

Stress of Senior Secondary Students in Relation to Their Gender, Locality and Type of School

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Abstract

A study was conducted to analyse Stress of Senior Secondary I Students in relation to their Gender, Locality and type of School. The population consisted of all Senior Secondary I students of Baghpat District Uttar Pradesh and the sample consisted 100 Senior Secondary students. Students Stress Scale developed and standardized by Z. Akhtar (2017) was used for the collection of data. The findings revealed that there is significant difference between boys and girls on their stress. The students' gender, locality and type of school affect students' stress.

KEY WORDS: Stress, Senior Secondary Students, Gender, Locality, Type of school.

INTRODUCTION

The Indian culture has always stressed the importance of education. Parents want their children to excel in all spheres of life. They are stressed due to difficulty in fulfilling the expectations of their parents. Students face a lot of stress with regard to parental pressure to excel in examination, time schedule, competition with friends, assignment deadline, post examination career worries, admission in good college etc. They want them to join such courses which enable them to get job immediately after final examination. To get admission in professional courses is main objective for senior secondary students. Medical and engineering are preferred programmes. Getting admission in the prestigious institutions is one of the biggest cause of stress among students. Parents expect too much from their wards. They compare their child with best performing students in his/ her class without realizing the capability varies from individual to individual. There is a little change in the society but women still don't get equal status in the society. Hence, the pressure on female students is little more than that on male students. The girls students, besides, attending classes in the college and completing assignments have to attend household activities also. Most of the students studying in schools and colleges are always under stress due to various deadlines they have to meet. These are assignments, projects, terms examination, seminars etc. Obtaining a high grade in the final examination is one of the main cause of stress among students. Getting good job is the main aim of the students, therefore, a great stress on students to get a good job after completing their studies. **Sagar, P. and Singh B.(2017)** explored academic stress among higher secondary school students. 180 students of Bareilly district, Uttar Pradesh were selected for sample. The findings revealed that there exists high significance difference between the academic stress of male and female students but no significant difference was found between academic stress of government aided and self finance school and rural and urban school students. **Prabhaker A.(2018)** conducted a study of examination

stress and academic achievement among higher secondary school students in Kanchipuram district, Tamil Nadu. 150 students of government aided and unaided higher secondary school were selected for sample. It was found that there is no significant difference in examination stress. The government aided and unaided school students have no significant difference on the basis of their age. **Bhargava, Neelima & Sruti Tiwari (2020)** conducted a study on the academic stress among the senior secondary students enrolled in different streams. They have tried to find the relation between varying levels of stress among students of various streams of education and according to the results obtained it has been observed that students enrolled in science and commerce streams were observed academically more stressed as compared to students enrolled in arts stream. However, there was no significant difference found between the levels of academic stress of students enrolled in science and commerce stream. It was also found that girls and boys enrolled in science stream didn't have significant difference in their academic stress. Similarly, the same trend was also observed in commerce stream as girls and boys enrolled in commerce stream didn't vary significantly in their academic stress while unlike science and commerce girls and boys enrolled in arts stream vary greatly in the levels of their academic stress. The level of stress of boys having arts stream was found academically high as compared to girls in same stream. It was found that students enrolled in science and commerce streams are exposed to a variety of stress. It was also found that boys enrolled in arts stream have variety of stress about their future responsibilities that increase the level of stress among them. It is, therefore, suggested that programmes should be developed and strategies should be made in order to cope up with the students' stressors. **Neeta, K.M. & Divya Rani Singh (2020)** conducted a study on academic stress among higher secondary school students. The sample consisted of 110 students of Gorakhpur district in Uttar Pradesh. The findings revealed that there exist high significant difference between the academic stress of male and female higher secondary school students. It was also found that there was no significant difference between academic stress of government aided & self finance school students and rural & urban area school students. **Meher, Venkateswar & Luxmi Meher (2021)** have taken an attempt to study Psychological stress among higher secondary school students during the COVID era in relation to gender, caste and locality. The survey method was used for the collection of data. Total 151 students were selected as sample for the study. Higher secondary students of Bargarh and Sambalpur districts of Odisha only were included in sample. A standardized stress scale was used for the collection of data. The obtained data were analyzed through statistical tests like percentages, t-test, and ANOVA. The findings of the study revealed that 68% of students experienced moderate levels of stress, 17% of students got high levels of stress, and 15% of students low level of stress. The results of the t-test indicated no significant difference in the psychological stress of secondary school students with reference to their gender, caste, and locality. The results of ANOVA revealed no significant difference in interaction among gender, caste, and locality of higher secondary school students.

JUSTIFICATION OF THE STUDY

Adolescence is the most important period in human life. At this stage the students face many pressure from family, school, college and society. Students face a lot of stress with regard to parental pressure to get good marks and get good job after final examination.

All these factors create stress in the mind of students and they feel frustration, fear, conflict, anger, sadness, guilt and loneliness. All these things affect the mental and physical health of the students. Mental and physical health has significant relationship with academic achievement of the students. Due to stress they are falling in many antisocial activities like suicide, conflict, frustration and minor or major crimes. The main significance of the study is to assess the stress of the adolescence learners. The knowledge of various stress is very essential for the adolescence students to understand the day to day problems they are facing. This study is helpful to reduce the stress of the students who are in need. The study is also useful to prevent adolescence learner' rate of suicidal attempts. The study is undertaken by keeping in mind the growing problem of stress among senior secondary school students. The attempts have been made to study the impact of stress upon gender, area and type of schools.

STATEMENT OF THE PROBLEM

Stress of Senior Secondary Students in Relation to their Gender, Locality and Type of School

OBJECTIVES OF THE STUDY

1. To study the stress of senior secondary students on the basis of their gender.
2. To study the stress of senior secondary students on the basis of their locality.
3. To study the stress of senior secondary students on the basis of their tpe of school

HYPOTHESES OF THE STUDY

1. There is no significant difference between the mean scores of stress of boys and girls senior secondary students.
2. There is no significant difference between the mean score of stress of rural and urban senior secondary students.
3. There is no significant difference between the mean score of stress of government and private senior secondary students.

METHODOLOGY

Descriptive Survey Method was used for the present study.

POPULATION AND SAMPLING

The population for the study consisted all senior secondary students of Baghpat district, Uttar Pradesh. The sample consisted 100 senior secondary students (50 boys and 50 girls) of Baghpat district. The sample was drawn through random sampling technique.

TOOL USED

Students Stress Scale developed by Z.Akhar (2017) was used for the study.

STATISTICS USED

Mean, Standard Deviation and t-test were used for the analysis of the data.

ANALYSIS AND INTERPRETATION

❖ Stress Differential Between Boys and Girls Senior Secondary Students.

Data were collected on a sample of 50 boys and 50 girls Senior Secondary Students. The two groups were compared for measuring their comprehension score. Mean and SD of this group were calculated. The significance of the difference between the mean score was found out by calculating the critical ratio. The data and the result of the test of significance are given in the table 1.

Table 1

Significance of Difference Between Mean Scores of Boys and Girls Senior Secondary Students on their Stress

| Gender | N | Mean | S D | 't' value | Level of Significance |
|--------|----|--------|-------|-----------|--|
| Boys | 50 | 162.54 | 11.98 | 9.32 | significant at both levels of significance |
| Girls | 50 | 182.19 | 8.87 | | |

It can be observed from the above table that mean score of stress of boys and girls senior secondary students are 162.54 and 182.19 respectively. The t-ratio between the two groups is 9.32 which is significant at both levels of significance. It means that boys and girls are differing significantly on their stress. Hence the formulated hypothesis, there is no significant difference between the mean score of of boys and girls of senior secondary students is rejected. It can be said that boys have less stress than girls.

❖ Stress Differential Between Rural and Urban Senior Secondary Students

Data were collected on a sample of 50 rural and 50 urban Senior Secondary Students. The two groups were compared for measuring their comprehension score. Mean and SD of this group were calculated. The significance of the difference between the mean score was found out by calculating the critical ratio. The data and the result of the test of significance are given in the table 2.

Table 2

Significance of Difference Between Mean Scores of rural and urban Senior Secondary Students on their Stress

| Gender | N | Mean | S D | 't' value | Level of Significance |
|--------|----|--------|-------|-----------|--|
| Rural | 50 | 142.29 | 12.48 | 10.06 | significant at both levels of significance |
| Urban | 50 | 164.28 | 9.11 | | |

It can be observed from the above table that mean score of stress of rural and urban senior secondary students are 142.29 and 164.28 respectively. The t-ratio between the two groups is 10.06 which is significant at both levels of significance. It means that students residing in rural and urban area are differing significantly on their stress. Hence the null hypothesis, there is no significant difference between the mean score of rural and urban senior secondary students is rejected. It can be said that students residing in rural area have less stress than that of urban area.

❖ Stress Differential Between Government and Private Senior Secondary Students

Data were collected on a sample of 50 government and 50 private Senior Secondary Students. The two groups were compared for measuring their comprehension score. Mean and SD of this group were calculated. The significance of the difference between the mean score was found out by calculating the critical ratio. The data and the result of the test of significance are given in the table 3 .

Table 3
Significance of Difference Between Mean Scores of government and Private Senior Secondary Students on their Stress

| Gender | N | Mean | S D | 't' value | Level of Significance |
|------------|----|--------|-------|-----------|--|
| Government | 50 | 145.47 | 19.12 | 11.27 | significant at both levels of significance |
| Private | 50 | 182.89 | 13.59 | | |

It can be observed from the above table that mean score of stress of government and private senior secondary students are 145.47 and 182.89 respectively. The t-ratio between the two groups is 11.27 which is significant at both levels of significance. It means that students studying government and private schools are differing significantly on their stress. Hence the null hypothesis, there is no significant difference between the mean scores of government and private senior secondary students is rejected. It can be said that students studying in government senior secondary school have less stress than that of private school.

RESULT AND DISCUSSION

The findings revealed that there is significant difference between the stress of boys and girls in respect to their gender, locality and type of school. The girls students besides attending classes in school have to attend household activities therefore they have more stress than boys. Rural and government school students have less pressure of work therefore they have less stress than that of urban and private school students.

CONCLUSION

In the present time boys and girls are given equal opportunities to get the education but they differ in their level of stress. The boys have less stress than girls. It was also found that the students studying in rural area and government schools have less stress than that of urban and private schools.

SUGGESTIONS FOR FURTHER RESEARCH

- 1.A comparative study of stress of pre-service teacher and in -service teacher can be conducted.
- 2.A comparative study of stress of children of working and non working mother can be conducted.
3. A similar study can be conducted by taking other demographic variables.

DELIMITATION OF THE STUDY

- 1.The study was delimited to senior secondary school students of Baghpat districts Uttar Pradesh.
2. The study was delimited to only one variable students stress.
- 3.The study was delimited to 100 senior secondary school students.

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