



# Stress Of Secondary School Students

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## Abstract:

In the present study stress of secondary school students. The data gathered from 200 secondary school students with random sample in Guntur district. The tool adopted for the study was stress scale was prepared by Student's Stress Scale developed by Dr. Zaki Akhtar (2011) was modified, standardized and adopted. Reliability is 0.71. The study also revealed that gender was significantly influenced the stress Implications of the perhaps these were influenced by the characteristics of the subjects were categorized early teens with unstable emotional state

Key Words: Stress, Secondary School and Students.

## Introduction:

One of the major problems of today's world is "stress". Every person has a unique nature as regard to capabilities, attitudes, personality characteristics and interest. The peoples have a major impact of stress due to heavy competition in every field. They cause a lot of mental strain, anxiety and tension. The influence of some may be so debilitating physically and emotionally that our capacity to work and carry out our day-to-day responsibilities may get eroded. Our relationships may also get affected. In many cases we do not know how to get out of the stressful situation and we continue to remain in state of stress and unease for a long time.

## Stress:

Stress is viewed as a negative emotional, cognitive, behavioural and physiological process that occurs as a person tries to adjust to or deal with stressors (Bernstein, et al 2008). Stressors are defined as circumstances that disrupt, or threaten to disrupt, individuals' daily functioning and cause people to make adjustments (Auerbach & Grambling 1998). Auerbach and Grambling (1998). regard stress as an unpleasant state of emotional and physiological arousal that individuals experience in situations that they perceive as dangerous or threatening to their well-being.

According to Kahn "Stress is a characteristic of adversely on the other hand taking stress in a wide sense."

Seyle (1974) defines stress as any general bodily response to any demand

Mechanic (1970) has defined stress as that state where in expected functioning gets disrupted.

## EFFECTS OF STRESS

Stress can have significant impacts on both physical and mental health. Physically, it can lead to headaches, muscle tension, digestive problems, and weakened immune system. Mentally, it can cause anxiety, depression, irritability, difficulty concentrating, and sleep disturbances. Long-term stress increases the risk of chronic conditions like heart disease and mental health disorders. Proper stress management is crucial for overall well-being.

## NEED AND SIGNIFICANCE OF THE STUDY:

In today's highly competitive world, students face various academic problems including exam stress, disinterest in attending classes and inability to understand the subject. Academic stress is the feeling of anxiety or apprehension over one's performance in the academic activities. It can lead to students being unable to perform to the best of their abilities in examinations. At school there is a range of academic pressure which derived from a need for perfection. The entire school system in under wishes cycle leading to stress and strain in the minds of teachers students and parents. This stress in the students to worry over grades, feeling of parental pressure, competition with peers, facing tough class load making them to feel academic anxiety interm resulted in low academic achievement. The nervous breakdowns, panic attacks, burnouts, and depression are also apparent in many younger students. The same situation is not always stressful for all people, and all people do not undergo the same feelings or off-putting thoughts when stressed. Hence keeping the impact of stress and academic anxiety of present scenario in how it influencing their stress of secondary school students. The researcher felt an urgent need to conduct this study.

## REVIEW OF RELATED LITERATURE:

**Mukta G. Sthavarmath and Manjula Patil (2020)** revealed that, rural high school students had high level of stress than urban students. Girls were prone to high level of stress than boys and higher the class indicated higher the stress level i.e, 10th class students were more prone to stress. **K M. Neeta (2020)** revealed that there exist high significant differences between the academic stress of male and female participants of higher secondary school students.

## STATEMENT OF THE PROBLEM

The purpose of the present investigation is to study on the stress and academic anxiety of secondary school pupils. In this study an attempt made to highlight the gender, locality, type of management, medium of instruction of 9<sup>th</sup> standard pupils in different aspects.

## TITEL OF THE STUDY:

Stress of Secondary school students

## OPERATIONAL DEFINITIONS OF KEY TERMS

**Stress:** According to Finemann "Stress is a psychological response state of a negative effect characterized by resistance and high level of experienced anxiety or tension."

**Secondary School Students :** The students from class VI to X fall under the secondary school students. In present study investigator chose class IX students to conduct his study.

## OBJECTIVES OF THE STUDY :

1. To find out the stress among secondary school students and to classify them.
2. To find out the stress among secondary school students w.r.to the following variables
  - Gender : Boy/ Girl
  - Locality : Rural/ Urban
  - Type of institute : Government / Private

## HYPOTHESES OF THE STUDY :

1. There would be no significant difference between boys and girls stress level.
2. There would be no significant difference between the rural and urban students in their stress levels.
3. There would be no significant difference between the government and private students in their Stress levels.

## VARIABLES OF THE STUDY :

The following are the variable of the present study on which the hypotheses will be tested .

### Dependent variable:

- Stress

### Independent variables:

- **Gender:** Both boy and girl students were included in the study.
- **Locality :** Locality refers to area or place. In the present study students studying in rural and urban areas were included.
- **Type of Institute:** This study was conducted on students of both Government and Private secondary school students..

## SCOPE AND DELIMITATIONS OF THE STUDY:

- Due to several constraints in the present study was delimited to a random sample of the 200 secondary school students of Guntur district only.
- The sample is limited to the variables i.e. Gender, Locality and Type of institute.

## METHOD OF INVESTIGATION

Normative survey method was used in the present study.

## SAMPLE AND SAMPLING:

200 secondary school students were selected by using Simple Random Sampling Technique.

## TOOLS OF THE STUDY

Student's Stress Scale developed by Dr. Zaki Akhtar (2011) was modified, standardized and adopted. The tool consists of 41 positive and 10 negative statements with five point scale. The test-retest reliability is 0.71 which is significant at 0.01 level of significance. The test is valid.

## DATA COLLECTION

The researcher personally visited the secondary schools in Guntur district and got permission from the secondary school headmasters to collect the data from IX class students. Good rapport was established with the students before administering the tools.

**Statistical Techniques to be used:**

Mean, S D, % of mean, 't' value and 'r' value are calculated.

**ANALYSIS OF THE DATA:**

**Objective-I:** To find out the stress of secondary school students.

**Table-1.Stress of secondary school students**

Whole	Mean	SD	% of mean
200	192.37	10.21	75.43

From the above table it is observed that 75.43% of secondary school students are high level of stress.

**Objective – 2:** To find out the stress among secondary school students w.r.to the following variables

- Gender : Boy/ Girl
- Locality : Rural/ Urban
- Type of institute : Government / Private

**Hypotheses 1 to 3:** There would be no significant difference in the stress of secondary school students with respect to the variables mentioned in the above objective.

**Table 2-Comparison of stress of secondary school students inters of Critical Ratios**

S.No	Variable	Sample	Mean	SD	SEd	't'
Gender	Boy	100	192.18	10.11	0.64	2.48*
	Girl	100	190.59	10.21		
Locality	Rural	100	188.7	10.17	0.641	4.78**
	Urban	100	191.77	10.15		
Type of Institute	Government	100	187.53	10.03	0.64	5.755**
	Private	100	192.18	10.11		

\*\* significant at 0.01 level

\*Significant at 0.05 level

From the above findings we can conclude that all the variables like Gender , Locality and Type of institute are significantly influencing the stress of secondary school students. Hence the hypotheses are rejected

**FINDINGS**

- 75% which means that secondary school students had above average level of stress.
- The variable Gender was significantly influencing the stress of secondary school students. Boys are having ore stress levels than girls.
- The variable Locality was significantly influenced the stress of secondary school students.
- The variable Type of institute was significantly influencing the stress of secondary school students.

**EDUCATIONAL IMPLICATIONS:**

- This study revealed that stress levels re above average hence introduction of a stress management course, stress and practicing technologist of stress management, and time management may be initiated schools and engaging in extracurricular activities.



- Government should encourage the school guidance counselors and also provide conducive atmosphere for learning, so as to reduce anxiety and help the students to develop good study habits.
- Group guidance should be organized in schools by professional counsellors in order to create awareness on how students can develop effective study habits which could lead to good academic performance.

### **SUGGESTIONS FOR FURTHER RESEARCH-**

1. The present study was conducted on high school students. Similar researches may be carried out to study the relationship of academic attitude at other levels of education.
2. The present study can be conducted to find out the difference between academic anxiety and academic achievement of rural and urban students.

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