



ORIGINAL RESEARCH PAPER

Education

A STUDY ON EDUCATIONAL STRESS AMONG HIGHER SECONDARY SCHOOL STUDENTS OF EAST SIANG DISTRICT ARUNACHAL PRADESH

KEY WORDS: Higher Secondary Education, Educational Stress, Male And Female, Government And Private Schools

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ABSTRACT

The Higher Secondary Education is considered to be one of the most challenging and crucial stage for the student because most of the students are in the stage of transitional phase and addition to that they have to face lot of burden related to the academic and other challenges. This sometimes develops stress in them especially in the field of education in the form of educational stress. This study aims to determine the stress level of the students belonging to the stage of higher secondary level of education. A total sample of 400 students was taken from both government and private schools of East Siang district. The data was collected through using standardized question -The Student Stress Scale (SSS) developed by Dr. Zaki Akhtar (2011). The male students were found to have higher stress than females and had significant difference between the government and private school.

INTRODUCTION

In this modern period, the stress is considered to be omnipresent in the student's life. It is that element that is found in all the areas of student's life. It is something which accompanies with all the daily activities of student life and as a result they have to go through anxiety, worries, tensions, frustration, pressure which can be term as "Stress". The pioneer of the concept of stress Hans Selye (1976) defines stress as a non-specific physiological response of body to any demand made upon it including efforts to cop up with wear and tear in the body caused by a situation or event at one time and Selye (1977) defines 'Stress is a generalized response of body to demands placed on it, whether they are pleasant or unpleasant' and he also stated that "Without stress, there would be no life".

The stage of Higher Secondary Education level is the turning point or the most crucial stage of student's life. This stage prepares for the student for higher education and has a vital role in the preparing and providing skills for future actions. And mostly they are in the adolescent stage. It is the phase where students decide their course of study and their career mostly depend on the subject of their choice. This is the phase of student's life where they mostly experience worries, nervousness, anxiety, frustration, depression. It is the period of storm and stress. They suffer from much physical and emotional change and addition to that they are loaded with lots of responsibilities and challenges which contribute their stress. It is the phase where students decide their course of study and their career mostly depend on the subject of their choice. This is the phase of student's life where they mostly experience worries, nervousness, anxiety, frustration, depression. It is the period of storm and stress. They suffer from much physical and emotional change that often leads to the stress.

RATIONALE OF THE STUDY

This is the era of science and technology, everyone is busy ranging from a child to an adult, to compete and have maximum success and achievement. And this pressure results in stress. Especially the higher secondary student, they are undergoing more stress as compare to the others because they are considered to be in the transitional phase of the adolescence stage. In this stage they have to undergo through transitional phase in terms of their physical, mental, social and emotional health. According to Stanley Hall (1904) this period is marked by "Stress and strain, Storm and Strife". They experiences different kind of physical, mental and social changes which also affect the way of perceiving, understanding and acting's. This is the stage where students

decide their course of study and their career mostly depend on the subject of their choice. They are in the constant race of trying to achieve the highest and the parent has increased their expectations which are one of the peculiar characteristics of our society. It is often found that the majority of the students experiences worries, nervousness, anxiety, frustration, depression, hypertension, suicidal tendencies, behavioural problems, personality disorders, indiscipline etc. Therefore this study attempts to find out the level educational stress of students belonging to the East Siang district.

OBJECTIVE OF THE STUDY

This study attempts to accomplish the following objectives-

- 1) To find out the level of educational stress of students belonging to the East Siang district.
- 2) To compare the level of educational stress of male and female students
- 3) To compare the level of educational stress of government and private school students

HYPOTHESES

1. There is no significant difference between educational stress of male and female higher secondary students of east siang district Arunachal Pradesh.
2. There is no significant difference between educational stress of govt and private school students east siang district Arunachal Pradesh.

METHODOLOGY

SAMPLE OF THE STUDY

In this research work the investigator has adopted descriptive survey method. Random sampling technique was used for the selection of the sample. The total sample consisted of 400 class XI and XII students studying in both government and private schools of East Siang district, Arunachal Pradesh. The break-up information of the sample is presented in the following table.

Table no. 1 showing information of the sample

Sl. no	Name of the school	Type of management	Gender		Total
			Male	Female	
			Total sample taken	Total sample taken	
1	Daying Ering Memorial govt. Hr.Sec. School	Government	40	34	74

2	Independence Golden Jubilee Hr.Sec.School	Government	40	34	74
3	Govt.Hr.Sec School Mebo	Government	40	33	73
4	Govt.Hr.Sec School Sille	Government	40	33	73
5	Govt. Hr. Sec. School Ruksin	Government	40	33	73
6	*Siang Model School	Private	-nil-	33	33
Total =			200	200	400

*Only one private higher secondary school in the district and also it is for only girls.

TOOL USED

In the present study, the Student Stress Scale (SSS) developed by Dr. Zaki Akhtar (2011) was used. This scale is specially designed for the adolescent students within the age group of 13-18 years of age. It consist of 51 items describing undesirable experiences and events likely to occur in the lives of school students and its main aim is to find out the amount of and the kind of stress encountered by school students .

STATISTICS ANALYSIS OF DATA

Details of the analysis of data are presented as per the objectives of the study.

- 1) To find out the level of educational stress of students belonging to the East Siang district.

Table no.2 showing the level of educational stress of students belonging to the East Siang district.

Total no. of students	Total score	Average score	Level
400	63066	157.665=158	Moderate Stress

The above table represents the level of educational stress of the students belonging to the East Siang district. The total numbers of 400 students have obtained a total score of 63066 with the average score of 158, which falls between the raw score of 153-188. Therefore the students of the East siang district are having Moderate level of stress.

- 2) To compare the level of educational stress of male and female student.

Table No.3- Educational Stress Level

Sl.No	Gender	Total number	Total score	Average score	Stress level
1	Male	200	31292	156.46	Moderate Stress
2	Female	200	31774	158.87	Very Low Stress

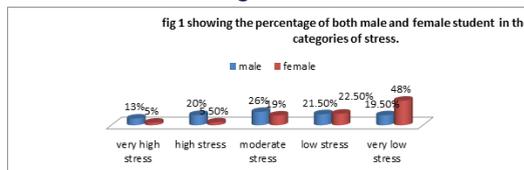
In the table no. 3, it represents the level of the stress in terms of the both genders, the total score of the male is 31292 with the average score 156.46 which indicates that they are in the Moderate level of stress while the total score of the female is 31774 with average score 158.87 which indicates they are having a Very Low level of stress.

Table- 5: showing the difference between educational stress of male and female higher secondary students of east siang district Arunachal Pradesh

Sl no.	Gender	Total sample	Mean	Standard Deviation	SE _D	Computed 't' value	Level of significance
1	Male	200	156.46	19.58	1.91	1.26	Not Significant at 0.01 level
2	Female	200	158.87	18.70			

From the above table -5, the male student is having Mean score - 156.46 and S.D -19.58 and female student is having Mean score -158.87 and S.D- 18.70. The standard error is 1.91 and the computed t-value is 1.26. The calculated degree of

Fig- 1 showing the percentage of both the male and female students according to the level of the stress.



The above fig 1 shows the percentage of both the male and female students according to the categories of the stress. In the very high stress level, the male percentage is 13% and female has only 5%. 20% of male and 5.50% of females suffer from high stress. In the moderate level of stress, the male percentage is 26% and while that of female is 19%. 21.50% of males and 22.50% females are in low stress. In the very low stress level, male percentage is 19.50% and while female have 48%.

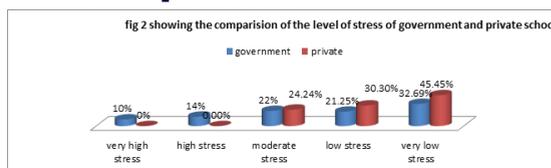
- 1) To compare the level of educational stress of government and private school students

Table no-4 showing the level of educational stress of government and private school students

Sl. No	Type of Management	Total number	Total score	Average score	Stress level
1	Government	367	57697	157.2125=157	Moderate Stress
2	Private	33	5369	162.70	Low Stress

The above table show that the total score of the students studying in the Government school is 57697 with the average score 157 which indicates that they are in the Moderate level of stress and the total score of the students studying in the Private school is 5369 with the average score 162.70 which indicates that they are having Low Stress.

Fig-2 showing the comparison of the level of stress of the government and private school.



The above figure- 2 represents the comparison of the level of stress of the government and private school according to the level of the stress.10% of government students falls into the level of very high stress whereas no student of private school are in very high stress category. 14% government students falls in high stress , again no student of private school have high stress. 22% and 24.24% students of both government and private schools are in moderate level of stress. 21.25% government and 30.30% private school students are in low stress. Lastly 32.69% and 45.45% students are in the very low level of stress.

The following table show the difference between educational stress of male and female student according to the stated hypotheses.

freedom is 398. The computed t-value is less than the table t-value at 0.01 level of significance. Therefore there is no significant difference between the educational stress level of male and female students of East Siang district A.P.

Table- 6: showing the difference between educational stress of govt and private school students east siang district Arunachal Pradesh.

Sl no.	Type of management	Total sample	Mean	Standard Deviation	SE _D	Computed 't' value	Level of significance
1	Government	367	157.21	19.57	2.48	2.21	Not Significant at 0.01 level
2	Private	33	162.70	13.03			

From the above table -5, the student studying in government school is having Mean score -157.21 and S.D 19.57 and private student is having Mean score 162.70 and S.D 13.03. The standard error is 2.48 and the computed t-value is 2.21. The calculated degree of freedom is 398. The computed t-value is less than the table t-value at 0.01 level of significance. Therefore there is no significant difference between the educational stress level of government and private school students of East Siang district A.P.

RESULT AND DISCUSSION

The finding indicates that the total students both male and female were suffering from moderate level of stress. Here it is revealed that the males are more stress than the female students. The males had moderate level of stress whereas the females were having very low level of stress. It means that male students suffer from more stress than their counterpart. In the very high stress level, the male percentage is 13% and female has only 5% which indicates that the male has very high stress level than the females. 20% of male and 5.50% of females suffers from high stress and here also males have more high stress than the females. In the moderate level of stress, the male percentage is 26% and while that of female is 19% and this also indicates that the males were more prone to moderate stress. But In the level of low stress, females had more low stress than the males as 21.50% of males and 22.50% females are in low stress and lastly in the very low stress level, male percentage is 19.50% and while female have 48% which reveals that females are having very low stress as compared to their counterparts. The government students were found to have more stress than the private students. They are having moderate level of stress and private school students are having low stress level. 10% of government students falls into the level of very high stress whereas no student of private school are in very high stress that means they are more stressed than the private students. 14% government students in high stress, again no student of private school have high stress. 22% and 24.24% students of both government and private schools are in moderate level of stress. 21.25% government and 30.30% private school students are in low stress. Lastly 32.69% and 45.45% students are in the very low level of stress. The students' studying in the private schools has no level of very high stress and high stress instead they are having very low level of stress. This study found that in the males are found to be more stressed as compared to their counterpart. The females studying in private school were found to be more stressed than government ones. Lastly, it is acknowledged that students are the future of a country, so special focus and attention should be given to them by their teachers as well as their parents. In this study it has been found that there are various factors that contribute stress in them, many contributing factors are related to the Noise Pollution, Family, Eating habit, Short Span of Time, Teacher or friend relationship, Natural Environment, Physical Activity or Co-Curricular Activities, Home Environment, Family Relationship, School, Teacher and Peer relationship, School (academic education) Examination, Inter- Parental Conflict, Economy Mental Health, Ill- behaviour, Marriage, Boy- friend and Girl- friend Relationship, House -work load, Police work, Failure, Sleeping habit which directly or indirectly leads to Educational Stress, So they must be properly guided by their teachers and parents and they should create a congeal environment so that the students can grow and have nourishment in proper way -physically, mentally, emotionally and socially.

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