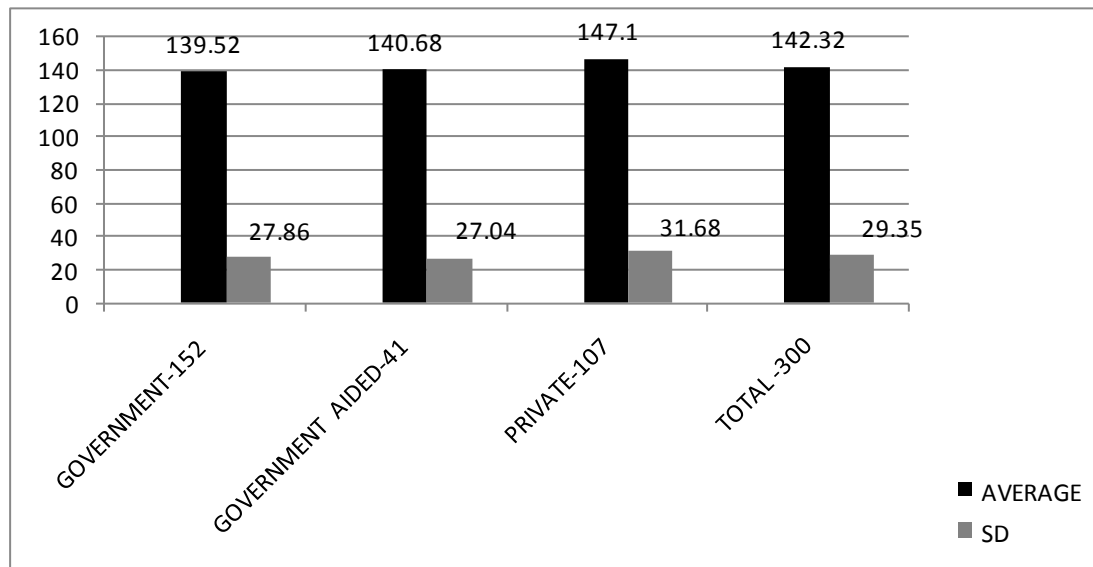
TABLE: 1: MENTAL STRESS OF SIGNIFICANT DIFFERENCE AMONG MANagements OF SCHOOLS IN ALANGUDI TALUK: ANOVA Test

| S.N O. | SOURCE OF VARIANCE | SUM OF SQUARES | df | MEAN SQUARE | F | SIGNIFICANCE AT 0.05 LEVEL |
|--------|--------------------|----------------|-----|-------------|-------|----------------------------|
| 1. | Between group | 3756.307 | 2 | 1878.15 | 2.206 | NO |
| 2. | Within group | 252858.034 | 297 | 851.37 | | SIGNIFICANCE |

The above table reveals that the null hypothesis is accepted as revealed by the calculation F = 2.206 which is significant at 0.05 level of confidence. Hence, there is no

significant difference among Government, Government Aided and private schools with respect to Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.

GRAPHICAL REPRESENTATION 2: MENTAL STRESS: SIGNIFICANT DIFFERENCE AMONG MANagements OF SCHOOLS IN ALANGUDI TALUK



HYPOTHESIS - 3

There is no significant difference between Eleventh Standard students and Twelfth Standard students with respect to Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.

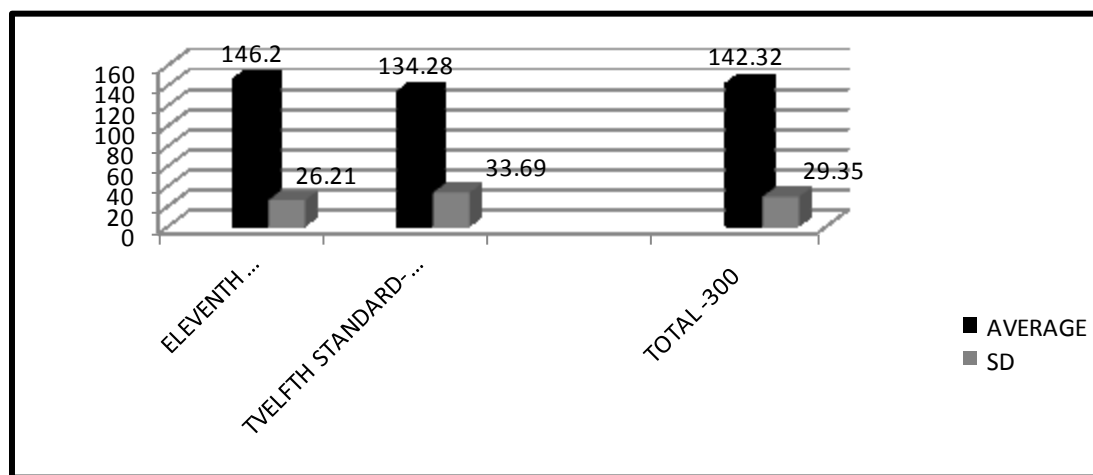
TABLE: 3: MENTAL STRESS: SIGNIFICANT DIFFERENCE BETWEEN ELEVENTH STANDARD STUDENTS AND TWELFTH STANDARD STUDENTS IN ALANGUDI TALUK: t- TEST

| L.O.S. | N.O.S. | AVERAGE | SD | t- VALUE | SIGNIFICANCE AT 0.05 |
|-------------------|--------|---------|--------|----------|----------------------|
| Eleventh Standard | 204 | 146.2 | 26.213 | 3.34 | SIGNIFICANCE |
| Twelfth Standard | 96 | 134.28 | 33.69 | | |
| TOTAL | 300 | 142.32 | 29.35 | | |

The above table reveals that the null hypothesis is rejected as revealed by the calculation $t = 3.34$ which is not significant at 0.05 level of confidence. Hence, there is no significant difference between of Eleventh Standard students and Twelfth Standard students with respect to Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.

It concludes that the level of standard is a variable influencing on the Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District. A mental Stress of Eleventh Standard student is more than Mental Stress of Twelfth Standard students.

GRAPHICAL REPRESENTATION: 4:MENTAL STRESS: SIGNIFICANT DIFFERENCE BETWEEN ELEVENTH STANDARD STUDENTS AND TWELFTH STANDARD STUDENTS IN ALANGUDI TALUK



HYPOTHESIS - 4

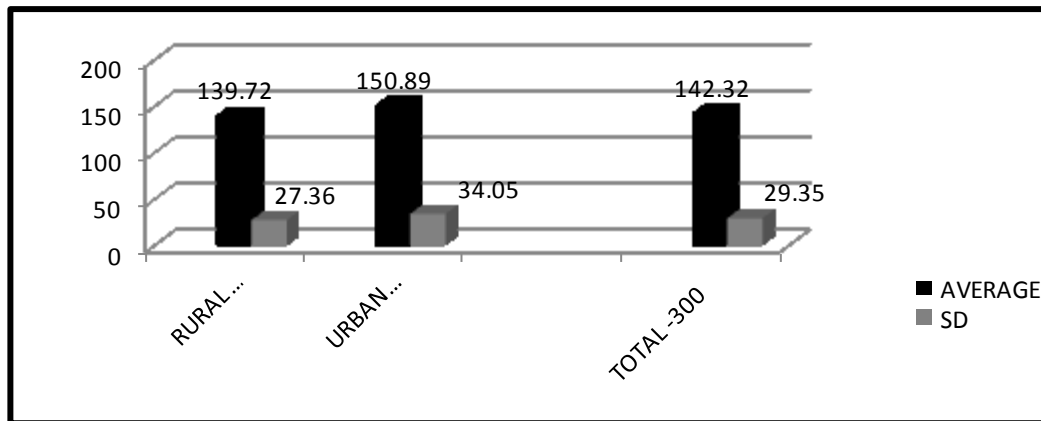
There is no significant difference between rural dwelling students and urban dwelling students with respect to Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.

TABLE: 3: MENTAL STRESS: SIGNIFICANT DIFFERENCE BETWEEN RURAL DWELLING STUDENTS AND URBAN DWELLING STUDENTS IN ALANGUDI TALUK: t- TEST

| L.O.S. | N.O.S. | AVERAGE | SD | t- VALUE | SIGNIFICANCE AT 0.05 |
|----------------|--------|---------|-------|----------|----------------------|
| Rural Dwelling | 232 | 139.72 | 27.36 | 2.8 | SIGNIFICANCE |
| Urban Dwelling | 68 | 150.89 | 34.05 | | |
| TOTAL | 300 | 142.32 | 29.35 | | |

The above table reveals that the null hypothesis is rejected as revealed by the calculation $t = 3.34$ which is not significant at 0.05 level of confidence. Hence, there is no significant difference between rural dwelling students and urban dwelling students with respects to Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District. It concludes that the Locality of standard is a variable influencing on the Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District. Mental Stress of urban dwelling students is more than Mental Stress of rural dwelling students.

GRAPHICAL REPRESENTATION: 4: MENTAL STRESS: SIGNIFICANT DIFFERENCE BETWEEN RURAL DWELLING STUDENTS AND URBAN DWELLING STUDENTS IN ALANGUDI TALUK



MAJOR FINDINGS OF THE STUDY

The following findings are listed after careful analysis of collected data from Alangudi Taluk higher secondary school students.

1. Higher Secondary Students in Alangudi Taluk at Pudukkottai District have more mental stress.
2. There is no significant difference among Government, Government Aided and private schools with respect to Mental Stress of Higher Secondary Students in Alangudi Taluk at Pudukkottai District.
3. Eleventh Standard students have more Mental Stress than the mental stress of Twelfth Standard students.
4. Mental Stress of urban dwelling students is more than the Mental Stress of rural dwelling students.

DISCUSSION OF THE FINDINGS

All higher secondary school students in Alangudi district have more stress. This is affected the students achievement and behavior. Sometime social deviant behavior and school deviant behavior is caused the mental stress. Mental stress is caused the instability of physical functioning especially listening the subject concept continuously and mental illness is increased. Sometimes students' mental stress is not properly identified and treated, it impulses to be committed the suicide. It is very dangers to be blocked the students' day to day life activities and academic activities. So mental stress can be removed by the psychological counselor through his/her proper guidance and counseling. Urban dwelling

students are more involving the machinery or mechanical life to be over burden of studying habit especially private coaching is attended continuously class after leaving their school and before entering their school without physical and mental rest. But, rural dweller may be involved leisure activities in home. Eleventh standard students encounter the new learning situation and school atmospheres and they do not adapt immediately to the new situation. Hence, it may be increased their mental stress.

IMPLICATIONS OF THE STUDY

School and parents do not inter-fere their interest of studying subject. If every schools must be appointed the psychological counsellor, physical instructors, handy craft teacher, drawing teachers, musical teacher, dance teacher and story teller, this can be decrease the students' mental stress. Schools carefully give leisure to the students for their recreational activities apart from the subject study. Life is not only depending on studying. It is also many dependent factors influencing on students.

CONCLUSION OF THE STUDY

Mental stress can measure the suitable tools and scientific devices. Also mental stress can be cured by psychiatrist or academician with parents and school cooperation. So properly traced students' mental stress as possible as earlier before treatments or remedies. Mental stress definitely affect the physical, mental, emotional, academics and soon. Students' mental stress stress truggle the academic activity involvement. Students' mental health is essential for the perfect learning.

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