



A Study of Mental Stress of Students of Grade IX

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Guide

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1. Introduction

Stress is common among students, and can cause adverse mental and physical side effects if left unchecked. Stress has many identifiable symptoms that can affect academic performance. Stress is one of the many obstacles that students experience. Short-term stress can help learners raise grades, polish an essay, or give career fans a chance. However, long-term stress can have harmful side effects if not taken care of. More than half of students report that stress affects their school work, and unchecked stress can lead to physical side effects such as a weakened immune system. In present study, the researcher studied the mental stress among students of Grade IX of Gujarat state.

2. Mental Stress

According to Lazarus & Folkman (1984),

“A form of stress that occurs because of how events in one’s external or internal environment are perceived, resulting in the psychological experience of distress and anxiety.”

Cacioppo (1994) defined Mental Stress as,

“Mental stress is often accompanied by physiological responses.”

3. Variables of the Study

1.Independent Variables

1.Area

-Urban

-Rural

2.Gender

-Boys

-Girls

2.Dependent Variables

Scores of Mental Stress Scale

4. Objectives

The objectives of following study are as follows:

1.To study the mental stress of the students of Grade IX.

2.To study the mental stress of the students of Grade IX in the context of area.

3.To study the mental stress of the students of Grade IX in the context of gender.

5. Hypotheses

Hypotheses of the study are as follows:

Ho1 There is no significant difference between mean scores of Mental Stress Scale obtained by the students of Urban and Rural area.

Ho2 There is no significant difference between mean scores of Mental Stress Scale obtained by the boys and girls.

6. Limitations of the study

1.The present study was conducted on the students of Grade IX.

2.The present study was conducted on Gujarati medium students.

3.The present study was conducted on students of urban and rural area of Gujarat state.

7. Research Method

The main objective of researcher was to study the mental stress among the students of Grade IX. The researcher constructed a Mental Stress Scale to study the mental stress of students of Grade IX. The sample was randomly selected from the population and the subjects were given the Mental Stress Scale to be responded. In present study, the researcher used Survey Method for data collection.

8. Sample of the Study

The researcher selected 18 schools from different districts of Gujarat state, out of these 10 schools from urban area and 8 schools from rural area were selected. From these schools, the researcher selected 1000 students of Grade IX. The overall sample was as below.

Table 1: Sample of the Study

Area/Gender	Urban	Rural	Total
Boys	250	250	500
Girls	250	250	500
Total	500	500	1000

250 boys and 250 girls were selected from urban area and 250 boys and 250 girls were selected from rural area. Total, 500 boys and 500 girls were selected as a sample.

9. Research Tool

The researcher constructed and standardized a Mental Stress Scale for the students of high schools. This scale has 60 items in it. These items were distributed in eight different factors as mentioned below:

1. School related mental stress
2. Exam related mental stress
3. Home and family related mental stress
4. Friend circle related mental stress
5. Community related mental stress
6. Physical and psychological problems related mental stress
7. Economy and career related mental stress
8. Personal and imaginary mental stress

Each item has five responses: 1) Always, 2) Almost, 3) Sometimes, 4) Rarely and 5) Never. These responses are assigned with a score four, three, two, one and zero respectively.

10. Procedure of Data Collection

The researcher selected 500 boys and 500 girls of Grade IX as a sample of the study. These boys and girls were selected from 18 different schools located in different districts of Gujarat state. For data collection, the researcher personally visited each school and met principals for the permission regarding data collection. After the permission was granted, once again researcher visited the schools at specific time provided by the principal. The students were given Mental Stress Scale with the help of class teacher. The students were given one hour to provide their opinions on each item of research tool. After one hour, the researcher collected all Mental Stress Scale for data analysis. Later, all responses were scored and determine total score of scale for all subjects. These scores were classified, tabulated and used for data analysis.

11. Data Analysis

The researcher formulated to different hypotheses on the basis of area and gender. These hypotheses were checked using t-test. The results of t-test are given below in two tables.

Ho1 There is no significant difference between mean scores of Mental Stress Scale obtained by the students of Urban and Rural area.

Table 2: Result of t-test between mean scores of students of urban and rural area

Area	N	M	SD	SED	t	Significance
Urban	500	72.91	32.25	2.11	3.82	0.01
Rural	500	80.97	34.34			

df	0.05	0.01
998	1.96	2.58

From above table, it is observed that the calculated t-value is 3.82. For df=998, table t-values are 1.96 at 0.05 level and 2.58 at 0.01 level. Calculated t-value is higher than table t-value at both the levels. Therefore, hypothesis is rejected and there is a significant difference between mean scores obtained in Mental Stress Scale by the students of Grade IX of rural and urban area.

Moreover, it is also observed that the mean score of students of rural area is more than that of students of urban area. Therefore, it is said that the students of Grade IX rural area have more mental stress than that of students of Grade IX of urban area.

Ho2 There is no significant difference between mean scores of Mental Stress Scale obtained by the boys and girls.

Table 3: Result of t-test between mean scores of boys and girls

Gender	N	M	SD	SED	t	Significance
Boys	500	73.67	34.36	2.11	3.10	0.01
Girls	500	80.21	32.40			

df	0.05	0.01
998	1.96	2.58

From above table, it is observed that the calculated t-value is 3.10. For df=998, table t-values are 1.96 at 0.05 level and 2.58 at 0.01 level. Calculated t-value is higher than table t-value at both the levels. Therefore, hypothesis is rejected and there is a significant difference between mean scores obtained in Mental Stress Scale by the boys and girls of Grade IX. Moreover, it is also observed that the mean score of girls is more than that of boys of Grade IX. Therefore, it is said that the girls of Grade IX have more mental stress than that of boys of Grade IX.

12. Findings

The major findings are:

1. The students of Grade IX rural area have more mental stress than that of students of Grade IX of urban area.
2. The girls of Grade IX have more mental stress than that of boys of Grade IX.

13. Conclusion

An excessiveness of mental stress almost harms the progress of the students. In present study, the researcher tried to understand the mental stress of students of Grade IX and the effectiveness of different variables on it. The researcher randomly selected 500 boys and 500 girls of Grade IX from urban and rural area of Gujarat state. After the research, the research revealed that the students of rural area have more mental stress than the students of urban area. It also revealed that the girls have more mental stress than the boys of Grade IX.

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