



# Academic Stress of Secondary Students

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## Abstract:

*Academic environment is going to be changed now with the help of technology. Teaching-learning process is making very joyful experience at the primary and secondary level of education. Whenever students are going to prepare for secondary education than it will be consider by the society it is very high level. This paper will show the actual reason for creating stress at secondary level. This research will showing that which are barriers are responsible for stress among students. This research is carried out y survey method. Student stress inventory was used for data collection.*

**Keywords :** *Academic stress, Secondary students*

## 1. Introduction

Education patterns have to be changed now. It is applying from the higher education to lower education system in Indian context of educational system. Some of the issues are more important for educational leaders and researchers. We all know that students are getting fall down from their result oriented stress during final year of degree. Academic stress internationally well knows issue for taking research in the field of education. Today many of the school are bothering their students for batter result. 76% of the students are feeling stress for their school, another 56 % are feeling more stress from the reason of school assignments, tests, grade, marks examination and school acceptance of their result at their home.(Yin & other 2000). **Review of Related Literature** One more dieses have been added in the list of 21<sup>st</sup> century which is called by stress. Education system is note left from this above phobia. Whenever examination is going on many of the people are felling stress for their family members. According to karmer(1994) more than 75% students are frequently felling stress during their academic tenure for their batter future. Many of the time teachers are one of the reason for creating stress at the school level (mishra and castilo2004, hussain, kumar and Husain;2008) secondary level education is the starting stage for felling stress for the students. Sometimes parents also may be create stress for their own child educational expectation.

## 2. Objective of the study

1. To know about stress of secondary students.
2. To know the relationship between student stress and gender of secondary students.
3. To know the relationship between student stress and Area of secondary students.
4. To know the relationship between student stress and their stream of secondary students.

## 3. Hypothesis

**Ho<sub>1</sub>** : There will be no significance difference between mean score of student stress inventory and their gender (male/female).

**Ho<sub>2</sub>** There will be no significant difference between mean score of student stress inventory and their area (city/rural).

## 4. Research design

This study was done by descriptive survey method. For completing this all procedure researcher have selected secondary schools from Jamnagar district in academic year of 2012-13.

## 5. Population

The researcher has selected secondary students from Jamnagar district as a population for this study. Apart from this all three educational stream where selected in the population like arts, commerce and science another criteria was the residential area of secondary school students like rural and urban. So researcher has to taking care on this above said the entire variable for selecting sample from the whole population. This population was selected from the Jamnagar district schools in the academic year-2012-13.

## 6. Sample

Sampling was done by proceeding like odd/even name of the schools, list of the secondary schools like that. Final sampling was done by using randomization technique there where total 461 students was selected for the collection of the data from the 12 secondary schools which are situated in Jamnagar district. Apart from that 236 are male and 225 were female. This entire sample was selected from different stream like arts 167, commerce 165 and 129 were selected from science stream. Therefore the sampling procedure was done in proper way and researcher has taking more care for selecting representative sample from the entire population which is mentioned above for this study.

## 7. Tool

Stress inventory was developed by researcher.

## 8. Finding

As per the objective and hypothesis finding are as follow

1. There is significant difference between the score of student stress inventory and their gender. The detailed value and measures are showing in table 1.

**Table: 1**

Gender	N	Mean	SD	t-value
Female	236	94.39	24.47	6.21*
Male	225	108.72	24.97	

\*significance difference at 0.05 level

As per the result showing in table one there is a huge difference between gender and mean score of student stress inventory. It is showing that the male are more feeling stress as compared to female; its values are 108.72 and 94.39 which is showing that significance difference at 0.05 level.

As per the above result we can say that male are more stressed because the roles of man are more important than female in terms of Indian social system.

2. There is significant difference between the score of student stress inventory and their gender. The detailed value and measures are showing in table 1.

**Table: 2**

Area	N	Mean	SD
City	214	99.29	26.40
Rural	247	103.20	25.00

As per the result showing in table-2 there is no significance difference between residential area (city/rural) and mean score of student stress inventory. It is showing that the rural areas students are more feeling stress for their academic development as compared to city; it is measures are 103.20 and 99.29 which is showing that there is no significance difference. As per the result we can say that the students are rural area are more stress for getting job and other family responsibility as compare to students of city area.

## 9. Conclusion

Student stress is most affected topic for discussion among the academicians as well as policy making people for the change in education formula like examination patterns. Somewhere students are taking negative action for their academic stress. It is very talk issue. Therefore researcher has to find some of the reasons for student stress at secondary level of education. The parents should be keeping in mind that every child has some specialty for their own life. This is true so our social values should accept all this barriers which is creating students stress in education.

## References

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