



# A Study on Academic Stress among Higher Secondary School Students

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## Abstract

In this competitive world every student would like to settle in their lives with a better job, students are facing many difficulties and challenges in their academic performance as they have to study a lot to face their exams. Every student experiencing academic stress, which tends to adverse impact on their mental and physical wellbeing, as it will, affect their academic performance. An attempt is made in the present investigation is A Study on Academic Stress among Higher Secondary School Students. 60 students studying in higher secondary schools in Kadapa city constituted to the sample of study. The material used for this study is Academic Stress Scale developed by Akram, Khan and Baby (2013) consists of 36 statements, it is hypothesized that there would be significant difference among Higher Secondary School Students in their Academic Stress. The results were analyzed and discussed by using appropriated statistical techniques such as Mean, SD and t-test. The results indicate that significant differences are found among Higher Secondary School Students in their Academic Stress. Based on the results obtained the implications of the findings are discussed.

**Key words: Academic Stress, Gender, Locality, Higher Secondary School Students.**

**Introduction:** School education is a very important part in an individual's life and is also a turning point in their academic life. At this stage, the academic performance of a student plays a crucial role in deciding the next stage of their education, which in turn shapes their career. An excess of academic stress during this stage can result in adverse effects that are far-reaching and prolonged. While academic knowledge is already decided by high institutions, organizations. Education is something that is decided by the seekers of knowledge themselves.

Today's world is highly competitive world, students face various academic problems including exam stress, disinterest in attending classes and the inability to understand a subject, fulfilling teachers and parent's academic expectations.

Academic stress is the anxiety and stress that comes from schooling and education. There is often a lot of pressure that comes along with pursuing a degree and one's education. There is studying, homework, tests, labs, reading, and quizzes. There is the stress of doing all of the work, balancing the time and finding time for extra-curricular activities.

Good academic performance is an essential matter of student's life. For which mental pressure is increased in students' life due to increase the competition in the field of education. There are various causes behind the academic performance. Some of these are positive and negative factors which are affected the students in his academic performance. Physical and mental fitness of a student is the most important factors for academic performance. In present days mental stress is increase day by day among the students. So, happiness through the joyful learning is decrease.

**Review of literature:** In the following studies related to the topic under consideration for presented a particularly relating to the Academic Stress.

**Agarwal, Anjana (2011).** His studies found no significant difference between academic stress of male and female adolescents.

**Khan and Kausa (2013).** Examined that "Effect of perceived Academic stress on students' performance." Found that stress impact the academic performance in a negative way but no significant difference was found as per gender. The difference was evident between junior and senior students.

**Rabbani et al., (2014).** The present study reveals that the higher secondary students are having moderate level of academic stress and irrespective of sub samples of the higher secondary students. The male student's academic stress is higher than female students. The urban student's academic stress is higher than rural students.

**Prabu (2015).** Studied on the higher secondary students and implied that male students are more stressed than the female students. Urban students' academic stress is greater than the rural students.

**Statement of the problem:** An attempt is made in the present investigation is A Study on Academic Stress among Higher Secondary School Students.

#### **Objectives of the Study:**

1. To study whether there are any significant differences between Male and Female Higher Secondary School Students in their Academic Stress.
2. To examine whether there are any significant differences between Urban and Rural Higher Secondary School Students in their Academic Stress.

#### **Hypotheses:**

1. There would be significant difference between Male and Female Higher Secondary School Students in their Academic Stress.
2. There would be significant difference between Urban and Rural Higher Secondary School Students in their Academic Stress.

**Population:** students studying in various Higher Secondary Schools located in and around Kadapa city constituted the population of the present investigation.

**Sample of the study:** The samples of the present investigation are randomly drawn from students studying in various Higher Secondary Schools in and around Kadapa city. Their age ranged from 15-18. There are 30 Male students and 30 Female students, 30 Urban and 30 Rural students studying Higher Secondary Schools. Distribution of the sample is presented in the following table-1.

**Table-1: Distribution of Sample**

	Male	Female
Urban	30	30
Rural	30	30

**Variables:** In the light of the above hypotheses the following variable are studied.

**Independent variables:**

1. Gender: Male and Female
2. Location: Urban and Rural

**Dependent variable:** Academic Stress.

**Tool:** Academic Stress of the sample was assessed by using Academic stress scale developed by Akram, Khan and Baby (2013). it consists of 36 items. Responses were scored on a 4-point Likert scale ranging from No Stress (1), Slight Stress (2), lot of Stress (3), and Extreme stress (4). Higher scores reflect increased academic stress level. The ASQ provides five factors, viz., (i) inadequate academic environment in college/university, (ii) lack of adjustment, (iii) apprehensive about future, (iv) Poor administration, and (v) worries. Academic achievement was assessed by using scholastic achievement of the subjects. The reliability of the scale was established by using test re-test method and the value is 0.80 and the validity is 0.89.

**Research design:** As there are two independent variables i.e. Gender and Location and each variable is varied into two ways i.e. Male and Female and Urban and Rural, a 2x2 factorial design was employed.

**Statistical analysis:** The obtained data are subjected to descriptive statistics search has mean and standard deviation, inferential statistics such as t-test.

**Results and discussion:** The obtained data are analyzed quantitatively hypotheses formulated in the present investigation and the results are presented in the following pages.

**Hypothesis – 1: There would be significant difference between Male and Female Higher Secondary School Students in their Academic Stress.**

Table – II: shows Mean's, SD's and t-value for the variable Gender regarding their Academic Stress.

Variable	Mean	SD	t-value
Male	81.90	5.47	<b>1.00@</b>
Female	79.60	6.06	
Note: @ not significant at 0.05 level			

An observation of Table-II clearly indicate that the male students has obtained high mean value of 81.90 with SD 5.47, whereas the female students has obtained low mean value of 79.60 with SD 6.06. Which clearly indicate that the male students experience high level of academic stress. From table-II they obtained t-value 1.00 is less than the table value 2.66. Which indicate that not significant at 0.05 level. Hence, the Hypothesis-I i.e., there would be significant difference between Male and Female higher secondary school students in their academic stress is **not accepted**.

**Hypothesis – 2: There would be significant difference between Urban and Rural Higher Secondary School Students in their Academic Stress.**

Table – III: shows Mean's, SD's and t-value for the variable Location regarding their Academic Stress.

Variable	Mean	SD	t-value
Urban	82.64	5.71	<b>3.47**</b>
Rural	77.69	4.73	
Note: ** significant at 0.01 level			

An observation of Table-III clearly indicates that the urban students has obtained high mean value of 82.64 with SD 5.71 whereas the Rural students has obtained low mean value of 77.69 with SD 4.73 which clearly indicates that urban students experience high level of academic stress. From Table-III they obtained t-value 3.47 is greater than the table value 2.66 which indicates significant at 0.01 level. Hence, the Hypothesis II i.e. there would be significant difference between Urban and Rural higher secondary school students in their academic stress **is accepted**.

**Conclusions:** Based on the results obtained the following conclusions are drawn.

1. There is no significant difference between male and female higher secondary school students in their academic stress.
2. There is a significant difference between urban and rural higher secondary school students in their academic stress.

**Implications of the study:** Students are the wealth and future of a nation. It is clear from the findings that male participants have more academic stress than female participants. Their academic problem must be discussed by the teacher as well as parents. And they must be guided properly to choose a specific stream, not forced by parents. Parents should have expectations by their children according to their capability. This study recommended that the teacher should arrange the necessary healthy environment to reduce the students' academic stress. The teachers should focus on reducing the students' academic stress by providing mentors classes, time scheduling activities, changing teaching method, and providing extracurricular activities, students counselling series are needed.

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