



Academic Stress Among the B.Ed. Students of Haryana: A Comparative Study

MR. DIVIJ GUGNANI

Assistant Prof. (Health & Phy. Education)
Institute of teacher training and research
Kurukshetra University, Kurukshetra

MR. MOHIT GARG

Bachelor in Education
Institute of teacher training and research
Kurukshetra University, Kurukshetra

Abstract:

The study was conducted to investigate the level of academic stress among the female B.Ed students of ITTR (Institute of teacher training and research) Kurukshetra university, Kurukshetra (Haryana). 100 female students were selected by simple random sampling technique out of which 50 belongs to rural nativity and 50 were from urban nativity and completed their graduation and post-graduation equivalently. Academic Stress scale Questionnaire by Poorva Jain and Neelam Dixit was administered as standard Questionnaire for the study. Student's t-test was used with significance difference of 0.05 to compare the academic stress among the students. The findings of the study reveals that There is no significant difference in stress among Rural and Urban students, Graduate and Post graduate students, urban Graduate and urban post graduate female students, Rural Graduate and Rural Post Graduate female students, Urban Graduate and Rural Graduate female students, Urban Graduate and Rural Post Graduate female students, Urban Post Graduate and Rural Graduate female students, Urban Post Graduate and Rural Post Graduate female students.

Keywords: Stress, Academic stress, Nativity, B.Ed. students

1. Introduction

According to WHO Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Earlier it was assumed that student population was not affected by any sort of stress but now Stress among students has become a common thing related to their field of study known as Academic stress. Academic stress is caused due to various factors like getting higher grades in a limited time of studies, academic competitions, burden of assignments and projects, overcrowded lecture halls, higher expectation from parents and society etc. Academic stress adversely affects the mental and emotional health of student that can led to the Depression, anxiety and in some cases, it is so much high that student can commit suicide. According to the data published by NCRB (NATIONAL CRIME RECORDS BUREAU) 2021, Total 1,64,033 persons commits suicide out of which 8% were students. so there is a great need to address the reasons for academic stress especially among students. The present study is an attempt to know the level of academic stress among the female students of ITTR (Institute of teacher training and research) Kurukshetra university, Kurukshetra (Haryana) pertaining different educational qualifications and Nativity.

2. Statement of the Problem

Academic stress among B.Ed. students of Haryana - A comparative study.

3. Objectives

1. To study the academic stress among female students of ITTR (Institute of Teacher Training and

- Research), Kurukshetra university Kurukshetra.
2. To find out the academic stress among Rural and Urban female students.
 3. To investigate the difference of academic stress among Graduate and Post Graduate female students.
 4. To examine the difference of academic stress among Urban Graduate and Urban Post graduate female students.
 5. To enquire the difference of academic stress among Rural Graduate and Rural Post Graduate female students.
 6. To examine the difference of academic stress among Urban Graduate and Rural Graduate female students.
 7. To investigate the difference of academic stress among Urban Post Graduate and Rural Graduate female students.
 8. To enquire the difference of academic stress among Urban Post Graduate and Rural Graduate female students.
 9. To examine the difference of academic stress among Urban Post Graduate and Rural Post Graduate female students.

4. Hypothesis

Ho₁: There will be no significant difference of academic stress among Rural and Urban female students.

Ho₂: There will be no significant difference of academic stress among Graduate and post Graduate female students.

Ho₃: There will be no significant difference of academic stress among urban Graduate and urban post graduate female students.

Ho₄: There will be no significant difference of academic stress among Rural Graduate and Rural Post Graduate female students.

Ho₅: There will be no significant difference of academic stress among Urban Graduate and Rural Graduate female students.

Ho₆: There will be no significant difference of academic stress among Urban Graduate and Rural Post Graduate female students.

Ho₇: There will be no significant difference of academic stress among Urban Post Graduate and Rural Graduate female students.

Ho₈: There will be no significant difference of academic stress among Urban Post Graduate and Rural Post Graduate female students.

5. Delimitation of Study

1. The study is delimited only to the female students of ITTR (Institute of Teacher Training and Research), Kurukshetra university, Kurukshetra.
2. The study is delimited to the age group of 22-28 years students
3. The study is delimited to 100 students out of which 50 belongs to rural nativity and 50 were from urban nativity and completed their graduation and post-graduation equivalently
4. The study is delimited to only B.Ed. Pursuing students.

6. Methodology

6.1 Source of Data

For the present study primary source of data was collected from the female students of ITTR (Institute of Teacher Training and Research), Kurukshetra university Kurukshetra.

6.2 Selection of Subject

100 female students of ITTR (Institute of Teacher Training and Research), Kurukshetra university Kurukshetra were being taken out of which 50 are from rural nativity and completed graduation before B.Ed and 50 are from urban nativity and has completed post-graduation before B.Ed.

6.3 Sampling Method

The subjects were selected by simple random sampling method.

6.4 Equipment's used for the collection of data

Academic stress scale questionnaire by Poorva Jain and Neelam Dixit was used as standard questionnaire for the study.

6.5 Test Administration

Academic stress scale- The data for the present study was collected with the help of Poorva Jain and Neelam Dixit Academic stress scale which intends to measure the academic stress. It is based on five points Likert scale ranging from strongly agree to strongly to strongly disagree by following sequence 'Strongly Agree (SA), Agree (A), Undecided (U), Disagree (D) and Strongly Disagree (SD)'. It consists of 28 items related to academic failure.

6.5 Results and Discussion

Hypothesis No. 1: There will be no significant difference of academic stress among Rural and Urban female students.

Table 1 Showing the mean, S. D, S.E_D and t-value of Rural and Urban female students

Nativity	Total No. of students (N)	Mean	S.D.	S.E _D .	't' Value	Significance Level
Rural	50	77.10	15.22	2.94	0.24	Not Significant
Urban	50	76.38	14.21			

Table 1 shows the mean, S. D, S.E_D and t-value of Rural and Urban female students. The mean score of Rural females is 77.1 and S.D is 15.22. The mean score of Urban females is 76.38 and S.D is 14.21. S.E_D is 2.94. The t- value of rural and urban female is 0.24. The tabulated value is 1.98 at 0.05 level of significance. The tabulated value 1.98 is greater than the calculated value 0.24 so There is no significant difference of academic stress among Rural and Urban female students. Hence the Hypothesis No.1 There will be no significant difference of academic stress among Rural and Urban female students stands accepted.

Hypothesis No. 2: There will be no significant difference of academic stress among Graduate and post graduate female students

Table 2 Represents the mean, S. D, S.E_D and t-value of Graduate and Post Graduate female students

Nativity	Total No. of students (N)	Mean	S.D.	S.E _D .	't' Value	Significance Level
Rural	50	77.64	12.84	2.97	0.60	Not Significant
Urban	50	75.84	16.67			

Table 2 shows the mean, S.D, S.E_D and t-value of Graduate and Post Graduate female students. The mean score of Graduate females is 77.64 and S.D is 12.84. The mean score of Post Graduate female is 75.84 and S.D is 16.67. S.E_D is 2.97. The t-value of graduate and post graduate female is 0.60. The tabulated value is 1.98 at 0.05 level of significance. The tabulated value 1.98 is greater than the calculated value 0.60 so there is no significant difference of academic stress among graduate and post-graduate female students. Hence the Hypothesis No.2 there will be no significant difference of academic stress among graduate and postgraduate female students stands accepted

Hypothesis No. 3: There will be no significant difference of academic stress among urban Graduate and urban post graduate female students.

Table 3 Showing the mean, S.D, S.E_D and t-value of Urban Graduate and Urban Post Graduate female students

Nativity	Total No. of students (N)	Mean	S.D.	S.E _D	't' Value	Significance Level
Rural	25	80.08	11.76	4.08	1.46	Not Significant
Urban	25	74.12	16.67			

Table 3 shows the mean, S.D, S.E_D and t-value of Urban Graduate and Urban Post graduate female students. The mean score of Urban Graduate females is 80.08 and S.D is 11.76. The mean score of Urban Post Graduate females is 74.12 and S.D is 16.67. S.E is 4.08. The calculated t-value of urban graduate and urban post graduate female students is 1.46. The tabulated value is 2.01 at 0.05 level of significance. The tabulated value 2.01 is greater than the calculated value 1.46 so There is no significant difference of academic stress among Urban Graduate and Urban Post Graduate female students. Hence the Hypothesis No.3 There will be no significant difference of academic stress among Urban Graduate and Urban Post Graduate female students stands accepted.

Hypothesis No. 4: There will be no significant difference of academic stress among Rural Graduate and Rural Post Graduate female students.

Table 4 showing the mean, S.D. , S.E_D and t-value of Rural Graduate and Rural Post Graduate female students

Nativity (Quantification)	Total No. of students (N)	Mean	S.D.	S.E _D	't' Value	Significance Level
Urban Graduate	25	75.2	13.62	4.33	0.54	Not significant
Urban Post Graduate	25	77.56	16.82			

Table 4 shows the mean, S.D, S.E_D and t-value of Rural Graduate and Rural Post Graduate female students. The mean score of Rural Graduate females is 75.2 and S.D is 13.62. The mean score of Rural Post Graduate female students is 77.56 and S.D is 16.82. S.E_D is 4.33. The calculated t-value of Rural graduate and Rural post graduate female students is 0.54. The tabulated value is 2.01 at 0.05 level of significance. The tabulated value 2.01 is greater than the calculated value 0.54 so There is no significant difference of academic stress among Rural Graduate and Rural Post Graduate female students. Hence the Hypothesis No.4 There will be no significant difference of academic stress among Rural Graduate and Rural Post Graduate female students stands accepted.

Hypothesis No. 5. There will be no significant difference of academic stress among Urban Graduate and Rural Graduate female students.

Table 5 Showing the mean, S.D, S.E_D and t-value of Urban Graduate and Rural Graduate female students.

Nativity (Quantification)	Total No. of students (N)	Mean	S.D.	S.E _D	't' Value	Significance Level
Urban Graduate	25	80.08	11.76	3.59	1.35	Not significant
Urban Post Graduate	25	75.20	13.62			

Table 5 Shows the mean, S.D, S.E_D and t-value of Urban Graduate and Rural Graduate female students. The mean score of Urban Graduate females is 80.08 and S.D is 11.76. The mean score of Rural Graduate female students is 75.20 and S.D is 13.62. S.E_D is 3.59. The calculated t-value of Urban graduate and Rural graduate female students is 1.35. The tabulated value is 2.01 at 0.05 level of significance. The tabulated value 2.01 is greater than the calculated value 1.35 so there is no significant difference of academic stress among Urban Graduate and Rural Graduate female students. Hence the Hypothesis No 5 There will be no significant difference of academic stress among Urban Graduate and Rural Graduate female students stands accepted.

Hypothesis No. 6. There will be no significant difference of academic stress among Urban Graduate and Rural Post Graduate female students.

Table 6 Showing the mean, S.D, S.E_D and t-value of Urban Graduate and Rural Post Graduate female students

Nativity	Total No. of students (N)	Mean	S.D.	S.E _D .	't' Value	Significance Level
Rural	25	80.08	11.76	4.10	0.61	Not Significant
Urban	25	77.56	16.82			

Table 6 Shows the mean, S.D, S.E_D and t-value of Urban Graduate and Rural Post Graduate female students. The mean score of Urban Graduate females is 80.08 and S.D is 11.76. The mean score of Rural Post Graduate female students is 77.56 and S.D is 16.82. S.E_D is 4.10. The calculated t-value of Urban graduate and Rural Post graduate female students is 0.61. The tabulated value is 2.01 at 0.05 level of significance. The tabulated value 2.01 is greater than the calculated value 0.61 so There is no significant difference of academic stress among Urban Graduate and Rural Post Graduate female students. Hence the Hypothesis No. 6, there will be no significant difference of academic stress among Urban Graduate and Rural Post Graduate female students stands accepted.

Hypothesis No. 7. There will be no significant difference of academic stress among Urban Post Graduate and Rural Graduate female students.

Table 7 showing the mean, S.D. , S.E_D and t-value of Urban Post Graduate and Rural Graduate female students

Nativity	Total No. of students (N)	Mean	S.D.	S.E _D .	't' Value	Significance Level
Rural	25	74.12	16.67	4.30	0.25	Not Significant
Urban	25	75.20	13.62			

Table 7 Shows the mean, S.D, S.E_D and t-value of Urban Post Graduate and Rural Graduate female students. The mean score of Urban Post Graduate females is 74.12 and S.D is 16.67 The mean score of Rural Graduate female students is 75.20 and S.D is 13.62. S.E_D is 4.30. The calculated t-value of Urban Post graduate and Rural graduate female students is 0.25. The tabulated value is 2.01 at 0.05 level of significance. The tabulated value 2.01 is greater than the calculated value 0.25 so there is no significant difference of academic stress among Urban Post Graduate and Rural Graduate female students. Hence the Hypothesis No 7., there will be no significant difference of academic stress among Urban Post Graduate and Rural Graduate female students stands accepted.

Hypothesis No. 8. There will be no significant difference of academic stress among Urban Post Graduate and Rural Post Graduate female students.

Table 8. showing the mean, S.D, S.E_D and t-value of Urban Post Graduate and Rural Post Graduate female students

Nativity	Total No. of students (N)	Mean	S.D.	S.E _D .	't' Value	Significance Level
Rural	25	74.12	16.67	4.73	0.72	Not Significant
Urban	25	77.56	16.82			

Table 8 Shows the mean, S.D., S.E_D and t-value of Urban Post Graduate and Rural Post Graduate female students. The mean score of Urban Post Graduate females is 74.12 and S.D is 16.67 The mean score of Rural Post Graduate female students is 77.56 and S.D is 16.82. S.E_D is 4.73. The calculated t-value of Urban Post graduate and Rural Postgraduate female students is 0.72. The tabulated value is 2.01 at 0.05 level of significance. The tabulated value 2.01 is greater than the calculated value 0.72 so There is no significant difference of academic stress among Urban Post Graduate and Rural Post Graduate female students. Hence the Hypothesis No 8 There will be no significant difference of academic stress among

Urban Post Graduate and Rural Post Graduate female students stands accepted.

7. Conclusion

The study was conducted to investigate the level of academic stress among the female B.Ed students of ITTR (Institute of teacher training and research) Kurukshetra university, Kurukshetra (Haryana). From the study it is concluded that there is no significant difference of academic stress among urban and rural students, graduate and post graduate students, urban Graduate and urban post graduate female students, Rural Graduate and Rural Post Graduate female students, Urban Graduate and Rural Graduate female students, Urban Graduate and Rural Post Graduate female students, Urban Post Graduate and Rural Graduate female students, Urban Post Graduate and Rural Post Graduate female students. However, it is observed that the mean score of academic stress of urban graduate is maximum whereas mean score of academic stress of urban postgraduate is minimum.

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