



THE COMPARATIVE STUDY ON ACADEMIC STRESS BETWEEN GOVERNMENT AND PRIVATE SECONDARY STUDENTS IN BANDA

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ABSTRACT:

Background: Recently, schools have drawn attention as a dominant factor of academic stress in student's life. This study is done to assess the level of academic stress between private school and government school students.

Aims: The current study aimed at comparative study on academic stress between Government and private secondary students of Banda.

Methods: To meet the objective, ex-post facto design was used. The sample was selected to study and help in achieving the purpose of the study. The researcher was used random sampling technique for the data collection. A sample of 80 students was selected for the present research. The students of Banda were selected in the sample. A student between the age ranges of 13-16 years was selected in the samples. Participants were given a questionnaire named as academic stress developed by Kin 1970. Samples were collected via Google form.

Statistical Analysis Used: The statistical analysis was done by calculating mean, SD, And T-test was used for assessing the academic stress.

Results: The obtain t-value and the calculated t-value of the entire hypothesis is greater than critical value which is considered to be significant at 0.05 level of confidence for at df= 78, so the mean are significantly different.

Conclusions: The findings revealed that the academic stress is more at private school student as compared to government school students.

KEYWORDS:

ACADEMIC STRESS, GOVERNMENT HIGH SCHOOL, PRIVATE HIGH SCHOOL. HIGHER SECONDARY STUDENTS.

INTRODUCTION

Stress is defined in Webster dictionary as a "a condition typically characterized by symptoms of mental and physical tension or strain, as depression or hypertension, which can result from a reaction to a situation in which a person feels threatened, pressured, etc."

School education is very important part of an individual's life and is also a turning point in their academic life. At this stage, the academic performance of a student plays a crucial role in deciding the next stage of their education, which in turn shapes their career. In today's world examination has become a crucial parameter to assess learning for the children. They have a significant role in promoting education and academic acceleration. There is a pressure to perform better from teachers and parents, this pressure can stimulate stress among students. Therefore, excessive stress during this stage could result in increased prevalence of psychological problems like depression and nervousness, which could ultimately have negative impact on the outcome of the achievements (Waghacharve, et al, 2013). The general characteristics of the person in

distress are, over-aroused, tense, unable to relax, touchy, easily upset, irritable, easily startled, nervy, jumpy, fidgety and intolerant of interruption or delay. As mentioned earlier, excessive stress results in increased prevalence of psychological problems like depression, anxiety, substance abuse and suicide ideation (Bansal and Bhawe, 2006; Arria, et al.,

Academic stress is a mental distress with respect to some anticipated frustration associated with academic failure or even unawareness to the possibility of such failure.

CAUSES OF ACADEMIC STRESS

- **Academics-** The first among the causes of stress on students is academic pressure. Simply tackling more difficult assignments can demand stress management techniques.
- **Parental Pressure-** Finally, students at either level experience stress from parental pressures. Parents want their children to succeed in school. They want to see good grades, but they also want to see success in life's other areas.

- **Environment-** The school environment itself can be a cause of stress on students. Students moving into secondary education find it challenging to constantly move around to classes.
- **Peers-** Peer relationships can provide estruses or distress. As peers apply pressure in regard to dress, behaviour, choice of friends or sic, and many other areas of life, that pressure can become a huge presence of stress on students.

WITH THE HELP OF FOLLOWING SYMPTOMS WE CAN IDENTIFY WHETHER THE STUDENT IS IN STRESS:

- Isolation from the family activities and peer relationship
- Complaint about headaches
- Poor appetite and low immunity
- Having unexplained fear and anxiety
- Irritability and lack of proper sleep
- Restlessness, sweating, increased blood pressure, etc.
- Use of drug and alcohol

Academic stress among students have long been researched on, and researchers have identified stressors as too many assignments, competitions with other students, failures and poor relationships with other students or lecturers (**Fairbrother & Warn, 2003**). Academic stressors include the student's perception of the extensive knowledge base required and the perception of an inadequate time to develop it (**Carveth et al 2004**)

Researcher reported that, "Students performance is affected by different factors such as learning abilities, gender and race." **Hansen, (2000)**. Researcher concluded that, "attitude towards attendance in classes, time allocation for studies, parents" level of income and educational level of parents affect performance of students." **Naqvi (2000)**. "the pressure to perform well in the examination or test and time allocated makes academic environment very stressful." **Erkutlu & Chafra, (2006)**. The research reported that, "school related situations – such as tests, grades, studying, self-imposed need to succeed, as well as that induced by others – are the main sources of stress for high school students") . ." the researcher observed that no gender difference

Now a day, parents are so conscious regarding the performance of their child even at nursery level, create pressure on their children to do extremely well and to outshine and to get top grades in academic excellence. In spite of industriousness, when any student lacks confidence and efficacies to meet the expected outcomes, becomes stressed and under such kind of stress he/she may commit suicide as he/she finds him/herself not able to bear the pressure of preparation for examination and producing the expected outcome.

OBJECTIVE OF THE STUDY

- To compare the academic stress between Government and Private Higher Secondary students.

SIGNIFICANCE OF THE STUDY

- The researcher wants to study the effect of academic stress of (Private and Government) secondary students because researcher thinks that academic stress can result their academic failure.

HYPOTHESIS:

- 1) There is no difference in the stress level among students studying in government and private schools.

RESEARCH DESIGN

The researchers have used Ex-post facto research design for this research.

SAMPLE

The sample consisted of 80 high school students belonging to Government and Private schools from Banda i.e., Government and private secondary students. Purposive sample technique was used to collect the data. The participant's age range was between 13- 16 years, belonging to 8th, 9th and 10th standard.

❖ INCLUSION CRITERIA:-

- Students having knowledge and understanding of English language.
- Students studying in Government and Private school.

❖ Exclusion Criteria:-

- Students studying in rural area.
- Students not willing to participate.

VARIABLES

- **Independent variables:** Types of school and Gender
- **Dependent variable:** Academic Stress

MEASURING TOOL

An academic stress scale was used to measure stress level among higher secondary students. This scale was designed and developed by **Kin (1970)**. The scale was adapted to Indian conditions by n **Rajendran and Kaliappan(1990)**. Test-retest was found to be 0.82. The academic stress comprises of 40 items. Each item had five alternatives varying from the response 'No Stress to Extreme stresses. Each response carries a score of '0', '1', '2', '3', and '4' respectively.

PROCEDURE

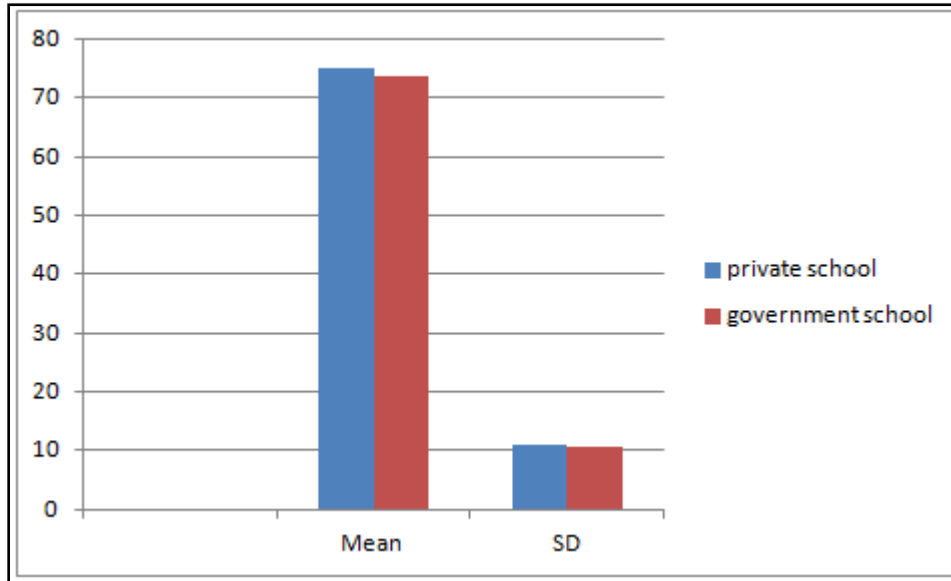
- Researcher has used Academic stress scale for government and private school students .and 13-16 years of students scores can be collected to measure academic stress
- Questionnaires are created on Google forms and

- circulated via online platform
- Simple random sampling is used but the age range lies between 13-16 years.

- After data collection, scoring has been done through concerned manual.

RESULT TABLE DISCUSSION:

	MEAN	STANDARD DEVIATION	SE	T-TEST	SIGNIFICANT /NOT SIGNIFICANT AT 0.05 LEVEL
PRIVATE SCHOOLS	74.9	10.85	2.40	0.58	SIGNIFICANT AT 0.05 LEVEL
GOVERNMENT SCHOOLS	73.55	10.69			



The primary objective of the study was to measure the level of academic stress between Government and Private higher secondary students. From the above table and graphical representation, it is interpreted that there is significant difference between government school students and private school student at their academic stress. The null hypothesis has been rejected at level of confidence and the alternate hypothesis has been accepted.

It reason is clear as the private high school report high academic stress as they had a pressure to perform better from others as at this stage, the academic performance of a student plays a crucial role in deciding the next stage of their education, which in turn shapes their career so they had a personal inadequacy, fear of failure, interpersonal relationship with teachers, academic assignment and schedules which increases their academic stress.

The result of the present study is in accordance with findings of earlier research conducted by researcher and findings concluded that there is high level of stress found among private school students (Thenmozhi.P 2000). The government school student academic stress is less than private school student as they had stress that comes from schooling and education in which they often had a lot of pressure of studying.(Prabhu.P 2015).the researcher had observed that students that students in private school have more academic stress than their counterparts in

government schools. Dr. Ghosh.S 2016)

CONCLUSION:

The result of the study indicates that private higher secondary students have higher level of academic when compared to government higher students.

LIMITATION &SUGGESTION:

- As the sample size is not so wise so the researcher could increase the sample size for this research.
- As the sampling is done via Google form if the researcher could do the research directly by the than it could be more efficient
- It takes time and energy, but it can help you find greater satisfaction and pleasure in life.

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