



“A Study On Academic Stress And Adjustment Among Post Graduate Students”

1Pradeep T N, 2Dr. Pushpa M

1Research scholar, , 2 Professor,

1 Dos in Education, University of Mysore, ,

2 Dos in Education, University of Mysore,

ABSTRACT

The research study was taken up to investigate Academic Stress and Adjustment among Post Graduate Students. The study examines the correlation between Academic Stress and Adjustment of Post Graduate Students. The study is descriptive survey in nature. Academic Stress scale and Adjustment inventory was administrated on 120 Post Graduate Students selected randomly from Arts, Science and commerce stream. The collected data was analyzed adopting simple random sampling technique. The research revealed that 76.6% students found to possess average level of Academic Stress and 75.8% of students possess average level of Adjustment. A significant correlation found between Academic Stress and Adjustment of Post Graduate Students.

Introduction

Higher education institutions (HEIs) are believed to be one of the strongest pillars in the growth of any nation. Being the principal stakeholder, the performance of HEIs mainly relies on the success of its students. To successfully compete in the prevailing dynamic industrial environment, students are not only supposed to develop their knowledge but are also expected to have imperative skills and abilities. In the current highly competitive academic environment, students' performance is largely affected by several factors, such as social media, academic quality, family and social bonding, etc. Aafreen et al stated that students continuously experience pressure from different sources during academic life, which ultimately causes stress among students.

Key words: Academic Stress, Adjustment and Post Graduate Students.

Stress is a common factor that largely diminishes individual morale. It develops when a person cannot balance their inner and outer feelings. When the stress becomes chronic or exceeds a certain level, it affects an individual's mental health and may lead to different psychological disorders, such as depression. Depression is a worldwide illness marked by feelings of sadness and the inability to feel happy or satisfied. Nowadays, it is a common disorder, increasing day by day. According to the World Health Organization, depression was ranked third among the global burden of disease and predicted to take over first place by 2030.

Depression leads to decreased energy, difficulty in thinking, concentrating, and making career decisions (Students are a pillars of the future society who plays vital role in national development). Academic achieving higher academic status is a big goal of life which is severities is affected by depression because: family issues, exposure to a new lifestyle in colleges and universities, poor academic grades, favouritism by teachers, etc. Among them pressure of studies being a chief reason leading to academic stress in students.

Academic Stress

The most prevalent source of stress among college going students is found to be academic issues. According to academic-related pressures such as on-going study, writing papers, preparing for tests, and boring professors were found to be most important daily problems among students (Yang et al). Exams and test preparation, grade level competitiveness, and gaining a big quantity of knowledge in a short period of time all contribute to academic pressure. Perceived stress refers to a condition of physical or psychological arousal in reaction to stressors. When college students face excessive or negative stress, they suffer physical and psychological consequences. Excessive stress can cause health difficulties such as fatigue, loss of appetite, headaches, and gastrointestinal issues. There is a strong between academic stress and psychological and physical health (Travis et al).

Academic Stress defined as a mental distress with respect to some anticipated frustration associated with academic failure or even unawareness to the possibility of such failure. Students have to face many academic demands, such as- school examination and tests, answering the questions in the class, showing progress in school subject. Understanding what a teacher is teaching, competing with other classmates, fulfilling teachers and parents' academic expectations. Academic problems have been reported to be the most common source of stress for students (Aldwin & Greenberger, 1987). Academic stress is defined as the body's response to academic-related demands that exceed adaptive capabilities of students. It is estimated that 10–30% of students experience some degree of academic stress during their academic career. Academic stress has been linked to a variety of negative effects, including ill health, anxiety, depression, and poor academic performance.

Adjustment

Adjustment is a process by which an individual learns certain ways of behaviour to cope and adjust with the situation which he or she attains through harmony with his or her social environment. Adjustment in adolescent during school life leads to multiple factors like academic stress academic performance, peer pressure, not liking school environment etc. Adjustment refers to the behavioral process of balancing conflicting needs, or needs challenged by obstacles in the environment.

According to Stanley Hall, the period of adolescence is generally regarded as the 'stress and storm' of an individual's life. At this stage he/she not only develops physically, intellectually, emotionally and socially but along with that they also experience many situations that can bring on stress and anxiety. Proper adjustment in college life is considered as one of the potent factors which leads to student's success in their educational life as it is an indicator for the student's potentiality to cope up with the problems emerging from academic, social and emotional needs. Adjustment difficulties, loneliness and depression are much more common now a day among college students than their peers who are not in college.

The problem of students' adjustment has increased rapidly causing students' unrest and students' indiscipline which has posed a negative impact on their personal development and academic achievement as well. The failure to achieve proper adjustment makes the adolescents frustrated and also loses their own self-worth and self confidence in their entire academic career than a well-adjusted individual who has greater determination to face all hurdles of life boldly and attain a greater amount of inner peace and happiness. So the present study focuses to measure the degree of adjustment of college students pertaining to their academic life and also provide decision makers and higher education managers with necessary information to enhance the adjustment level of the students so as motivate them towards better academic performance.

Need and Importance of study

The aim of higher education is to prepare the aspirants of higher studies and job seekers at the same time to pursue their goals in the way they wish. Continued stress on students affects their economic, social, physical and psychological status. The students should be trained to manage the stress. When students are under stress, they ignore their health and attitude, becomes a source of nuisance to others in the college. Students who are unable to get help or manage their stress ultimately commit suicide causing a permanent agony to both the parents and society. Therefore, it is necessary to undertake an in-depth research among the college students so as to design suitable methods to protect the students from the stressful life.

Further a number of changes are made in the curriculum, text books and pedagogy at different points of time and stress among students would go a long way initiates to evolve a system which brings down the 'stress and also helps the students to enjoy their life. Many of the studies have emphasized the

inverse relation between academic stress and mental health, adjustment and academic success. Hence, it has been felt that a study of academic stress and adjustment among a sample of post graduate students would be worthwhile to ensure an education of high quality to our young generation.

Statement of the problem

“A Study on Academic Stress and Adjustment among Post Graduate Students”

Objectives

The following objectives were formulated for the present of study.

- To find-out the level of academic stress among post graduate students.
- To find-out the level of adjustment among post graduate students.
- To study whether there is a significant difference between academic stress of male and female post graduate students.
- To study whether there is a significant difference among academic stress of commerce, arts and science post graduate students.
- To study whether there is a significant difference between adjustment of male and females post graduate students.
- To study whether there is a significant difference between adjustment of commerce, arts, and science post graduate students.
- To study whether there is a relationship between academic stress and adjustment of post graduate students.

Hypotheses

- There is no significant difference between academic stress of male and female post graduate students.
- There is no significant difference between academic stress among commerce, arts and science post graduate students.
- There is no significant difference between adjustment of male and female post graduate students.
- There is no significant difference between adjustment among commerce, arts, and science post graduate students.
- There is no significant correlation between academic stress and adjustment of post graduate students.

Operational Definitions:

Academic stress: The pressure experienced by an individual greater than normal ability in the school/college situation, which may be accounting for individuals success and failures is referred as academic stress.

In the present study the scores obtained by the post graduate students on Academic Stress Scale originally developed and designed by Kim (1970) adapted to Indian conditions by Rajendran and Kaliappan (1990) and Rao(2012).

Adjustment: Adjustment is the process of finding and adopting modes of behaviour suitable to the environment or to the changes in the environment.

In the present study the adjustment of post graduate students is represented by the scores obtained on Bell's Adjustment Inventory (BAI) developed and standardized by Dr.R.K.Ojha (1983).

Design of the Study

The present study is descriptive research in nature and survey method is be used to collect the data

Sample of study

120 Post Graduate Students from Manasagangothri, University of Mysore were selected using random sampling technique.

Measuring Tools.

- Academic stress scale (ASS) developed and standardized by Kim (1970), adapted to Indian conditions by Rajendran and Kaliappan (1990) and Rao(2012).
- Bell's Adjustment Inventory (BAI) developed and standardized by Dr.R.K.Ojha (1983).

Analysis

Table-1: The level of Academic Stress among Post Graduate Students.

Sl. no	Classification	%	N
1	High academic stress	09.2	11
2	Average academic stress	76.6	92
3	Low academic stress	14.2	17

The table reveals that 9.2% of Post graduate students possess high academic Stress, 76.6% of post graduate students possess average academic Stress and 14.2% of Post graduate students possess low academic Stress. It inferred that most of students at tertiary level possess average level of academic stress.

Table-2: The level of Adjustment among Post Graduate Students.

Sl. no	Classification	%	N
1	Good Adjustment	09.2	11
2	Average Adjustment	75.8	91
3	Unsatisfactory Adjustment	15	18

9.2% of Post graduate students possess Good Adjustment, 75.8% of post graduate students possess average level of Adjustment and 15% of post graduate student unsatisfactory level of Adjustment. It inferred that most of students at tertiary level possess average level of Adjustment.

Table-3: Mean, SD and t-value for Academic Stress of Male and Female Post Graduate Students.

Gender	N	Mean	SD	df	t-value	Remarks
Male	58	91.12	16.73	118	0.60	Null hypothesis is accepted at 0.5 level
Female	62	92.84	14.13			

The obtained t-value is 0.60 less than the 't' table value (2.01) of 0.05 levels. Hence the null hypothesis is accepted. It means that there is no significant difference in academic stress of male and female post graduate students.

Table-4: Mean, SD and t-value for Academic Stress of Commerce, Arts and Science Post Graduate Students.

Stream	N	Mean	SD	df	F-value	Remarks
commerce	40	93.60	09.89	117	7.71	Null hypothesis is rejected
Arts	40	84.95	14.50			
Science	40	97.48	18.20			

The obtained f-value for the means of academic stress of post graduate students at tertiary level of students from commerce, arts and science is significant at 0.05 levels. Hence the null hypothesis was rejected and concluded that there is a significant difference between academic stress of commerce (93.60), arts (84.95) and science (97.48) post graduate students. The post graduate students from Science students found to possess higher level of academic stress when compared to commerce and Arts students.

Table-5: Mean, SD and t-value for Adjustment of Male and Female Post Graduate Students.

Gender	N	Mean	SD	df	t-value	Remarks
Male	58	64.81	8.48	118	1.28	Null hypothesis is accepted at 0.5 level
Female	62	66.87	9.08			

The obtained t-value is 1.28 less than the 't' table value (2.01) of 0.05 levels. Hence the null hypothesis is accepted. It means that there is no significant difference in adjustment of Male and Female post graduate students.

Table-6: Mean, SD and t-value for Adjustment of Commerce, Arts and Science Post Graduate Students.

Stream	N	Mean	SD	df	F-value	Remarks
commerce	40	57.95	5.31	117	51.66	Null hypothesis is rejected
Arts	40	67.15	7.55			
Science	40	72.52	6.39			

The obtained f-value for the means of adjustment of post graduate students at tertiary level of students from commerce, arts and science is significant at 0.1 levels. Hence the null hypothesis was rejected and concluded that there is a significant difference between adjustment of commerce(57.95), arts(67.15) and science(72.52) post graduate students adjustment. The post graduate students from Science students found to possess higher level of adjustment when compared to commerce and Arts students.

Table-7: The table shows r-value of academic stress and adjustment of post graduate students.

Variables	N	r-value	Remarks
Academic Stress	120	0.03	Slight and negligible positive correlation
Adjustment			

The obtained r-value 0.03, shows a Slight and negligible positive correlation between Academic Stress and Adjustment for the post graduate students. It means that as the Academic Stress increases Adjustment difficulty also increases.

Findings

The following are the findings of the study

- 76.6%,14.2% and 09.2% of post graduate students found to possess average, less and high academic stress respectively.
- 75.8%,15 and 09.2 of post graduate students found to possess average, unsatisfactory and good adjustment respectively.
- No significant difference between academic stress male and female post graduate students.
- There is a significant difference among academic stress of commerce, arts and science post graduate students. Students from science stream found to possess high level of stress in comparison to Arts and Commerce Students.
- No significant difference between adjustment male and female post graduate students.

- There is a significant difference among adjustment of commerce, arts and science post graduate students. Science students found to possess high adjustment difficulties in comparison to Arts and Commerce students.
- There is slight and negligible positive correlation found between adjustment and academic stress of post graduate students.

Educational Implications

The findings of the study revealed that most of post graduate students possess Average level of Adjustment and Academic Stress, which has to reduced to enhance adjustment. The Universities and Lecturers should organize training programmes, self development programmes and activities for Managing Academic stress and higher level of Adjustment.

As it is found from the study that both Male and Female students, students from Rural and Urban area and students from different stream of study possess similar level of Academic Stress and Adjustment, it essential to provided similar kind learning experiences, gender sensitive curriculum and teaching methods and activities should be provided to students irrespective of their background.

Conclusion

It is found that Academic Stress and Adjustment are significantly correlated in many cases. So, care must be given to reduce Academic Stress and to provide adequate guidance for development of good adjustment in student life. It is essential to identify the learning difficulty and reduce academic stress students in order to facilitate the process of learning.

References

Books

- Koul L (2010), Methodolgy of Educational Research, Vikas publishing House Pvt Ltd., New Delhi.
- Yashodra K (2007), "Educational statistics", shiba publication, Mysore.
- Vamadevappa H.V (2010) "Evaluation & Statistics in Education". Shreyas publication, Davanagere.

Webliography

- Dr.Rajashree Kapure and Manogya Singh(2021)"Relationship between Academic Stress and Adjustment in Adolescents".
- Yuweideng and Jacob Cherian(2022) "Family and academic stress and their impact on students Depression level and academic performance".
- Hussain, A. Kumar, A. & Husain, A. (2008). Academic Stress and Adjustment among High School Students. Journal of the Indian Academy of Applied Psychology, 34 (4), 70-73.
- Ray, Corey E.; Elliott, Stephen N. (2006). Social Adjustment and Academic Achievement: A Predictive Model for Students with Diverse Academic and Behavior Competencies. Questia: Trusted Online Research, 35 (3), 2-5.