

STRESS AMONG STUDENTS OF GOVERNMENT HIGH SCHOOL KOTLA NIHANG, ROOPNAGAR

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Abstract

The present investigation was primarily conducted to study stress among students of Government High School Kotla Nihang, Roopnagar. Sample for the study consisted of 160 students of Government High School Kotla Nihang, Roopnagar. Stress scale by Lakshmi and Narain (2014) was used to collect data. Descriptive statistical techniques (percentage, mean and Standard deviation) and inferential statistical techniques (t-test, one way ANOVA and Turkey post hoc test) were used to analyse the data. The major findings of the study revealed that 62.5 percent students had moderate level of stress. There was no significant difference in stress among female and male students ($t=.883$, $p>0.05$), but there was significant difference in stress found among students of different grades ($F=3.36$, $p<0.05$). On applying Turkey post hoc test it was found that Mean score for stress of 7 grade students of Government High School Kotla Nihang, Roopnagar was statistically significantly but lower than mean score of 9 and 8 grade students.

Key words : stress

Introduction

With knowledge expansion a situation of stress among students as well as teachers has emerged. Auerbach and Grambling (1998) defined 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. Situations, events or processes that cause stress are called stressors. Selye (1956) defined stress as the nonspecific response of the body to any demand. Lazarus and Cohen (1977) defined stressors as demands made by the internal or external environment that upset balance thus affecting physical and psychological well-being and requiring action to restore balance. Stress is seen as a necessary evil. It has both positive as well as negative effects. Among positive effects, individual is motivated to aspire high, adapt to new environment and think creatively to meet goals. Negative effects include negative thoughts, unable inability to concentrate, short memory or difficulty in remembering. Huli (2014) noted that disturbed family dynamics, peer pressure, inability to cope with studies, drug abuse, lack of competence are major reasons for stress among adolescence.

Review of literature

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Kumar and Akoijam (2017) conducted a cross-sectional study to determine stress among 750 higher secondary school students from seven schools of Imphal that were randomly selected. They found that 21.1% of students had stress. Prevalence of Stress among female students was higher than male students. Prevalence of stress was significantly higher among 12th standard students than other grades.

Prabu (2015) studied academic stress among higher secondary students through normative survey method. This study was conducted on 250 students studying in higher secondary schools situated in Namakkal District of Tamil Nadu, India selected through simple random sampling technique. Investigator found that the higher secondary students had moderate level of academic stress. There was no significant difference among stress scores of male and female students.

Akande , Olowonirejuaro and Okwara-Kalu (2014) conducted a descriptive study to investigate level and sources of stress among 540 secondary school students in the Federal Capital Territory (FCT) Abuja. Questionnaire developed by the researchers was used to collect relevant data. The results indicated that 45.6 % secondary school students had a medium level of stress and some of the significant sources of stress include: academic, intra-personal and environmental. There was a significant difference in the level of stress among male and female students. Male students had lower stress than female students.

Deb, Strodl and Sun (2012) studied academic-related stress among private secondary school students in India. Sample consisted of 400 adolescent students (208 males and 192 females) studying in 10 and 12 grades of five private secondary schools in Kolkata. Multi-stage sampling technique was used. Findings revealed that majority of students had high level of stress. 10 grade students reported higher levels of stress than those of 12 grade.

Shahmohammadi (2011) analyzed stress among the 100 students studying in 11th and 12th class of government secondary schools located in Tehran. This study revealed that majority of the secondary students (73.9 percent) were not stressed and female students had lower stress levels than males.

From above review of literature it is found that result of one study is contradictory to other. Regarding level of stress it was reported by Prabu (2015) and Akande , Olowonirejuaro and Okwara-Kalu (2014), that students had moderate and medium level of academic stress while Deb, Strodl and Sun (2012) found that students had high level of stress. Shahmohammadi (2011) found that majority of the secondary students were not stressed. Regarding gender differences Kumar and Akoijam (2017) found that stress in female students was higher whereas Shahmohammadi (2011) found that female students had lower stress. Whereas Prabu (2015)

reported no significant difference in stress scores of male and female students. Kumar and Akoijam (2017) revealed that 12th standard students had higher stress while Deb, Strodl and Sun (2012) reported that 10 grade students had higher levels of stress than those of 12 grade.

Need and Importance of Study

Stress inhibits and slows down learning among students. In school life, students are exposed to diverse experiences some of which can cause stress among them. Over burden of homework, assignments, projects, less achievement than peer groups, not performing as per parent expectations are some of situations that can cause stress. Education is seen as a tool to enable person to modify its behavior so as to adapt to the present situation. Thus the investigator is interested to find out whether students are learning to respond to life events without stress or not.

Objectives of the Study

- (1) To study level of stress among students of Government High School Kotla Nihang, Roopnagar
- (2) To compare stress among male and female students of Government High School Kotla Nihang, Roopnagar
- (3) To compare the stress among students of different grades of Government High School Kotla Nihang, Roopnagar

Hypothesis of the study

- (1) There is no significant difference in stress among male and female students of Government High School Kotla Nihang, Roopnagar
- (4) There is no significant difference in stress among students of different grades of Government High School Kotla Nihang, Roopnagar

Research Design

Descriptive method of research was used.

Sample

Sample consisted of 160 students of different grades of Government High School Kotla Nihang, Roopnagar. Government High School Kotla Nihang, Roopnagar was selected through purposive sampling and 160 students out of 263 students were selected through random sampling. Investigator selected Government high school, Kotla Nihang, Roopnagar as its result was found to be down year by year. Also there were reported cases

of theft, suicide, low achievement, dropout, truancy, runaway marriages among students. Hence investigators wanted to know if these event were a result of stress among students.

Table 1 table showing distribution of sample

Gender	Grade	students
Male (N=80)		
	7	20
	8	20
	9	20
	10	20
Female (N=80)		
	7	20
	8	20
	9	20
	10	20

Tool used

The data was collected from students of Government High School Kotla Nihang, Roopnagar using stress scale by Lakshmi and Narain (2014). It consisted of 45 items with 2 options of yes and no. It included 43 positive statement and 2 negative statements. Each positive statement is

given a score of 1 on every yes option while a score of 1 was given for option no for the negative items. The maximum score that can be obtained was 45 and the minimum possible score was 0. Tough there is no time limit to complete the scale but it normally takes 20 to 30 minutes to complete it.

Statistical Techniques used

The data collected was analyzed by employing descriptive and inferential statistics. Mean, Standard deviation, were used to study the general nature of the distribution of the scores with respect to stress among students. Skewness was used to see the departure of the sample from Normal Probability Curve. Percentage was calculated to find levels of stress among students. t-test was employed to find the significant difference in the mean score of stress among male and female students. One way ANOVA and Turkey post hoc test was used to find the significant difference in the mean score of stress of students studying in

different grades.

Data Analysis and Interpretation

Table 2 -Descriptive Statistics for Stress among Students

Variable	N	M	S.D.	Skewness
Stress	160	21.33	5.28	-.212

Table 2 shows that the mean score of stress among students of Government High School Kotla Nihang, Roopnagar was 21.33. The value of standard deviation (5.28) represented the scattered scores from the mean position (21.33). The skewness of total sample was -.212 (slightly negatively skewed) indicating almost normal distribution of scores of stress among students.

Table 3 Categorization of students with respect to scores of stress

Scores	Level of stress	Frequency	Percentage Frequency
25-45	High	47	29.4
14-24	Moderate	100	62.5
0-13	Low	13	8.1

Table 3 revealed that majority of students (62.5%) had moderate level of stress while 29.4% of students had high level of stress. Only 8.1 % of students had low level of stress. This showed that students of Government high school, Kotla Nihang, Roopnagar perceive academic achievements, completion of tasks and challenges in their life as stressful situations. They find a gap between demands of their parents and their ability to meet those demands. They failed to reach their goals and are tensed about their future rather than focusing on their present needs and goals.

Table 4 Mean Differentials and t-ratio for Stress among Male and Female Students.

Variable	Male N=80		Female N=80		t-value	p
	M	S.D.	M	S.D.		
Stress	21.70	4.85	20.96	5.68	.883	.258

Table 4 shows that mean score of stress among male students (21.70) was higher than mean score of stress among female students (20.96). But t- value between among male and female

students was .883 which was not significant as p value is less than 0.05. Hence the difference between the

mean scores of stress among male and female students is not significant. Therefore null hypothesis "There is no significant difference in stress among male and female students of Government High School Kotla Nihang, Roopnagar " is not rejected.

Table 5 F-ratio for stress among students of different grades

variable	Source	Sum of squares	df	Mean square	F	Significance (p)
Stress	Between groups	267.36	3	89.123	3.36	.021
	Within groups	4168.075	156	26.718		
	Total	4435.444	159			

Table 5 shows that there was statistically significant difference between mean scores of stress among students of different grades (7, 8, 9 and 10) as determined by one-wayANOVA ($F=3.36$, $p<.05$). Thus the null hypothesis "There is no significant difference in stress among students of different grades of Government High School Kotla Nihang, Roopnagar" rejected. To find out the exact significant difference in mean scores of stress among the students of 7, 8, 9 and 10 grades, Turkey post hoc test was employed.

Table 6 Mean difference for stress among students of different grades based on Turkey post hoc test

variable	grade	Mean difference (x)	Significance (p)
Stress	10	.275	.995
	9		
	10	-.250	.996
	8		
	10	2.80	.077
	7		
	9	.025	1.00
	8		
	9	3.07	0.042
	7		
	8	3.05	0.045
	7		

Table 6 revealed that on basis of Turkey post hoc test, the difference in mean scores for stress was significant for students of 8 and 7 grade ($x=3.07$, $p=.045$ which is less than .05) and for students of 9 and 7 grade ($x=3.07$, $p=.042$) while there was no significant difference in mean scores of stress among students of 10 and 9 grade ($x=.275$, $p=.995$), 10 and 8 grade ($x=-.250$, $p=.996$), 10 and 7 grade ($x=2.80$, $p=.077$), 9 and 8 grade ($x=.025$, $p=1.00$).

Findings of the study

On the basis of analysis of data and interpretation of results obtained through descriptive and inferential statistics, the following conclusions were drawn-

- Majority of students (62.5%) of Government High School Kotla Nihang, Roopnagar had moderate level of stress while 29.4 % of students had high level of stress. Only 8.1 % of students had low level of stress.
- There was no significant difference in stress among male and female students.
- Mean scores for stress of students of 7 grade was statistically lower than mean scores of 9 and 8 grade students while there was no significant difference in mean scores of stress among students of 10 and 9 grade, 10 and 8 grade, 10 and 7 grade, 9 and 8 grade.

Conclusion

Present study revealed that 62.5 % students of Government high school Kotla Nihang, Roopnagar had moderate level of stress. This is in accordance with finding of study conducted by Prabu (2015). There was significant difference in stress among students of different grades. According to another finding of this study, there is no significant difference in stress among male and female students. Agarwal (2011) and Prabu (2015) also found similar results. The study suggests teaching stress management skills and stress coping techniques along with regular curriculum in educational institutions on larger perspective. Parents and teachers of Government high school Kotla Nihang, Roopnagar must not compel students to score higher marks. Teachers and parents should not compare students as each child is unique having different capability. Students must take failures as seeds of future success. They must make time schedule to finish homework and other academic assignments in time. This will help in reducing stress among students.

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