

# **A Study of the Mental Stress of higher Secondary Students in relation to certain Variables**

## **ABSTRACT**

A Dissertation Submitted to the Sardar Patel University,  
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## **Master of Education**

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## **Introduction**

Stress is a psychological condition where a person feels tension and anxiety. An individual under stress is not able to have harmonious relations with the society. He may have also difficulty to control himself. This undue stress may also cause hyper-tension and depression.

Sometime before, college or school days were considered the best years of one's life. These days used to be relaxed and tension free but now-a-days students' face depicts a different story. They are now not care free. During the time of examination, a special cell is constructed to help and counsel the students. In addition, there are reports in newspapers about suicides of students before and after the examination. There may be different reasons for increasing cases of stress. Technological development and fast life style have aggravated the condition. The researcher has in this study tried to know about various facts related with stress.

## **Stress at Adolescence Level/ Stage**

The students of 11<sup>th</sup> and 12<sup>th</sup> standards belong to adolescent stage of human span of life. Adolescence is a transitional period and it is the bridge between childhood and adulthood. It is the time of rapid development of growing to sexual maturity, discovering one's physical self, defining personal value and finding one's vocational and social direction. Age of adolescence is the age of identity formation where occupational, educational and personal contexts develop. During this period social expectation of the individual is drastically under modification.

## **How to recognize Stress?**

The following are the indicators that one may be experiencing stress.

- General irritability
- Elevated heart rate
- Increased blood pressure
- Increased accident proneness
- Floating anxiety-anxious feeling for no specific reason
- Trembling
- Insomnia

- Indigestion
- Pain in neck and lower back
- Changes in appetite or sleep pattern
- Speaking loudly
- Remaining silent or aloof
- Quarrelling or abusing
- Disturbed eating patterns

### **Statement of the Problem**

A Study of the Mental Stress of Higher Secondary Students in relation to certain variables.

### **Objectives of the Study**

The objectives of the study are depicted below.

1. To identify the factors causing stress among higher secondary students
2. To study stress among higher secondary students due to academic pressure
3. To study stress among higher secondary students due to peer group pressure
4. To study stress among higher secondary students due to parents' pressure
5. To compare stress among students English medium schools
6. To compare stress level among students of Gujarati Medium schools
7. To compare stress level among students of English and Gujarati medium schools

### **Research Questions**

The researcher made attempt to answer the following research questions.

1. Which types of stress do the students feel due to academic pressure?
2. Which types of stress do the students feel due to peer group pressure?
3. Which types of stress do the students feel due to parents' pressure?
4. What is the stress level among the students of Gujarati medium schools?
5. What is the stress level among the students of English medium schools?

## 4.2 Research Type

The present study is a descriptive study as the researcher has collected data through a **survey**. The purpose of the research is to study the different stress levels among the higher secondary students.

Descriptive research attempts to describe and explain conditions of the present. It relies on qualitative and quantitative data collected from written documents, personal interviews, surveys, etc. The purpose of descriptive research in education is to study the present problems of the students, vis-a-vis teachers, administration, curriculum, teaching learning process, and the need for considering this aspect in education.

Descriptive research includes surveys and fact finding inquiries of different kinds. The major purpose of descriptive research is description of the state of affairs as it exists at present. The methods of research utilized in descriptive research are survey methods of all kinds, including comparative and correlation methods.

## Population

The population of the study comprises all the Higher Secondary Students of Kheda district in Gujarat.

## Sample

The researcher has selected the sample through stratified random sampling. The researcher has selected 20 students from each of the three English medium schools and 20 students from each of the three Gujarati medium schools of Nadiad Taluka.

## Name of the Six Schools

| Sr. | Name of the Schools           | Medium   | No. of Students |
|-----|-------------------------------|----------|-----------------|
| 1.  | New English School            | Gujarati | 20              |
| 2.  | St. Mary's School             | Gujarati | 20              |
| 3.  | Jivan Vikas Education Academy | Gujarati | 20              |
| 4.  | St. Mary's High School        | English  | 20              |
| 5.  | St. Anne's High School        | English  | 20              |
| 6.  | English Teaching School       | English  | 20              |

## **Stratified Random Sampling**

The researcher collected names of all English Medium and Gujarati Medium Schools of Nadiad Taluka. Names of English and Gujarati Medium Schools were put in separate boxes. Then through lottery, names of three English Medium and three Gujarati Medium Schools were taken out. The researcher selected the students through random sampling as he took the students having odd numbers in the attendance register as the sample.

## **Tools and Preparation Procedure**

For the present study the researcher used the following self-constructed tools:

### **1. Questionnaire -**

- 1) Questionnaire for Students
- 2) Questionnaire for Teachers
- 3) Questionnaire for Parents

## **Findings**

1. Most of the students have difficulties in coping with the studies and homework but they can manage their time to relax and enjoy satisfactorily and get time to play with their friends and watch movies once in a month.
2. Very few students feel hunger and headache during the time of examination.
3. Most of the students study due to their interest and are not ready to leave their studies.
4. Very few students want to study due to their teachers' and parents' pressure.
5. Most of the students get enough time for studies.
6. Most of the students' teachers and parents want them to study harder and are dissatisfied with the performance of the students.
7. Most of the students feel bad and jealous when their friends score more marks.
8. Most of the students think that their parents should motivate them.
9. Very few students think that studying makes them tense.
10. Some of the students think that their parents get unnecessarily angry with them.
11. Very few students think that their parents and teachers should not scold them about studies.

12. Some of the students have fixed goals in their life.
13. Some of the students feel that they should perform like their friends in exams.
14. Very few students like only to study.
15. Very few students think that their teachers are satisfied with their performance.
16. According to the teachers, most of the students feel stress and nervousness due to the pressure of studies.
17. According to the teachers, most of the students enjoy studying.
18. According to the teachers, some of the students suffer from the diseases like fever, headache and loss of appetite.
19. According to the teachers, most of the students feel that there should be change in the teaching method and technique.
20. According to the teachers, most of the students feel depression due to competition among the students and due to remaining reserved and fear-ridden.
21. Most of the teachers feel to give them guidance and give them some interesting activities when they suffer from depression.
22. Most of the parents consider higher secondary is an important part of career and they feel stressed and they feel depressed when their children do not meet their expectations.
23. Many of the parents quote examples of other high scoring students to motivate them.
24. Most of the parents support and motivate their children. They also help their wards to cope with stress.
25. Most of the parents feel anger when their wards do not pay attention towards their studies.
26. Some of the parents want to support their wards in their study by knowing their problem and try to solve them. They try to provide them all necessities and make them get up early in the morning for study.
27. According to the parents, most of the students should be self dependent and get good job and live prosperous life.

## **Implications of the Study**

After this study the researcher arrived at following conclusion that most of the students feel stress in their studies but they are able to manage their time, to relax, to play with their friends, to watch movies. Most of them have fixed goals in life. They want to perform as well as their friends. Their parents and teachers want them to study more. They also feel that their parents and teachers are unnecessarily angry with them. Parents and teachers should motivate them more. Many of them are not satisfied with their performance and feel tensed during exam. The Gujarati medium students are better in managing time. The Gujarati medium students feel less stress in the comparison of the English medium students. English medium students feel more headache than Gujarati medium students. Parents and teachers feel that students should study more. They feel dissatisfied with their performance. It may cause stress among them. As Gujarati medium students feel less stress than English medium schools, it suggests that students feel more comfortable in their mother tongue. Parents and teachers have major role to play in motivating and encouraging the students. They should not scold and causes stress for the children but provide proper counselling to de-stress their children.

## **Conclusion**

In this way, the study can go a long way to help teachers, parents and even students to help them know about stress at the higher secondary level. The study can help in diagnosis of the students' problems and the possible remediation. It is rightly said that future of a country is seen in the classrooms. If students are satisfied, happy and without tension then the country will develop. If our students are tensed, nervous and disturbed, the future of the country will also be disturbed. So it is necessary for parents, teachers, leaders and counsellors to work in this direction i.e. to provide suitable and conducive environment for all-round development of children. Too much nervous, exam oriented children face difficulty in life.

The research experience has certainly helped the researcher to develop insights not only into students' behaviour but also some ways of helping them to cope with stress.