



# A Study of Stress of the Secondary School Students of Ahmadabad City in relation to Different Variables

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## 1. Introduction

During Researcher's B.Ed. curriculum Teacher-Trainee (TT) had to give Demo lectures to various schools which included the Boards like CBSE, IGCSE, GSEB, etc. Each B.Ed. Teacher- Trainees had to deliver their lectures at different schools in different Zones. Teacher- Trainee used to share the feedbacks from each Zone with the type of school they select. From each Zone TT have received feedbacks that IGCSE board is easier and burden less as compared to CBSE and GSEB Board. Most of the Trainees wanted to get themselves recruited in IGCSE Board and few of them undoubtedly for CBSE Board as well. Researcher too has contributed the experience in two scenarios at two different time lag. As a TRAINEE and as a TEACHER. During the B.Ed. Internship Researcher had taught CBSE students and after B.Ed. Intern researcher worked with an international school as a teacher. Studies reveal that any event or happening in the student life has the potential to be a stressor or major cause of stress. It is not so much what is happening; it is more the reaction to that happening. Verma and Gupta (1990) explored the cause of basic academic pressure burdening the school going adolescents. Results revealed that stress was caused due to examination system, burden of homework and attitude of parents and teachers. The Researcher's area of Interest through this study is to analyse the stress level in IGCSE and CBSE board with certain variables. CBSE is one of the most popular boards in our country; IGCSE brings the world to India. More than 19000 schools across the country follow CBSE curriculum in India. It is a national level board recognised by the Union Government of India.

IGCSE (International General Certificate of Secondary Education) or Cambridge is an international curriculum. In today's highly competitive world, students face various academic problems including exam stress and anxiety irrespective of age, sex, race, caste, religion, etc. It is highly individualistic in nature. In student life, children crave a certain amount of novelty, excitement, and stimulation in their lives. Students can thrive on certain amount of uncertainty, anxiety and pressure. It motivates them to get things done, to be successful and achieve something in life. This enhances the innate ability of a student in their daily life. This phenomenon is called Eustress (Greek prefix eu = good). meaning good stress. It can also be attributed to positive stress. They feel in control of challenges even though life may be placing demands upon them. However, if these demands get to a point where they feel losing or have lost the ability to cope. Such situation is distress. It is derived from (Greek prefix dys = bad) means bad stress. When students experience distress, they tend to feel overwhelmed and their life become out of control with too much pressure, fear, panic and concern about how terrible they are feeling.

## 2. Statement of Problem

A Study of Stress of the Secondary School Students of Ahmadabad City in relation to Different Variables

## 3. Objectives of Research

Objectives of the present study are:

The objectives of present research are as under

1. To study the level of Stress of secondary School students of Ahmadabad city.
2. To study the effect of Gender on Stress of Secondary School Students of Ahmadabad city.
3. To study the effect of Board on Stress of Secondary School Students of Ahmadabad city.

#### 4. Variables of Present Research

The Variables of the present study are Dependent and Independent.

**Table – 1 Variable of Study**

Sr. No	Variable	Type	Level
1	Gender	Independent	Boys – Girls
2	Board	Independent	CBSE–IGCSE
3	Stress	Dependent	-

#### 5. Hypothesis of Research

Hypotheses of the present study are:

**Ho1:** There is no significance difference between the Mean score of Stress of Boys and Girls of Secondary School Students of Ahmadabad city.

**Ho2:** There is no significance difference between the Mean score of Stress of the Secondary School Students of CBSE and IGCSE board of Ahmadabad city.

#### 6. Population of Research

Population of the present Study are

In present study, the finding of the research are restricted to be applied only on IGCSE and CBSE Board of Secondary School Students of Ahmadabad City as the Population of the study.

#### 7. Sampling Method

Sampling method and sample of the present study are

The research method used by the researcher is survey method. Multi stage-Cluster Sampling method was used to select 178 students as a sample for present study. For that, 6 schools were selected. Then IX class of secondary students falling under the age group of 13-18 were selected from each school. In this way total 102 boys and 76 girls were selected for the sample of the study.

#### 8. Research Method

In present research method of the present study is Descriptive-Survey Method

#### 9. Research tool

The tool of the present study is standardised tool – STUDENT STRESS SCALE by Dr. Zaki Akhtar Face Validated by Researcher and is used in the present study of research.

#### 10. Data Collection

In present research the researcher wanted to test the effect of gender and type of school on the scores of stress level. Procedure of the data collection can be done after selecting appropriate tool, methodology and the sample and seeking the permission from school the researcher shall take the appointment through E-Mails of Principal of respective schools for taking permission and furthermore, go to schools on the decided and permitted date and time and shall administer the test as required and as per the instruction; simply the test shall be administered in the different schools on the samples and thus the data from the population shall be selected.

#### 11. Technique for Data Analysis

The statistic used by the researcher is mean, standard deviation, SED and CR-Value for Data Collection.

**Table 1: Null Hypothesis of Research**

Sr.	Hypotheses	CR value	Significance level	Accepted/ Rejected
Ho1	There is no significance difference between the Mean score of Stress of Boys and Girls of Secondary School Students of Ahmadabad city.	2.04	**	.01 Accepted .05 Non Accepted
Ho2	There is no significance difference between the Mean score of Stress of the Secondary School Students of CBSE and IGCSE board of Ahmadabad city.	0.57	-	Accepted

Therefore, selecting the proper representative sample, research methodology, tools and techniques, the researcher with the help of Multi Stage-Cluster Sampling technique selected 178 girls and boys of IX standard from different CBSE and IGCSE schools from central and west zone of Ahmedabad city. Further by using survey method with the standardized tool the data was collected. The collected data was processed, tabulated and analysed with the help of statistical technique of mean, standard deviation, SED and CR-Value. The analysed data was then interpreted and the hypothesis were subjected to the analysis. On the basis of analyse and interpretation the finding of the study have been formulated.

### 12. Findings of Research

To recapitulate, the finding of the study by the researcher through the data analysed and interpreted are as follows:

- Gender does have much effect on the Stress of Secondary School Students of Ahmadabad city. The girls posses more Stress level than boys of Secondary School Students of Ahmadabad city.
- Type of school doesn't have much effect on the Stress of Secondary School Students of Ahmadabad city. It means that the students studying in CBSE board posses more Stress level than IGCSE board of Secondary School Students of Ahmadabad city.

### 13. Implications

The present study is related to the field of education and hence it sustains an educational implication. The researcher collected the data required for the research study, analysed and interpreted it by using appropriate statistical methods.

On the basis of the conclusion of the interpretations the following suggestion have been made by the researcher on the basis of the conclusion of interpretation the researcher gives the following suggestions:

- "A stitch in time saves nine" likewise to detect the level of stress at the right time will prevent an individual to enter into a stage of distress.
- The proper environment should be provided for the overall development of the students.
- Counselling and guidance programme, seminars and workshop should be initiated by the teachers for motivating the students and helping them to extirpate their fear and anxiety out from their unconscious mind.
- The systematic planning and segregation of syllabus in an organised way may not lead the students to reach the ultimate level of stress
- Yoga, meditation and physical and mental relaxing activities and exercises should be conducted time to time to reduce the levels of stress in an individual.
- The child - centered education should be kept in mind and always feel the empathy even at the worst circumstances.

- This is a concerning age group where a personal, kind and empathetic attention is needed individually.

#### 14. Recommendation for Future Researches (New Areas For Further Research)

In the present study, on an initial ground the effect of gender, type of school of the secondary school students of Ahmadabad city. The present study is based on both dependent and independent variables. The gender and type of school are independent variable and stress is dependent variable.

The findings of this study may serve as a stepping stone for the further expedition of further researches.

- The present study may be undertaken on students at different levels like Primary, Higher secondary, College or University.
- The present study was undertaken in Ahmadabad city whereas it could be undertaken in other cities of Gujarat taking different samples.
- In the present study, different tools could be used to check whether any difference in result is there or not.
- The present study includes variables like gender, type of schools, type of family and zone. Furthermore, in the study of research the other variable can be taken like age, caste, area, socio-economic status and parents' educational qualification, etc
- The stress of kinds of Special child can be taken undertaken.
- The stress of different kinds of exceptional children can be undertaken.
- The stress level of private school teachers and government school teachers.
- Academic stress on high secondary school students among government and CBSE board.

#### 15. Conclusion

To recapitulate, in this chapter researcher has highlighted the findings of the present study. The findings are based on the analysis and interpretation of the collected data. According on the basis of findings the researcher has made some suggestions which may prove beneficial if adhered in relation to the present study. After analyzing and interpreting the data, the researcher comes to conclusion that there is no significant difference between the stress of girls and boys, studying in CBSE and IGCSE board, of secondary school students of Ahmadabad city.

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