

IMPACT OF ACADEMIC FACTORS ON THE LEVEL OF STRESS AMONG ADOLESCENTS OF HIGHER SECONDARY LEVEL IN PRIVATE AND GOVERNMENT COLLEGE- A COMPARATIVE STUDY

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INTRODUCTION:

Adolescence is the stage between childhood and adulthood. Due to quick physical, mental, emotional, social and sexual changes at this stage, the adolescents often experience incompatibility of their mental development with their physical changes or with the social environment. This results in maladjustment or inadequate adaptations among the adolescents. These may further lead to serious psychological problems causing deviant behavior in them. Adolescence is a very dangerous period where the adolescents cannot organize themselves properly and suffer from role confusion. They mainly believe that academic tests, interpersonal relations, relationship problems, changes in life and career exploration are the causes of their stress. Therefore in this critical period of their life positive direction and support from the parents, society, teachers, guide and counselors must accompany them.

NEED OF THE STUDY:

Stress being commonly observed among all the people, especially among adolescents needs to be strictly eradicated. Because it is making the individuals less happy and less positive which distracts the way of their progress? Over stress among adolescents creates role confusion among them and produces maladjusted individuals having psychological problems. Due to stress caused by the academic factors, the adolescent students show poor academic performance and also lack social and emotional well-being. This study will assist the readers and adolescents to deal effectively with academic stress and bring positive results not only in the academic field but also in their social life.

REVIEW OF RELATED LITERATURE:

Zeidner (1992) reported that students appeared to be under high pressure originating from course overload and academic evaluation procedures and least stressed by personal familiar and social factors.

Kohlson's (1983) study revealed that lack of parental expectation, attitude of the teachers and fear of examination were the stress causing factors.

Shirom's (1986) study revealed that examination related stresses were found to be causing high stress followed by class room assignment overload.

OBJECTIVES:

1. To compare the level of stress among adolescents of Higher Secondary level between Boys and Girls of Private College due to academic factors.
2. To compare the level of stress among adolescents of Higher Secondary level between Boys and Girls of Government College due to academic factors.
3. To compare the level of stress among adolescents of Higher Secondary level between Boys of Private College and Government College due to academic factors.
4. To compare the level of stress among adolescents of Higher Secondary level between Girls of Private College and Government College due to academic factors.
5. To compare the level of stress among adolescents of Higher Secondary level between Private and Government College due to academic factors.
6. To suggest measures to overcome stress.

HYPOTHESES:

1. There exists no significant difference in the level of stress among adolescents of Higher Secondary level Boys and Girls of Private College.
2. There exists no significant difference in the level of stress among adolescents of Higher Secondary level Boys and Girls of Government College.
3. There exists no significant difference in the level of stress among adolescents of Higher Secondary level Boys of Private College and Government College.
4. There exists no significant difference in the level of stress among adolescents of Higher Secondary level Girls of Private College and Government College.
5. There exists no significant difference in the level of stress of Higher Secondary level adolescents in Private and Government College in Udalguri District.

SAMPLE:

For the study a sample of 200 Adolescents out of 800 has been taken randomly from the Udalguri District by the investigator. Stratified Random Sampling has been used for the study. The sample has been stratified according to Gender and Status of Institution i.e. Private and Government College. The Adolescents have been divided into 100 Private College students and 100 Government College students which is further divided into 50 Boys and 50 Girls in both the colleges.

METHODOLOGY:

Descriptive Survey Method has been used for the present study. The primary data has been collected through a self-structured questionnaire. It consists of 14 questions having “YES” or “NO” options.

DELIMITATION:

Only the Adolescent Boys and Girls of Higher Secondary level of Private College and Government College in Udalguri District have been taken for the study.

Scoring procedure of the Questionnaire:

In the study the investigator has scored by hand. For positive response, each statement is awarded with a score of 1(one) and zero (0) for negative responses.

STATISTICAL TECHNIQUES USED:

In the present study, the statistical techniques used were as under:-

- a) Mean.
- b) Standard Deviation.
- c) Significance of difference between means (t-test).

DATA ANALYSIS AND INTERPRETATION:

Table-1 shows the Mean, Standard Deviation and t- Value of level of stress of 200 Adolescents with respect to gender and status of institution i.e. Private and Government College in Udalguri District.

TABLE-1

CLASS	STATUS OF INSTITUTION	GENDER	N	MEAN	S.D.	t-VALUE	LEVEL OF SIGNIFICANCE
HIGHER SECONDARY	PRIVATE	BOYS	50	27.28	9.41	1.73	Insignificant both at 0.05 and 0.01 levels
		GIRLS	50	26.22	9.26		
	GOVERNMENT	BOYS	50	28.72	8.59	0.103	Insignificant both at 0.05 and 0.01 levels
		GIRLS	50	28.66	8.55		

Table-1 indicates regarding Adolescents of Private Higher Secondary level that, the mean score of Boys is 27.28 with S.D. 9.41. The mean score of Girls is 26.22 with S.D. 9.26. The t-value is 1.73 which is insignificant both at 0.05 and 0.01 levels. Thus there is no significant difference in the level of stress between adolescent Boys and Girls of Higher Secondary level of Private College in Udalguri District

Coming to the Adolescents of Government Higher Secondary level, the mean score of Boys is 28.72 with S.D. 8.59 and that of Girls is 28.66 with S.D. 8.55. The t-value is 0.103 which insignificant both at 0.05 and 0.01 levels. So it can be said that there is no significant difference in the level of stress between adolescent Boys and Girls of Higher Secondary level of Government College in Udalguri District.

Table-2 shows the **Comparative** Mean, Standard Deviation and t- Value of level of stress of 200 Private and Government College Adolescents with respect to **Same Gender** in Udalguri District.

TABLE-2

CLASS	STATUS OF INSTITUTION	GENDER	N	MEAN	S.D.	t-VALUE	LEVEL OF SIGNIFICANCE
HIGHER SECONDARY	PRIVATE	BOYS	50	27.28	9.41	2.4	Significant at 0.05 level.
	GOVERNMENT	BOYS	50	28.72	8.59		
	PRIVATE	GIRLS	50	26.22	9.26	4.13	Highly significant at both 0.05 and 0.01 levels.
	GOVERNMENT	GIRLS	50	28.66	8.55		

Table-2 shows that the Mean score of Adolescent Boys of Higher Secondary level of Private College is 27.28 with S.D. 9.41 and that of Government College is 28.72 (Mean) with S.D. 8.59. The t-value is 2.4 which is significant at 5% level of significance. Thus there is significant difference in the level of stress between the Adolescent Boys of Higher Secondary level of Private and Government College in Udalguri District.

Coming to Adolescent Girls, the mean score of Private College Girls of Higher Secondary level is 26.22 with S.D. 9.26. Again the mean score of Government College Adolescent Girls of Government College is 28.66 with S.D. 8.55. The t-value is 4.13 which is highly significant at both 5% and 1% levels of significance. Thus it can be said that there exists significant differences in the level of stress between the Adolescent Girls of Higher Secondary level of Private College and Government College in Udalguri District.

FINDINGS OF THE STUDY:

1. It was found from the study that there exists no significant difference in the level of stress among adolescents of Higher Secondary level Boys and Girls of Private College.
2. The study revealed clearly that exists no significant difference in the level of stress among adolescents of Higher Secondary level Boys and Girls of Government College.
3. The study revealed that there exists significant difference in the level of stress between the adolescents of Higher Secondary level Boys of Private College and Government College.

4. The study made it clear that exists significant difference in the level of stress between the adolescents of Higher Secondary level Girls of Private College and Government College.
5. The study further revealed that there exists significant difference in the level of stress of Higher Secondary level adolescents in Private and Government College in Udalguri District.
6. It was found from the study that comparatively the level of stress due to academic factors in the Adolescent Boys and Girls of Higher Secondary level of Government College was higher than those of the Private College in Udalguri District.

SUGGESTIONS:

The following suggestions may be helpful in reducing stress among Adolescents of Higher Secondary level students of both the Private and Government Colleges-

1. Each adolescent is unique from the other. Thus their stress is certain to vary. In such case it is the duty of parents, teachers and society to identify the root cause of the stress and find an effective solution with the help of counselors and experts or psychiatrists.
2. During this tough and stressful period of adolescence it is obvious to have role confusion among them. It must be brought to their concern about what roles they have to play according to time, age, place and situation.
3. The adolescents must be provided with proper outlets to utilize their vibrant energy positively. They must be also taught to develop optimistic view of life.
4. Support, understanding, collaboration, communication and co-operation on the part of the family members, friends and society members are of utmost necessity among the adolescents that would reduce stress among them.
5. The home environment must be so positive and peaceful that adolescents can reduce their stress by sharing their feelings and happenings of day-to-day lives and learn personal accountability. Home must be a place where they can intentionally practice the growing up process.
6. The time limit of using computer or phone must be managed according to necessity of the adolescents. They must be encouraged to have more interactions with persons they like to share their emotions and physical happenings.
7. Simple exercises like deep breathing, walking, meditation and listening to soft and calm music can make a difference in the stress level of the adolescents.
8. Playing games and sports, gardening, painting, cooking or performing any other favourite activities in the leisure time or free time can reduce stress in the adolescents to a great extent.
9. Laughing is the best medicine. The physical act of laughing releases tension, stress and brings positive physiological changes not only in the adolescents but also in all stages of people.

10. A healthy diet can bring greater physical and emotional wellness among the adolescents.

CONCLUSION:

Adolescence is a very crucial period of human life. Much care must be taken by the parents, teachers, elders and society members towards the positive development of adolescents. In the study it was found that there exists no significant difference in the level of stress among adolescents of Higher Secondary level Boys and Girls of Private College and also that of Government College. But when it was compared with same gender, the level of stress among adolescents of Higher Secondary level Boys and Girls of Private College differed from that of Government College. Moreover the adolescent boys of Government College were found to have higher level of stress than the boys of Private College. Similarly, the adolescent girls of Government College were found to have higher level of stress than the girls of Private College in Udalguri District. In such situation if the above mentioned solutions are followed by the adolescents, parents and society members, it is sure that stress among adolescents can be reduced to a great extent.

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