

## STUDY OF ACADEMIC STRESS OF STUDENTS IN GOVERNMENT AND PRIVATE SECONDARY SCHOOLS

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### Abstract

*In today's highly competitive world students face various academic problems including academic stress, disinterest in attending classes and inability to understand the subject. The purpose of this study is to investigate the level of academic stress among secondary school in with respect to type of school, gender, locality, types of subject(Math & English), types of family and working status of mothers. All the students belongs to 9<sup>th</sup> standard studying in pathankot district. The study falls under the domain of descriptive research. The data was collected through standardized academic stress scale developed by A. O. Busari(2010). Mean standard deviation and t- test were conducted for analysis of data. Mean Scores of government school students higher as compared to private school students So government schools should arrange yoga activities in their schools that helpful in reducing stress levels.*

*Keywords: Stress, Academic stress, Government and private secondary schools students.*



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### Introduction

Academic stress is the anxiety and stress that comes from schooling and education . there is a lot of pressure that comes along with pursuing their education. students report experiencing academic stress at predictable times each semester with the greatest source of academic stress resulting from taking and studying for exam, grade competition, and the large amount of content to maser in a small amount of time (Abouserie,1994). There are lot of stress related to studies, homework, tests, reading, tuition and other academic competitions student face a lot of stress due to imbalance of academic and social performance and time management for extracurricular activities from education. Academic stress is especially high in the students who are unable to maintain balance between their academic, family and friend,

social and academic activities in life. Stress is very common as they are more worried about their carrier. Student stress level also depends a lot on attitude of teachers towards them. Fear of academic failure related to these tasks is a definite stressor (kolko,1980). If a teacher is friendly then the student has less while- taking to them related to their academics. Whereas teachers who are not very friendly then students does not feel that comfortable due to fear which generally arises due to stress. This phenomenon has created certain dependable situation among students. In such situation a students depends upon more on tuition rather than school teachers . if the tuition- teacher is not able to understand the problem of the student than it leads to stress level so high that the student slowly starts to lose interest in studies. The stress level among varies when work is given as challenges or threat. The pressure to perform well in the examination or test and time allocated makes academic environment very stressful.( Erkuu &Chafa ,2006) explained that if the work is given as the challenge then the stress level lowers due to the competition among the students to achieve the target provided if the work is given in small amount and if the completion of work is not required in an allocated time. Whereas if the work is given and student are threatened complete the work in a limited time then the stress level in the students is found to be very high and only few student are able to complete the given task. The stress levels of students vary according to behavior of teachers and according to the school environment. The stress level of students studying in schools which promote or given importance to co- curricular activities such as sports, dance, music, swimming art is low as compared to student studying in school which do not promote these co- curricular activities instead they promote co- curricular activity related to education such as debate, quiz, speech etc. and general feeling among such are that sports is rubbish and are less focused and promoted.(Stanley Hall, 1904). Now a days yoga ,kung fu, karate etc. are being introduced to minimize the stress level among the students. The yoga plays an important role in keeping the stress level down and also helps to improve the concentration power in students . Moreover , importance should b given to the mentioned co- curricular activities more and more over stress level will automatically become low when students are healthy. So, such steps should be taken by schools to improve the performance of their students with a friendly environment (Wheeler 2007).

## **Objectives**

1. TO Study the difference in academic stress of secondary school students with respect to type of school (government and private), gender.
2. To study the difference in academic stress of secondary school students with respect to locality, type of subjects (Math & English).
3. To study the difference in academic stress of secondary school students with respect to working status of mothers, type of family.

## **Hypotheses**

1. There exists no significant difference in academic stress of secondary schools students with respect to types of schools (Government and Private), gender.
2. There exists no significant difference in academic stress of secondary school students with respect to locality, types of subjects (Math & English)
3. There exists no significant difference in academic stress of secondary school students with respect to working status of mothers, types of family.

## **Research Design**

The present study falls under the domain of descriptive research .400 students (200) males and 200 females were taken randomly from secondary school of Pathankot district only. The stratification is done based on type of school, gender, locality, type of subjects working status of mother, type of family. The research data was analyzed by the statistical tools such as descriptive statistical like Men and standard deviation ,t- test was applied to find out the significance of difference between different groups.

## **Academic Stress Scale**

Life today has becomes increasingly complex and tension ridden. It is the era of speed, rapid changes, never changes, which sometimes result in stress, anxiety, stress is an integral part of life.

A full pledged scale was developed to study the academic stress among secondary school students. For this purpose the investigator used the academic stress scale constructed and standardized by A. O. Busari. This scale consists of as 40 items an each items has five alternative responses that is “No stress, “Slightly stress, “Moderate stress”, Highly stress, and Extremely High stress. Each of the response score of 0 to 4 respectivaly.

## Analysis and Interpretation of Data

**Table – 1: Mean, S.D.’T-Value of Secondary School Students With respect To Type of School, Gender, Locality, Types of Subjects, Working Status of Mother and Type of Family**

Variables	Categories	N	Mean	S.D.	't'-value	Level of significant
Types of school Management	Government	200	234.58	17.955	9.75	Significant
	Private	200	212.42	26.10		
Types of Gender	Male	200	231.85	16.72	3.55	Significant
	Female	200	237.47	16.720		
Types of locality	Urban	200	235.92	16.69	2.712	Significant
	Rural	200	237.41	14.59		
Types of subject	Math	200	235.72	19.02	.572	
	English	200	234.72	.837		
Types of working status of Mother	Working	200	232.82	15.92	2.182	Significant
	Non-working	200	236.31	16.16		
Types of Family	Nuclear	200	232.92	16.69	2.712	Significant
	Joint	200	237.41	14.59		

The above Table shows value of mean score of government school is 234.58 and private school is 212.42 on examination of the mean scores of the two groups , it has been found that mean scores of govt. school is higher as compared to private school. The above result is consistent with the result of the study conducted by Busari (2014), Smritikana Mitra Ghose (2016), Manisha Sinnghani (2017), which revealed there is significant difference between government and private school students on academic stress.

The present study is contrary with the finding of suresh prabu (2015) who revealed that there is no significant difference between government and private school students on academic stress.

The above table show that, the mean scores of male is 231.85 and female is 237.47. The mean scores of female students is higher as compared to male students. The mean scores of Urban area is 235.92 and rural area is 237.41. So it is suggested that there is significant difference in the academic stress of males and females students and urban and rural area school students.

The above table shows that the mean scores of Math students is 235.72 and English students is 234.72. On examination of the mean scores of the two groups.it was found that mean scores of the two subjects is almost same. The mean scores of nuclear family is 239.92 and Joint family is 237.41. The mean scores of working mother is 232.82 and Non working

mother is 236.31. So it is suggested that there is significant difference in the academic stress of nuclear and Joint family students and working and non – working mother school students.

### **Discussion**

The main purpose of this study is to investigate the academic stress among the secondary school students. The results of the present study revealed that there is significant difference in the academic stress of secondary school students with respect to type of schools, gender and locality, type of family and working status of mother. The present study also revealed that there is insignificant difference in the academic stress of secondary school students with respect to type of subjects. The result is consistent the result of the study conducted by Busari (2012), Smritikana Mitra Ghose (2016), Manisha Singhai (2017), Kausts (2018). The result is Contrary with the finding of Busari (2012), Suresh Prabu (2015).

### **Finding of the Study**

The major finding of the study are as following

- 1) There is significant difference in the academic stress of secondary school students with respect to type of schools, gender and locality.
- 2) Mean scores of government school student was higher as compared to Private school students.
- 3) There is insignificant difference in the academic stress of secondary school with respect to type of subject.
- 4) Mean scores of nuclear family was lower as compared to Joint family.
- 5) There is significant difference in the academic stress of secondary school students with respect to working and non- working status of mothers.

### **Educational Implication**

- 1) The result of the study indicates that there is significant difference in academic stress of government and private secondary school students, which indicates that private schools have better learning environment as compared to government schools. So government school authorities should provide more facilities for government school students so that school learning environment improve and becomes conducive.
- 2) The result of the study indicates that male students performed better as compared to female student. The teachers should concentrate in reducing the academic stress by grabbing the individual attention of the female students while handling the respective classes.

3) Academic stress of students is found to be considerable factor with regard to academic achievement . The overall academic stress consists of learning difficulties , school, time management, exam stress, peer group, relation. The school should arrange the necessary environment condition to reduce the students academic stress.

### Conclusion

As academic stress was found to be more prominent among the students of government school than private school. From the finding it may also be concluded that, female students experienced more academic stress than their male counterparts.

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