"TO ASSESS THE LEVEL OF STRESS AMONG SECONDARY SCHOOL STUDENTS"

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INTRODUCTION- Secondary school students belong to adolescent period. A stress is a state of mental tension resulting from adverse circumstances.[1] These students are not only in large numbers but are the citizens of tomorrow so must be stress-free and healthy.

MATERIALS AND METHODS-This study conducted on 600 students by using cross sectional descriptive study design. Non probability convenience sampling technique was used. Perceived stress scale was used to assess the stress. Data was analyzed using descriptive and inferential statistics.

RESULT- From 600 students 419 (69.83%) students are having moderate to high stress. There is significant association between perceived stress scale and sex of the secondary school students at 1% level of significance.

CONCLUSION- It is concluded that secondary school students are having moderate to high stress. Counseling department should be made available by educational institutions.

Keywords:

stress, secondary school students, assess, level.

Introduction:

A state of mental, emotional strain or tension is called stress. Stress is causing because of adverse or hard to please circumstances.[1]

According to Richard S Lazarus, stress could be a feeling seasoned once a person's thinks that "the demands exceed the non-public and social resources the individual is in a position to mobilize."[2]

Stress could be a sort of psychological pain.[3]

Little amounts of stress is also desired, beneficial, and even healthy. Positive stress helps to boost athletic performance. Stress will increase the chance of strokes, heart attacks, ulcers, and mental diseases like depression. Adolescence is a period characterized by modification in nearly each side of life. Physical development in itself could be a major modification that the learners needs to subsume, however these changes are in the course of new feelings concerning the self, parents, educators, college and peers. Various researches done worldwide indicate that learners stress is turning into endemic, that might have serious implications for physical and mental state of learners.[4]

Literature Survey:

Methods / Approach:

Research approach

The research approach adopted for this study was quantitative approach.

Research design

Cross sectional descriptive study design was employed.

Variables

Independent variables - Secondary school students.

Dependent variables- Stress, level of stress.

Research setting

The study was conducted in English medium schools of Karad city, Holly family English medium school, Krishna English medium school and S.M.S English medium school.

Population

The population of the study was secondary school student of 13-14 age groups studying in 8th and 9th standard.

Sampling technique

Non probability convenient sampling technique was used.

Sample size

600 secondary school students were selected from selected schools of Karad city.

Data collection tool

Criteria for sample selection
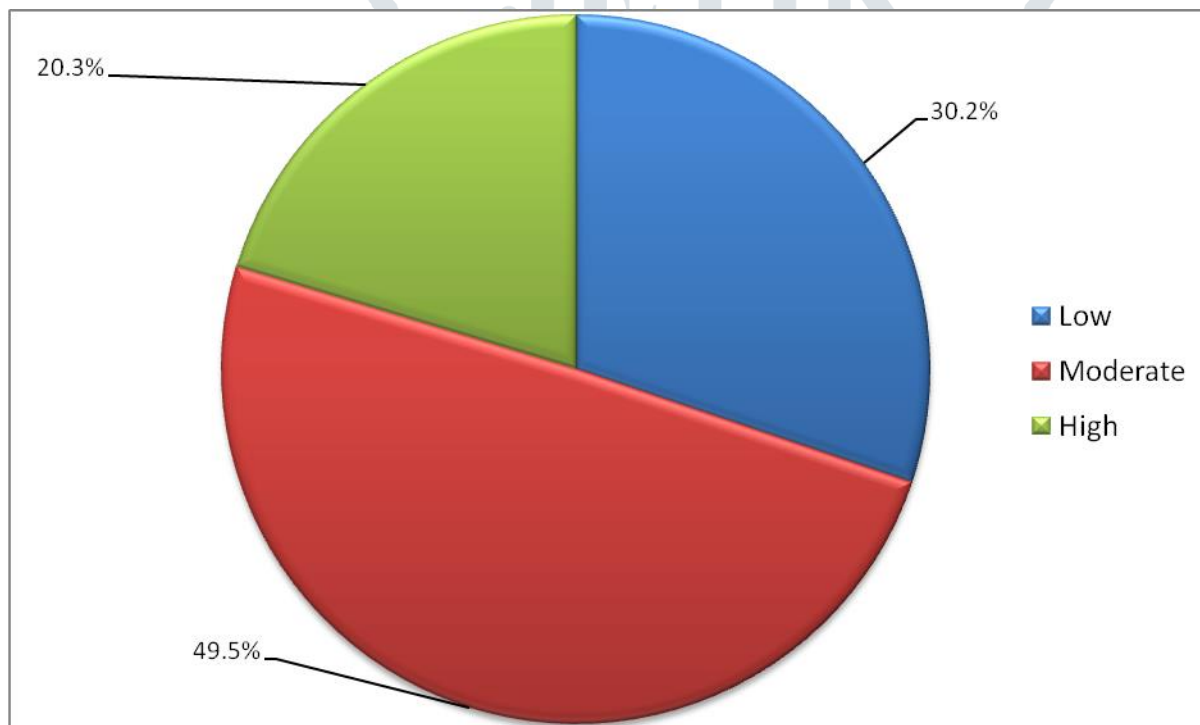
Inclusion criteria:-

Children who are,

- Studying in S.S.C board

- The age group of 13-14 years

Exclusion criteria:-

- Children who are not, physically & mentally sound.

Results / Discussion:

Figure 1 Frequency distribution of children according to levels of perceived stress scale N=600

Frequency distribution of children according to levels of perceived stress scale shows that 297(49.5%) children are having moderate stress,181(30.2%) children are having low stress, 122(20.3%) children are having high stress.

So it is concluded that from 600 secondary school students 419 (69.83%) students are having moderate to high stress.

Table 1 Cross tabulation and chi-square test of association between perceived stress scale and some selected demographic variables of the secondary school students   N=600

Demographic Variable	Perceived Stress Scale			Total (600)	Pearson Chi-Square test value	P-value
	Low (181)	Moderate (297)	High (122)			
Education of Mother						
No formal education	4 (2.2)	4 (1.3)	1 (0.8)	9	11.312	0.332
Primary	3 (1.7)	12 (4.0)	7 (5.7)	22		
Secondary	31 (17.1)	59 (19.9)	21 (17.2)	111		
Higher secondary	39 (21.5)	69 (23.2)	33 (27.0)	141		
Graduate	71 (39.2)	119 (40.1)	40 (32.8)	230		
Post graduate	33 (18.2)	34 (11.4)	20 (16.4)	87		
Education of Father						
No formal education	0 (0.0)	4 (1.3)	1 (0.8)	5	17.403	0.066
Primary	2 (1.1)	8 (2.7)	8 (6.6)	18		
Secondary	22 (12.2)	47 (15.8)	17 (13.9)	86		
Higher secondary	36 (19.9)	77 (25.9)	31 (25.4)	144		
Graduate	75 (41.4)	102 (34.3)	45 (36.9)	222		
Post graduate	46 (25.4)	59 (19.9)	20 (16.4)	125		
Occupation of Mother						
Housewife	131 (72.4)	228 (76.8)	88 (72.1)	447	5.109	0.746
Farmer	1 (0.6)	0 (0.0)	0 (0.0)	1		
Private service	26 (14.4)	42 (14.1)	18 (14.8)	86		
Government service	15 (8.3)	16 (5.4)	9 (7.40	40		
Business	8 (4.4)	11 (3.7)	7 (5.7)	26		
Occupation of Father						
Laborer	1 (0.6)	1 (0.3)	0 (0.0)	2	13.665	0.091
Farmer	16 (8.8)	32 (10.8)	22 (18.0)	70		
Private service	46 (25.4)	60 (20.2)	26 (21.3)	132		
Government service	45 (24.90	57 (19.2)	29 (23.8)	131		
Business	73 (40.3)	147 (49.5)	45 (36.9)	265		
Monthly Family Income						
Rs 1000 to Rs 5000	10 (5.5)	19 (6.4)	5 (4.1)	34	11.295	0.186
Rs 5001 to Rs 10000	19 (10.5)	35 (11.8)	18 (14.8)	72		
Rs 10001 to Rs 15000	20 (11.0)	47 915.8)	12 (9.8)	79		
Rs 15001 to Rs 20000	27 (14.9)	57 (19.2)	29 (23.8)	113		
Rs 20001 and above	105 (58.0)	139 (46.8)	58 (47.5)	302		
Habits of Father						
No habit	158 (87.3)	250 (84.2)	98 (80.3)	506	10.452	0.402
Alcohol consumption	0 (0.0)	5 (1.7)	2 (1.6)	7		
Tobacco	11 (6.1)	22 (7.4)	13 (10.7)	46		
Gutka	0 (0.0)	0 (0.0)	1 (0.8)	1		
Substance abuse	2 (1.1)	2 (0.7)	2 (1.6)	6		
Other	10 (5.5)	18 (6.1)	6 (4.9)	34		

Age of Child						
13 Years	77 (42.5)	118 (39.7)	54 (44.3)	249	0.847	0.655
14 Years	104 (57.5)	179 (60.3)	68 (55.7)	351		
Sex of Child						
Male	126 (69.6)	174 (58.8)	74 (60.7)	374	6.008	0.050[*]
Female	55 (30.4)	123 (41.4)	48 (39.3)	226		
Birth Order of Child						
First	101 (55.8)	160 (53.9)	66 (54.1)	327	7.588	0.270
Second	68 (37.6)	106 (35.7)	39 (32.0)	213		
Third	12 (6.6)	23 (7.7)	13 (10.7)	48		
Forth	0 (0.0)	8 (2.7)	4 (3.3)	12		
Type of Family						
Nuclear	120 (66.3)	172 (57.9)	73 (59.8)	365	3.456	0.485
Joint	58 (32.0)	118 (39.7)	46 (37.7)	222		
Extended	3 (1.7)	7 (2.4)	3 (2.5)	13		
Religion						
Hindu	152 (84.0)	237 (79.8)	102 (83.6)	491	4.475	0.613
Muslim	15 (8.3)	32 (10.8)	7 (5.7)	54		
Christian	2 (1.1)	2 (0.7)	2 (1.6)	6		
Other	12 (6.6)	26 (8.8)	11 (9.0)	49		

Table 1shows that, there is no significant association between perceived stress scale and some selected demographic variables of the secondary school students except for sex of child.

There is significant association between perceived stress scale and sex of the secondary school students at 1% level of significance.

There was no significant association between perceived stress scale and some selected demographic variables Occupation of mother, father, Monthly Family Income, Habits of Father, Age of Child, Birth Order of Child, Type of Family, Religion, education of mother, father and type of family.

DISCUSSION-

In this study 122(20.3%) students were having perceived stress at high level, 297 (49.5%) at moderate level, 181(30.2%) at low level.

These results are supported by Bisla Preeti[5]in her study she found Most of scholars were having high stress level.

The study conducted by Rao AS.[6]in Chennai to assess the educational stress and adolescent distress. The findings were showed eighty three of scholars face high stress.

It was noted by Dr. K. B. Chothani[7] that Students of English medium college have high educational Stress than Gujarati medium school students. He has done study on educational stress and adjustment among Gujrati and English Medium school students.

Similarly A study supported by J. A. Akande[8] et al within the Federal Capital Territory (FCT) Abuja shows that secondary school students had a medium level of stress.

There is significant association between perceived stress scale and sex of the secondary school students at 1% level of significance.

Kamal Upreti[9]studied stress among adolescents Based on the average score of stress there is no significant difference in stress experienced by adolescent boys and girls.

Tajularipin Sulaiman et al [10] Studied the Level of Stress Among Students in Urban and Rural Secondary Schools in Malaysia. Using the t-test, the findings of the study also indicated that there are significant differences in level of stress for gender.

Similarly such study conducted by Huan et al[11] studied the influence of dispositional optimism and gender on adolescent's perception of academic stress. The findings of this study reveal that gender was not a significant predictor of stress.

There is no significant association between perceived stress scale and some selected demographic variables of the secondary school students except for sex of child.

It was noted by Shilpa Taragar[12] that there was no significant relationship between selected demographic variables and stress.

CONCLUSIONS

It is concluded that from 600 secondary school students 419 (69.83%) students are having moderate to high level of stress.

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