



# PROLOGUE OF ENGLISH MEDIUM AND PSYCHOLOGICAL STRESS AMONG STUDENTS: A Study in Visakhapatnam, India

**DIVYA SREEDEVI CHAPPIDI**

Research Scholar Department of Sociology Andhra University Visakhapatnam, A.P

*"The man who knows no Foreign Language knows nothing of his mother tongue"*

--- -- Goethe

## **ABSTRACT**

*In Indian history the problem of English Language and Medium is not a new phenomenon and its argument has been debated since the British reign in India. In 1813 Lord Macaulay was strongly implementing English as the Medium of instruction. He stated that Indians should be taught in English even if they showed no interest in it, because their regeneration was possible only through English education. In this context William Bentinck, Warren Hasting and Raja Ram Mohan Roy also advised his countrymen to learn English. Thus, English serves as the best tool for international communication. So, Lord Macaulay (1835) rightly concluded that English has become modern. The works of great men like Spenser, Milton, John, Keats, William Shakespeare, John Stilton and Dickens would delight any reader. English has a rich vocabulary. In English, plenty of scientific and technical terms and words are used. It is a known fact that the traditional methods of teaching have failed to generate the required behavioral outcomes, abilities and needed to facilitate the learning of curricular subjects. It should give enough scope for developing a learning environment among Telugu Medium students. To overcome the problems faced by students, psycholinguistic principles play a vital role in second language learning. In order to rectify the above-mentioned problems, the researcher has decided to employ the psycholinguistic principles that will promote and improve writing competency and make students become effective and productive learners. Designing psycholinguistic principles that focus on both cognitive and social development is a theoretical and a practical challenge*

**Key words:** implementation; phenomenon; regeneration; countrymen; communication; curricular; Psycholinguistic; competency; vital role; cognitive.

## **Introduction:**

Language is an essential part of human life. It is the method of communication. It is man's greatest achievement that distinguishes the human being from animals. Man is therefore rightly called a 'talking animal', Birds, insects and animals produce particular sounds in particular occasions but the sounds cannot be called Speech. One observes various things in the world, meets different kinds of people and uses various words, sentences, and phrases etc., to communicate with others. It is only through the language that human beings can learn, think, feel, and express their Language helps past cases to be true in terms of the present. Language is one of the most important and characteristic forms of human behavior. The English word language is derived from the Latin Word, Lingua which means tongue Lingua is a special form of speech one can recognize by its usage 'Language', 'Parole' and 'Language are French terms and bear an impression on the word "Language". Language is a complex phenomenon associated with the vocal and auditory communication of emotions, ideas, thoughts, and feelings of human beings. 'Parole' is speech an individual speaks, expresses his emotions, thoughts, desires, feeling etc., In a social atmosphere, 'Parole' is associated with the individual side of language. In a broader sense, one can say that language is a means of expressing

thoughts, feelings, ideas etc. of a person.

It is a known fact that in our motherland, English Language is taught in all the states from Kashmir to Kanayakumari as a Second Language/ Third Language as it is taught in the local state of Andhra Pradesh. The following are some of the reasons for the preference of English.

1. It is acclaimed as International Language,
2. It is a foreign language which has a long association with Indian people.
3. The results of VII, VIII, IX standard have shown that Telugu medium students are failing in the public examinations mainly in English.
4. Finally, it is the Language of World Technology.

Hence, the investigator himself being a teacher of English, planned to study the causes for such many failures of Telugu medium Students in English Language. Now in the beginning of a new century, a new millennium that is witnessing profound social, economic, and political changes taking place at the state level, national and international level.

“Every individual has a right to have education that will enable him/her to develop his/her faculties and live a full human life. Such an education is the birth right of every citizen. A state cannot claim to have discharged its duty till it has provided every single individual the means of the acquisition of knowledge and self-betterment.”

That is why the present study was necessitated by the investigator’s serious concern about the poor performance of some of his students in English despite his sincere efforts to improve their lot. An analysis of the various factors that could possibly be the reason for the defective learning ability of the student made the investigator arrive at the assumption that English has become a totally strange Foreign Language like French, or Russian though the country has strong bonds of association with English for more than 300 years.

#### **Nature of Education:**

Education is a social process on which foundation one should like to build a strong nation. Education aims at refining one’s sensitivities and perceptions that contribute to national solidarity, scientific attitudes, and independence of thought and also to help one to hold a firm belief in achieving the chosen goals. As Dr. S. Radha krishnan puts it, everything that exists suffers from change.

#### **Importance of Education:**

Education teaches a man how to face adversities and stand up to them and how to conduct oneself during periods of prosperity without losing one’s head in pride. Education makes a child honest. Ruskin observes in “Time and Tide”: “To make your children capable of honesty is the beginning of education”. Education is an effective tool for eradicating the evils of ignorance and superstitions prevailing in the society. The children of a society are developed into a balanced personality by inculcating in them social values— aesthetic, physical, socio-cultural values and the sustaining traditions of society which are passed on to the successive generations after their lives, ensuring the continuity and perpetuation and advancement of culture.

#### **Importance of English Language:**

In fact, English is now no longer the language of the English people only. It has become an international language. It is a language which is understood in most of the world. Even those countries which have no connection with England or the English people are also now learning English very fast.

#### **Position of English Language in India:**

Looking at the present scenario of English language in India, it is undisputedly true that the knowledge of English language is a concrete legacy of England to India. English, in fact, has now come to stay so permanently that Indian communication network in any form depends largely upon the knowledge of English language, the result of which is, in addition to wider communicability within India, India has at present established international communicability as well.

#### **Need for English Teaching in India:**

English serves as the best tool for international communication by accident of history and by rapid spread of individual development, science and technology, international trade and by explosion in the speed and ease of travel, English has become a world language. It is said that about 300 million people use English as their first language and about 300 million people know it. People belonging to different countries can exchange their ideas and views through English.

Lord Macaulay (1835) wrote with boundless assurance and mighty eloquence: “We must educate a people who cannot at present be educated by means of their mother tongue. We must teach them some foreign languages. In India, English is the language spoken by the higher class of natives at the seats of Government.

#### **Role of English Language in India:**

When the British ruled India, English became the language of trade and the knowledge of English became a necessity for commercial transactions. The East India Company needed to work in their commercial house.

Later the British Government was also in need of Indians to work as clerks and in the other lower posts in the Government. Therefore, many Indians came forward to learn English in order to earn their daily bread.

Study of language at school stages forms an important aspect of school curriculum. The importance of the role of language in the learning process cannot be underestimated. Language plays a key role in unifying a vast complex. Children will start developing language ability at home. But school must be a place where children use language in many ways.

### **The English Language and Psychology:**

The principal concern of the psychology of language is to give an account of the psychological processes that go on when people produce or understand utterances, that is, the investigation of language performance, but one of the ways of investigating this is to try and understand how people acquire such ability. This is the study of language acquisition. It is important, if we are to prejudge the issue, to make a distinction between language acquisition and language learning. Language acquisition takes place in the infant and the young child at a time when he is acquiring many other skills and much other knowledge about the world. Language learning, i.e., learning a second language, normally starts at a later stage when language performance has already become established and when many other physical and mental processes of maturation are complete or nearing completion. Language performance and language acquisition, are the two principal concerns of the psychology of language, or to use the more recent term for these studies, psycholinguistics. The much-intensified study of psycholinguistics in recent years has produced a considerable amount of literature and some significant advances in our understanding of language acquisition. The same cannot be said about the study of language learning.

### **Language is the Dress of Thought-Johnson.**

#### **Major Psychological Stressors:**

Even very pleasant events can be stressors. Sometimes an increased salary with promotions may be desirable. The events and situations most likely to be associated with stress are unpleasant ones. These involving frustration, pressure, trauma, conflict or change and change can also be major stressors.

- (a) Physiological Stressors
- (b) Psychological Stressors
- (c) Social Stressors
- (d) Socio- Economical, political, and environmental Stressors
- (e) Family and Interpersonal stressors

#### **Coping of Stress:**

Just as people with extra money in the bank can weather a financial crisis, those with stress-coping skills may escape even the harmful effects of intense stress. Like family money, the ability to handle stress appears to come naturally to some people, but coping can also be learned.

- (a) Time management
- (b) Increasing intensity of relaxation
- (c) Decrease frequency of stressors
- (d) Be realistic
- (e) Result self-talk
- (f) Divide the stressor

#### **Causes of Mental Stress:**

One of the norms of science is that any incident is related to another incident. The conditions surrounding mental stress are very complicated. The causes of mental-stress are single centered. In similar conditions, one person is faced with abnormal mental stress. In another person, this may create ordinary mental stress. While in yet another it may not result in any mental stress. On the contrary, it could create happiness.

Any research starts with curiosities and questions about a given phenomenon or a set of phenomena. Systematic attempts are made to explore, analyze, and understand the issues under question through suitable conceptual and methodological tools. The process of inquiry and the analytical tools are to a great extent relative to the specific domain of concern, and the conceptual, methodological, heuristic, and pragmatic goals of the research. In present research, we can find out the Stress level and psychological wellbeing of Students. We all know that students must deal with so many tasks so they are always confused. They did not understand because they just left their school education and entered a totally different atmosphere. Many students must live in hostels very far away from their home so they must face so many difficulties which are not facing at home living students. So, these researchers find out these kinds of difficulties and suggest various remedies for students.

**Norms:**

Percentile norms for Stress Scale for Adolescents have been developed. For this purpose, the scale was administered on a large sample of adolescents, which the subjects from both sexes participated. Percentile norms for both groups were developed separately as their t-ratios were found to be significant.

**English Language and Ability:**

Language is certainly the most important form of communication among human beings, though successful non — linguistic means of communication like shrugs, head - shakings and so on are examples for nonlinguistic means of communication.

**English language is Salt of Life:**

It is impossible to imagine life without language. Such a life would be as tasteless as salt- less food. Life may offer color and variety. But man will remain dull and dumb if he is not able to communicate / share his feelings and expressions with others. Non-verbal communication is possible to a certain extent only.

**Research Methodology:**

**Rationale of the Study:** The most important task of education for the future is to improve the standards of the learners. In improving the above factor, one has to concentrate on writing, because it is a fact that the study of writing has an old and rich tradition and over the centuries among Telugu Medium teachers who have accumulated a great deal of knowledge.

**Scope of the Present Study:** The present study thus tries to identify the implementation of English medium in government high schools for the VIII and IX class students studying in Visakhapatnam, and to suggest certain remedial measures to overcome the problems or hindrance encountered by them.

**Statement of the Problem:** It is a known fact that the traditional methods of teaching have failed to generate the required behavioral outcomes, abilities and needed facilities to learn curricular subjects. Knowledge of the recent development will help the teacher in making his/ her teaching more effective and increase his/ her efficiency as classroom functionary. Such a background will solve Telugu medium student's problems. This will also enable him/ his to organize teaching activities and select psycholinguistic principles such as instructional design and teaching models

innovate appropriate principles and techniques. It should give enough scope for developing a learning environment among Telugu Medium students. Effective teaching depends on the evolution of innovative strategies and methodology of teaching. Teaching is a process by which the teacher and students create an interactive environment, in such a way that the students become effective and productive learners.

**Research Questions:**

1. What is the level of writing competency of VII, VIII and IX Telugumedium learners.
2. What is meant by psycholinguistic principles? And how could they improve the writing competency of Telugu Medium learner's skills significantly?
3. What is the role played by psycholinguistic principles in enhancing writing competency of high school learners?
4. Could psycholinguistic principles be enhanced for enhancing writing competency?
5. If so, to what extent psycholinguistic principles are effective in improving writing competency among Telugu Medium students?

**Objectives of the Study:**

The following objectives were framed in order to carry out the investigation.

1. To identify the problems faced by the Telugu Medium students in writing English language.
2. To assess the level of writing competency of the Telugu Medium high school learners.
3. To analyze the importance of implementation of psycholinguistic principles in enhancing writing competency among Telugu Medium students.
4. To implement the psycholinguistic principles in enhancing writing competency.
5. To study the effect of psycholinguistic principles in enhancing writing competency among Telugu Medium students.
6. To find out the significant relationship between the implementation of psycholinguistic principles and the enhancement of writing competency.

**Hypothesis of the Study:**

The following Hypothesis were framed in order to carry out the investigation.

1. To study the problems faced by the students in following the English language.
2. To find the factors affecting introduction of English medium in Telugu medium schools

3. To study the level of understanding competency of the Telugu medium high school learners.
4. To test the methods adopted by the teachers in classroom during the time of teaching English
5. To find the status and importance of teaching in English medium in high schools

**Sample Location:** The present investigation was conducted in Z.P high schools recognized by the Government of Andhra Pradesh located at Visakhapatnam city.

**Selection of Sample:** For the present study all the 500 students from VIII and IX standard formed the sample of the study selected from three government high schools in Visakhapatnam district, and for the study 100 teachers to be selected.

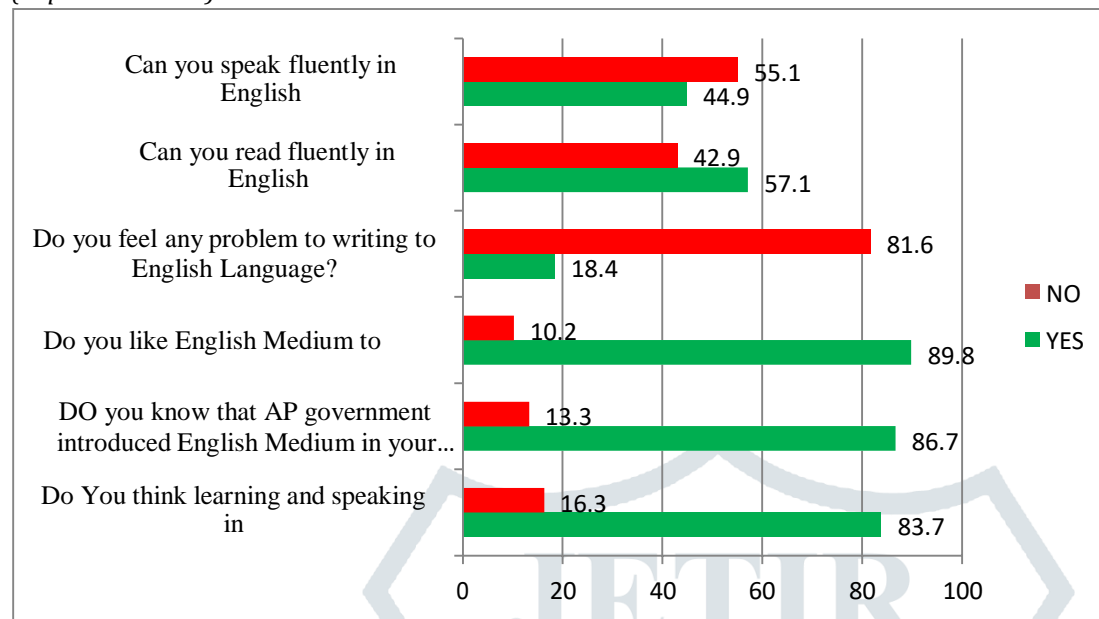
**Methodology of the Study:** The present study adopts certain modern methods and approaches available in the field of linguistics in general and applied linguistics. The Questionnaire method, for the present task, has been prepared for teachers and parents and the students have been tried out in the field through guidance. Interview scheduled method also was adopted to carry out the study and used to elicit data from the students of both boys and girls through the interview method. Along with these two-methods observation technique was followed with the aim of filling the gap in the corpus.



**DATA ANALYSIS**

Table: 1  
English Language Fluency, Writing, Medium

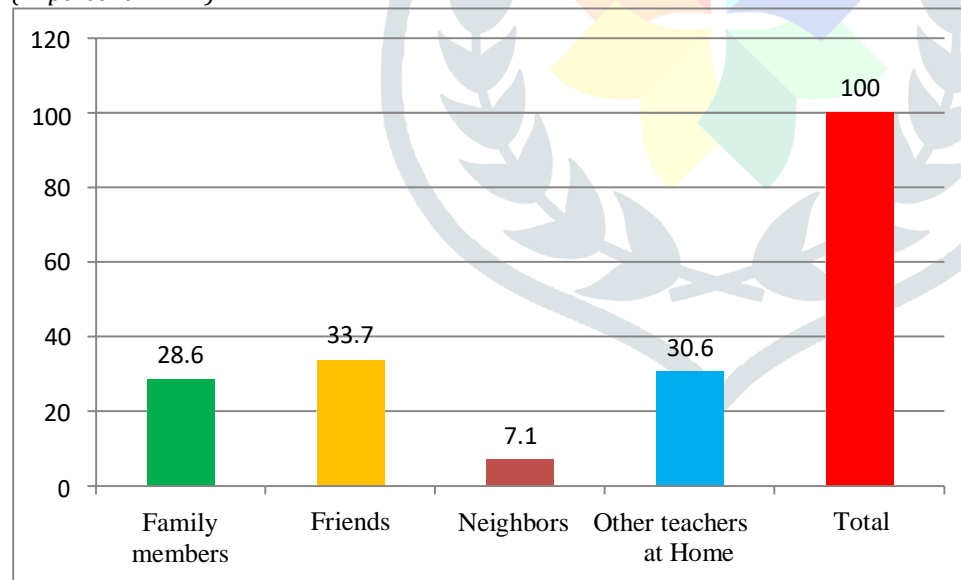
(In percent N=98)



The above table indicates that speaking, reading and writing fluently in English language and it indicate that liking and speaking English language is an important for students

Table: 2  
Student Seeking Help from Family, Friends, Others

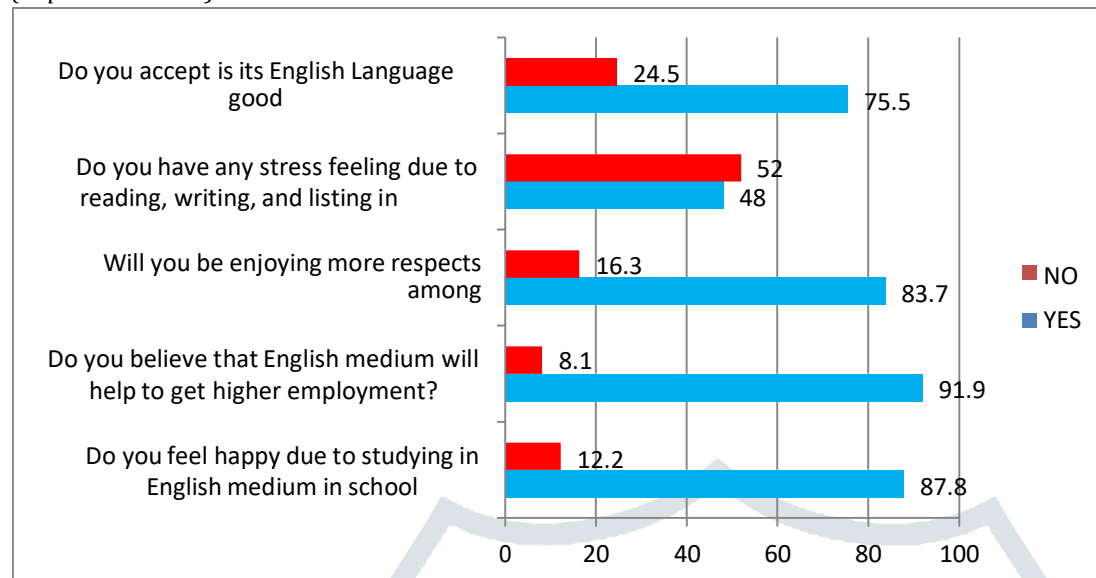
(In percent N=98)



The table indicates that students get help for doing their homework by the family members, friends, neighbors, other teachers at home and indicated in percentages.

Table: 3  
English Medium and Opinions

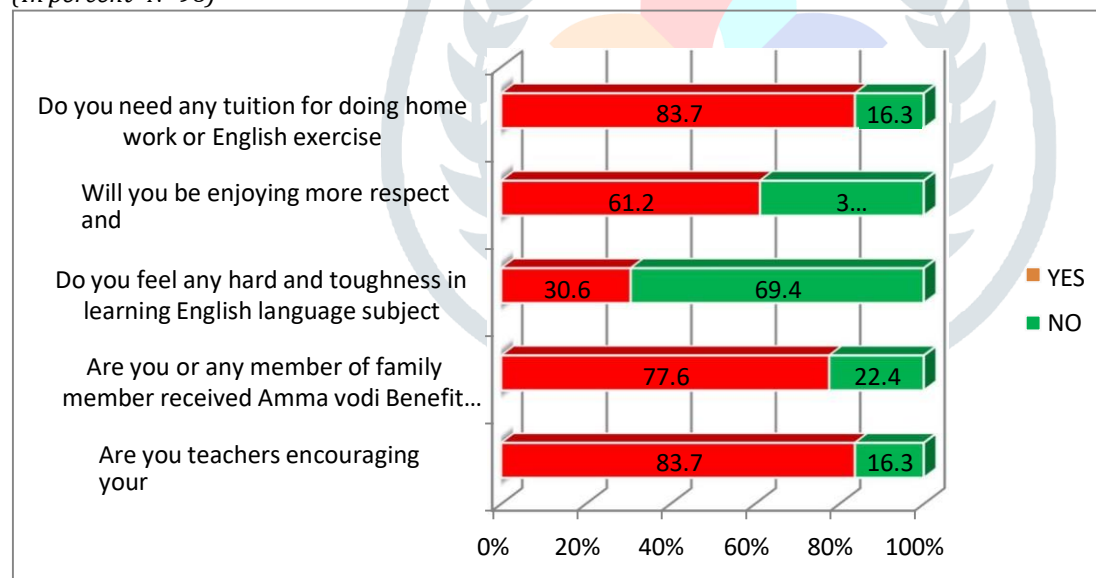
(In percent N=98)



The table indicates that English language is more help to the poor students and stated about their stress in reading and writing and listing in English. And, it indicates that the use and help to getting higher education chances due to English language and the students stated they are very happy to study in English medium.

Table: 4  
English Medium and Problems in Learning Language

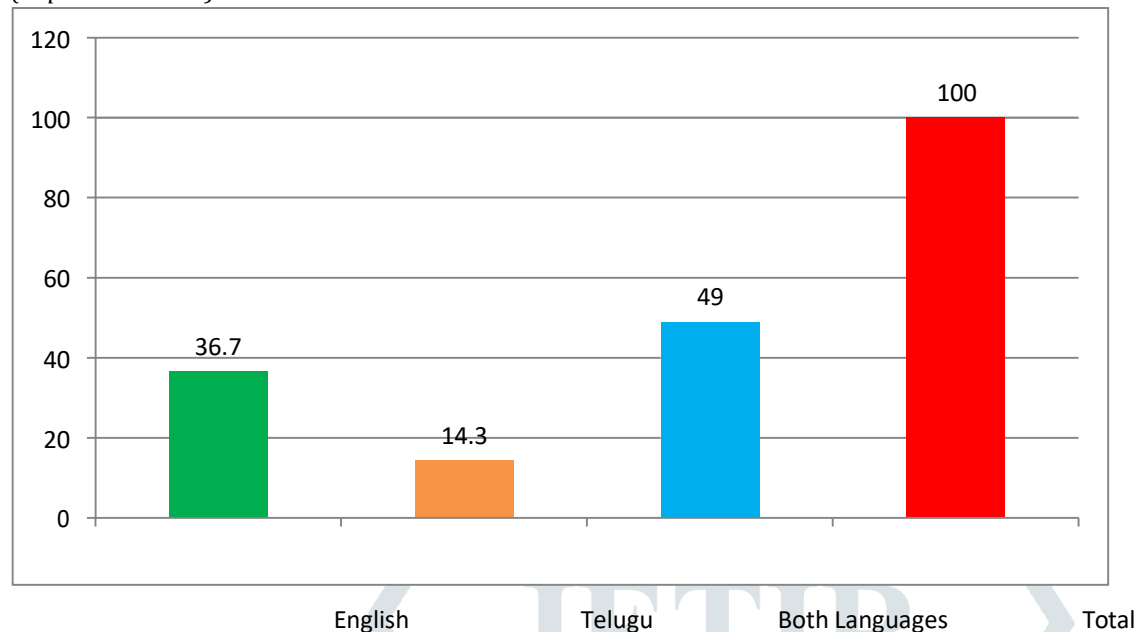
(In percent N=98)



They indicate the need for help in doing homework at home and it indicates they will get respect due to study in English medium school. The table indicates that many of their students Amma vodhi received and the teachers encouraged the students to study in English medium schools.

Table: 5  
Choice of Teaching in English or Other Languages

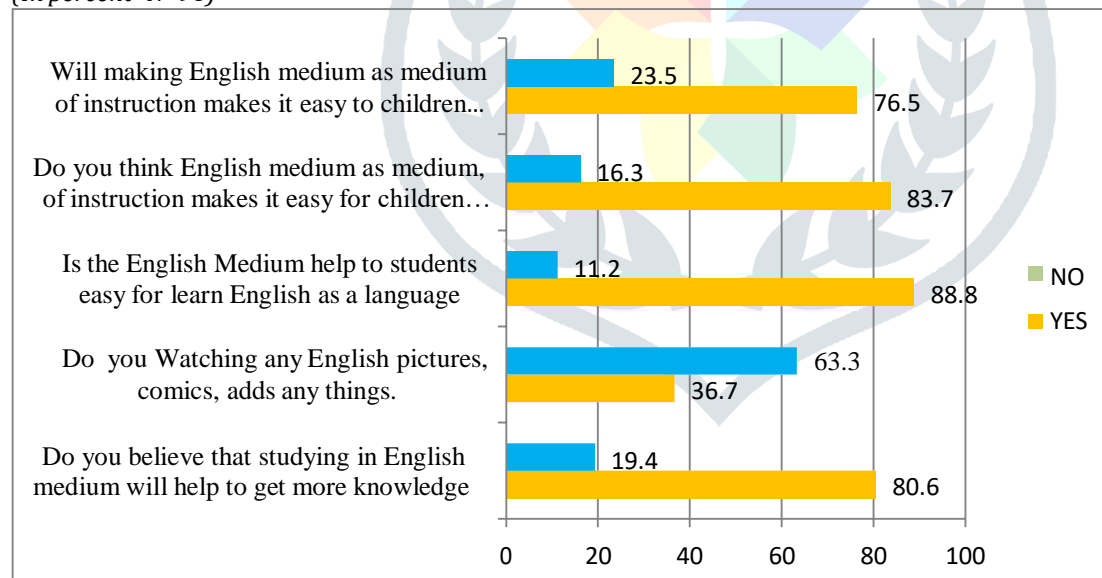
(In percent N=98)



The table indicate that the teaching in English medium, only mother tongue and both languages are important stated by the students in schools

Table: 6  
English Language Benefits and Influence of Media

(In percent N=98)

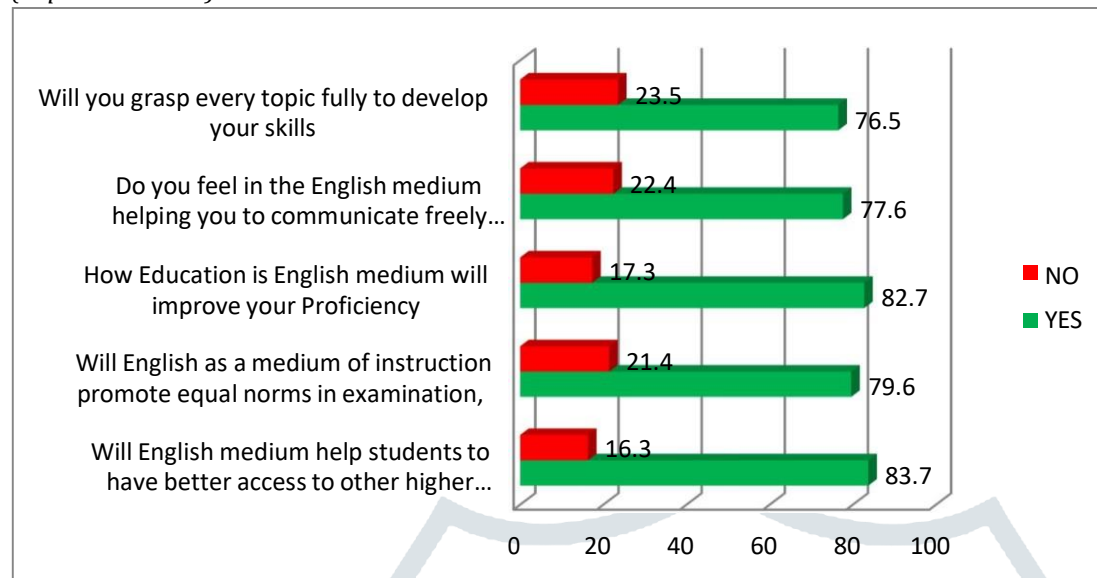


The indicates that the English medium as medium of instructions makes many benefits and it indicate English will help to students easy for learn English and watching English programmed help to improvement of English language.



Table: 7  
English Medium Language help to Communication

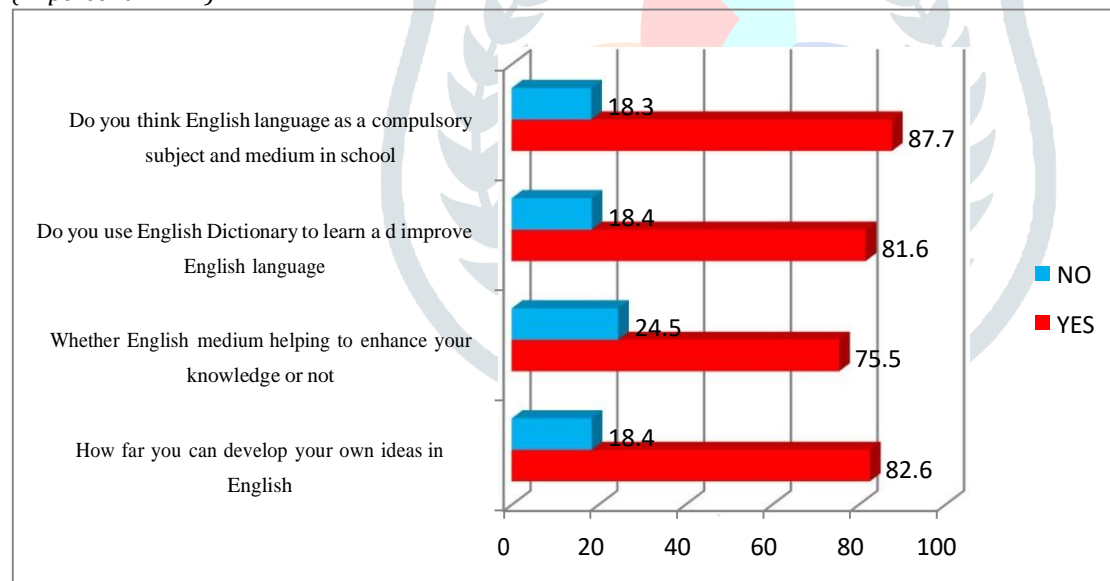
(In percent N=98)



The table indicates that the English language will help to develop skills and help to improve communication and proficiency. The table indicates equal opportunity with others and students will get better access to like others.

Table: 8  
English Language and Knowledge

(In percent N=98)

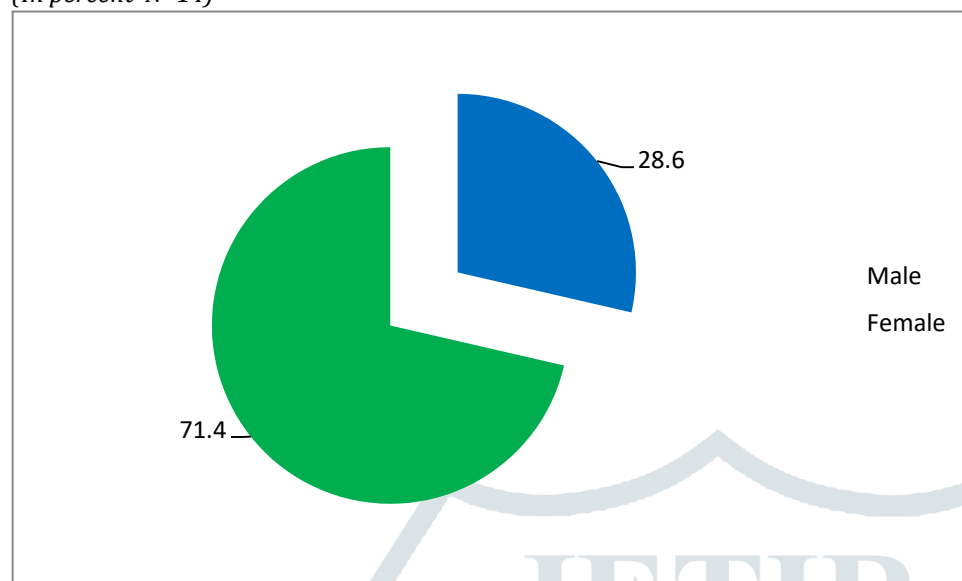


The table indicates that students accepted that English should be compulsory in medium and most of them used a dictionary. The table indicates help to develop their knowledge and develop the ideas in English skills.

**TEACHERS DATA**

Table: 9 Gender

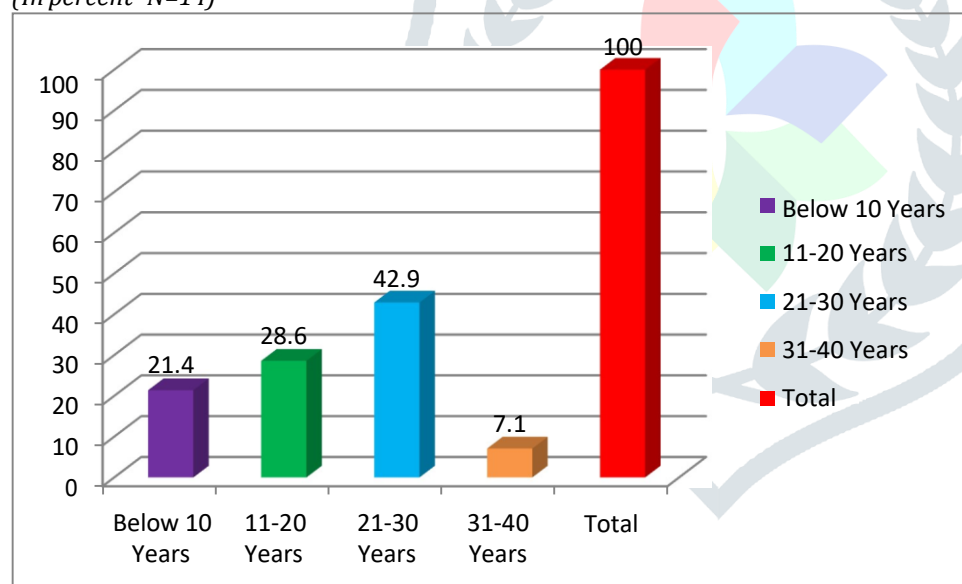
(In percent N=14)



The table indicates the percentage of male and female teacher who are working in different schools in Visakhapatnam

Table: 10 Teaching Experience in Years

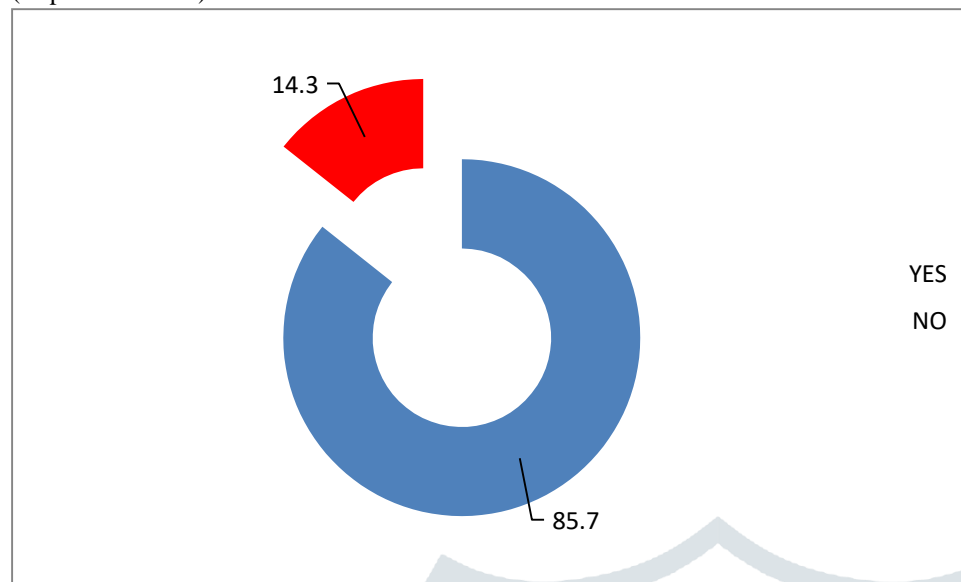
(In percent N=14)



The table indicates that the teaching experience is more in 21 to 30 years of age group teachers and teachers already taken training for English language

Table: 11 Do You Think Teaching in English Language is an Art

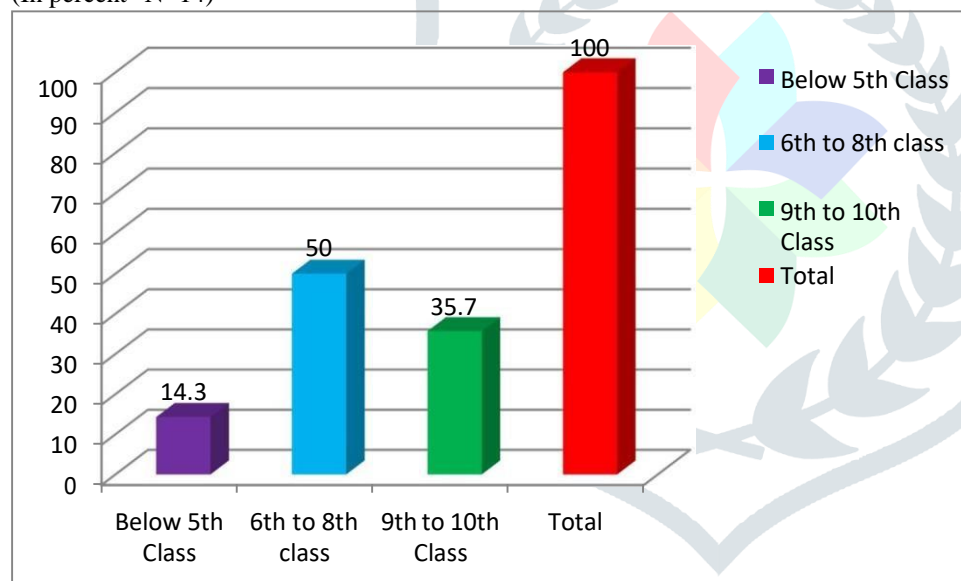
(In percent N=14)



The table indicates that most of the teachers stated that teaching is considered as an art especially in teaching language

Table: 12 From Which Class Your English Subject is Taught

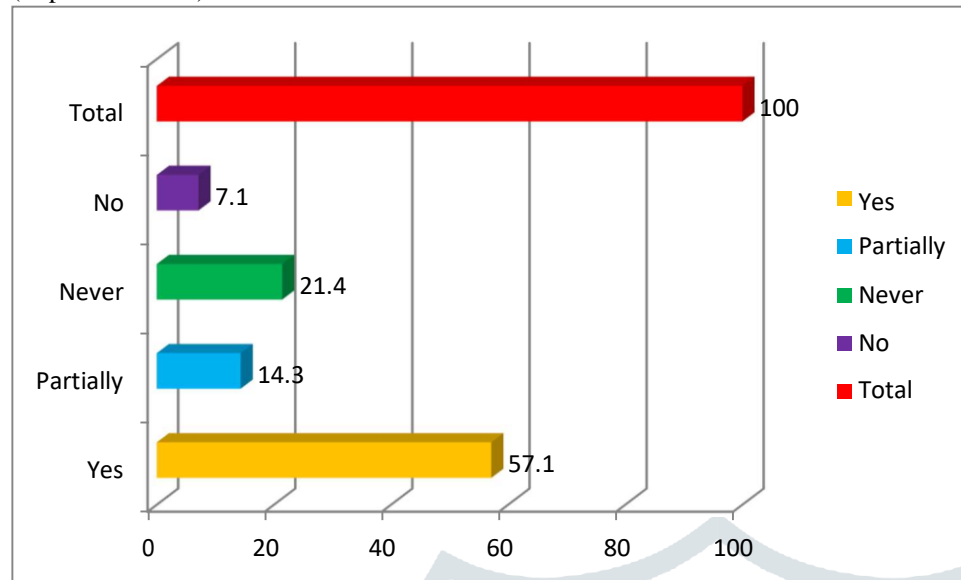
(In percent N=14)



The table indicates that most of the teachers started teaching in English for 6<sup>th</sup> to 8<sup>th</sup> class students and next to the 9<sup>th</sup> and 10<sup>th</sup> class students

Table: 13 Do You Think Bilingual Method is the Bestway to TeachEnglish

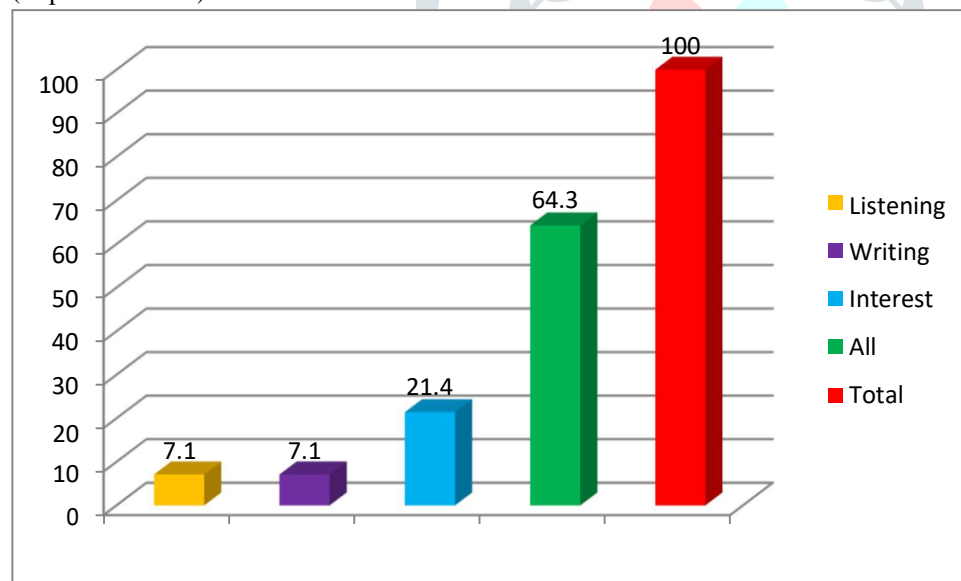
(In percent N=14)



The Table indicates that most of the teachers expressed that bilingual teaching is better for students to more understanding and clarity in some subjects

Table: 14 What Kind of Skill in Student is the Best Motivate According to While Learning EnglishLanguage

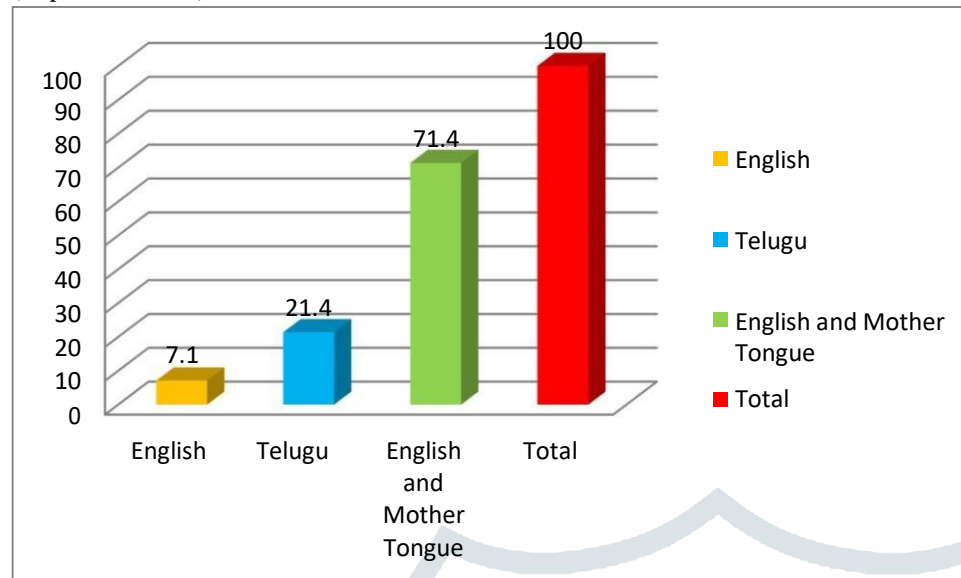
(In percent N=14)



The table indicate that listening, writing and interest is the important skills to improve the best methodto motivate the students

Table: 15 In Interaction with The Students Which Language You Prefer to Speak with Them

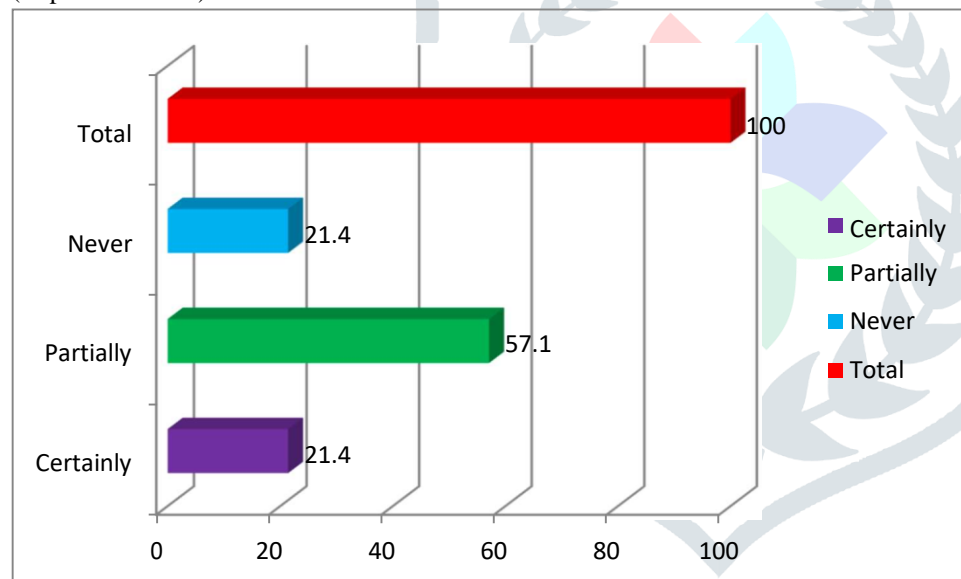
(In percent N=14)



The tables indicated that the students and teachers communicate in both languages and their feeling is sometimes it is comfortable to express in their mother tongue.

Table: 16 Do you think Mother Tongue Medium Students are Face Difficult to Understand and Poor in English

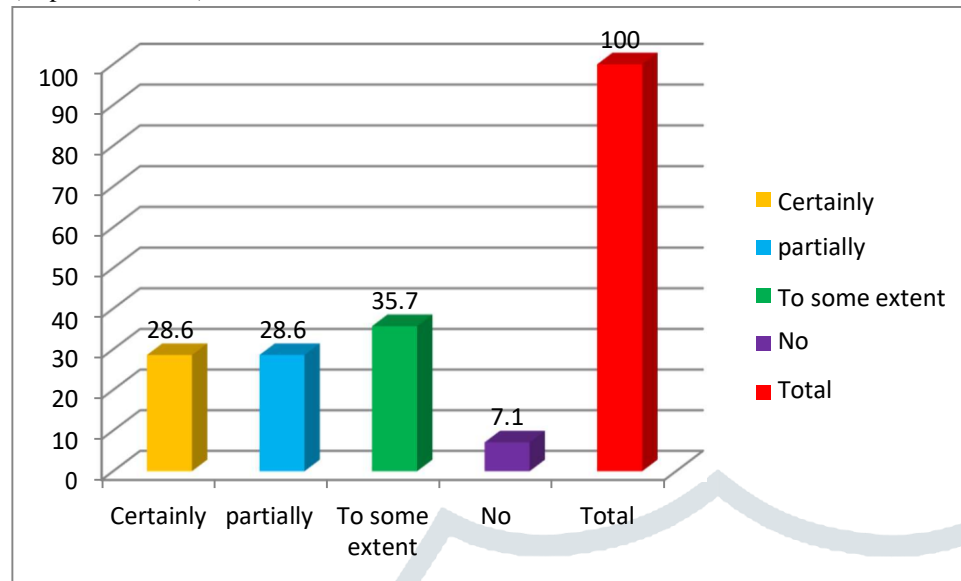
(In percent N=14)



The table indicates that the students partially indicate that the students partially poor to understand the English language but they can manage to understand the subjects

Table: 17 Do You Think the Parents of Mother Tongue Medium Students Do Not Take Proper Care About Their Children Studies Due To Parents Are Poor In English

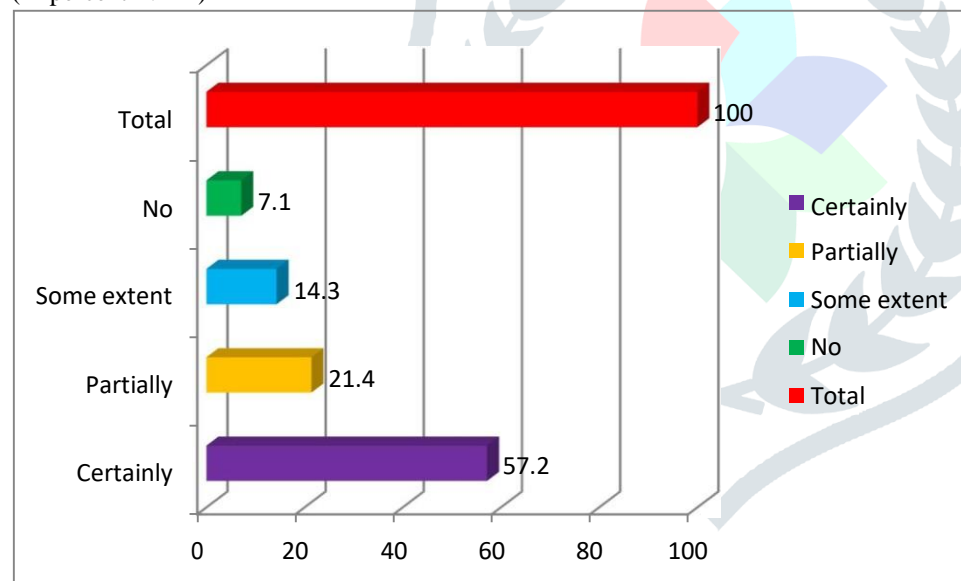
(In percent N=14)



The indicates that the parents cannot take care but to some extent they try to extended to cooperate fortheir children

Table: 18 Do you think you Receive Adequate Training in English Language Teaching

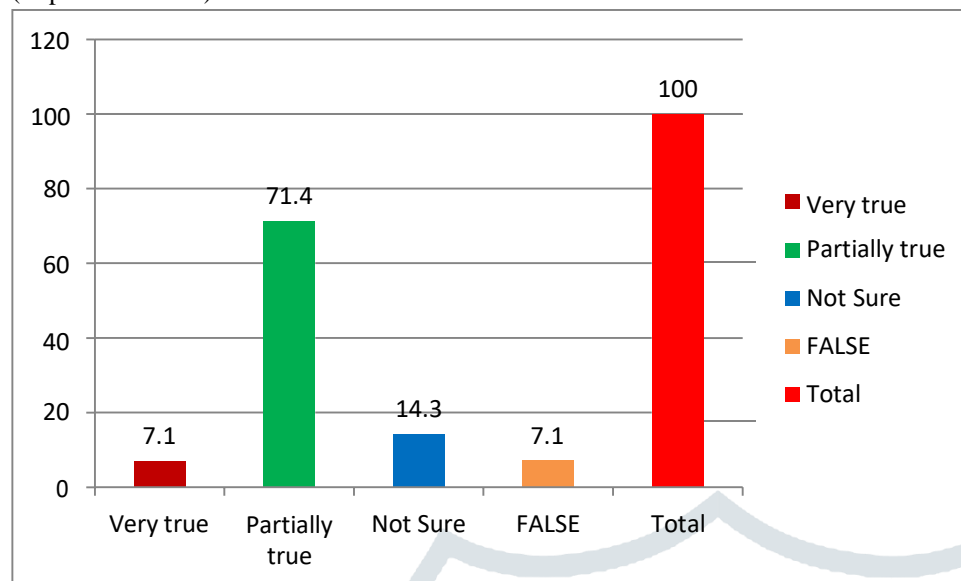
(In percent N=14)



The tables indicate that the trading for teachers in teaching is English medium is taken and satisfied with the training certainly

Table: 19 Do you think Due to Poor Background of Students Their Performance is also Weak in Studies

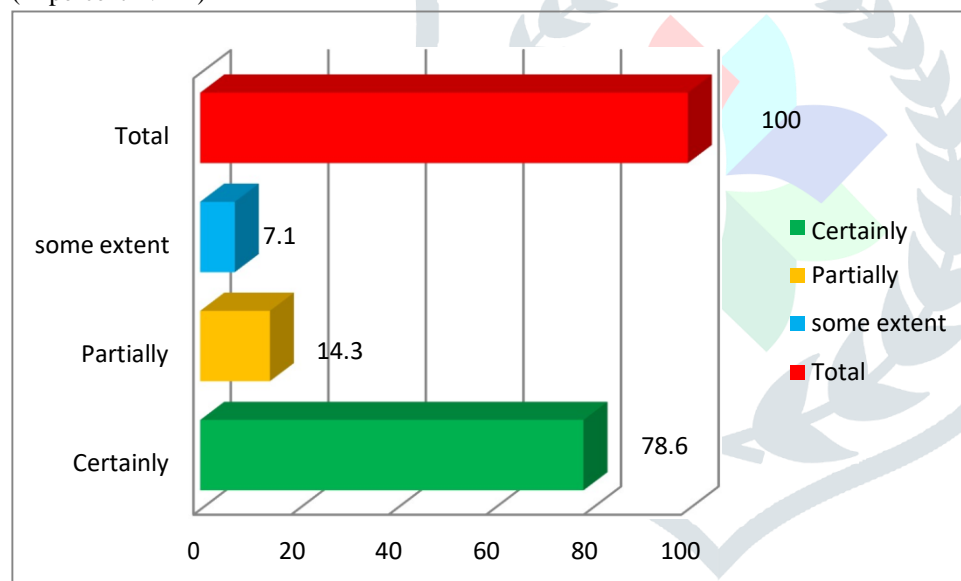
(In percent N=14)



The table indicates that the poverty of the family where the students are poor is considered as partially true. The table clearly says that there is influenced between education and poverty of the family

Table: 20 Do You Think the Present Curriculum English Language Encourages All Skills in English Skills In English Subject

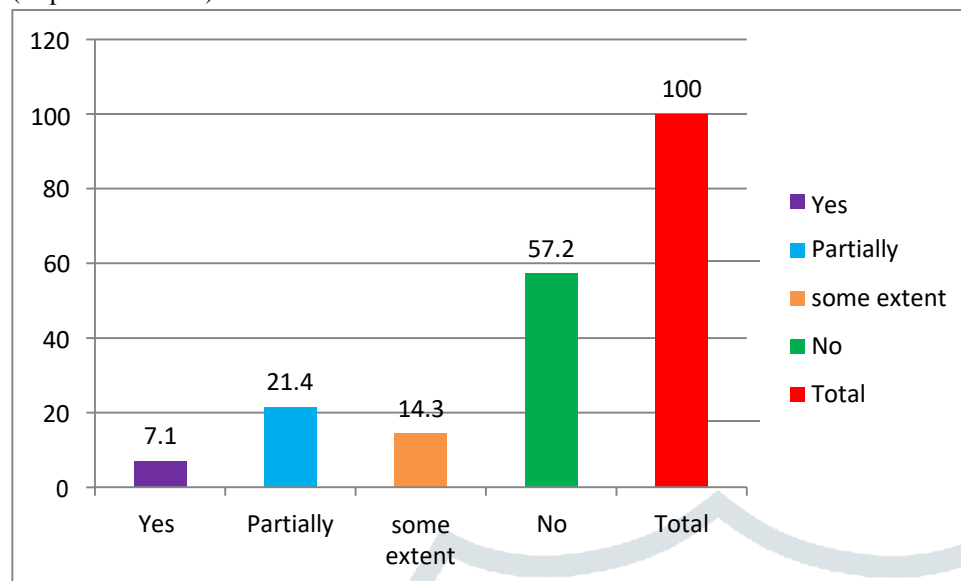
(In percent N=14)



The table indicates that the present syllabus encourages the English language will help to the development of skills in English language

Table: 21 Do You Face Any Problem While Teaching English in Crowded Classroom

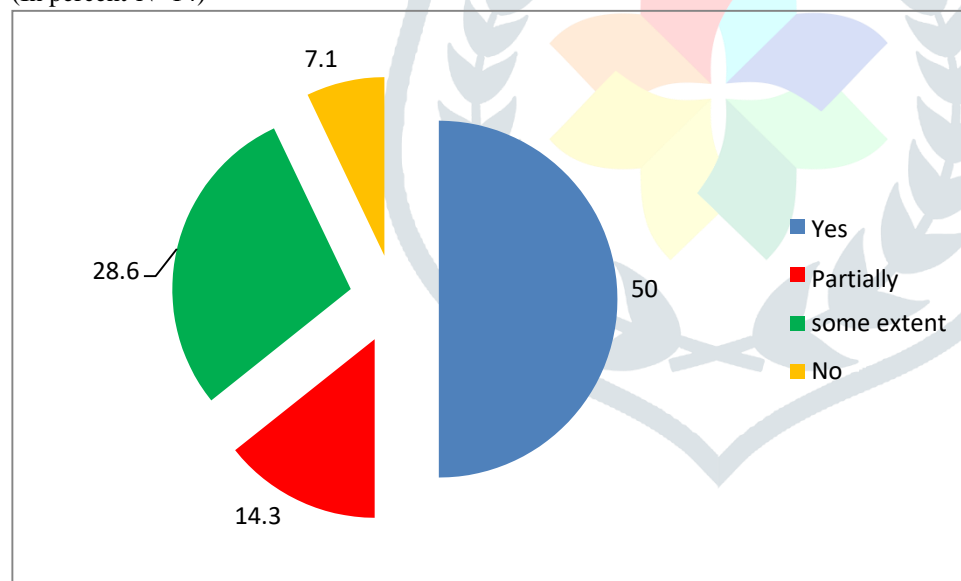
(In percent N=14)



The table indicates that while teaching in English language most of the teachers not have any problem even, they are teaching in crowded classes

Table: 22 Do You Think New Appointment of Teachers Should Be Made Purely On The Basis Of Merit And Fluency In English Language

(In percent N=14)

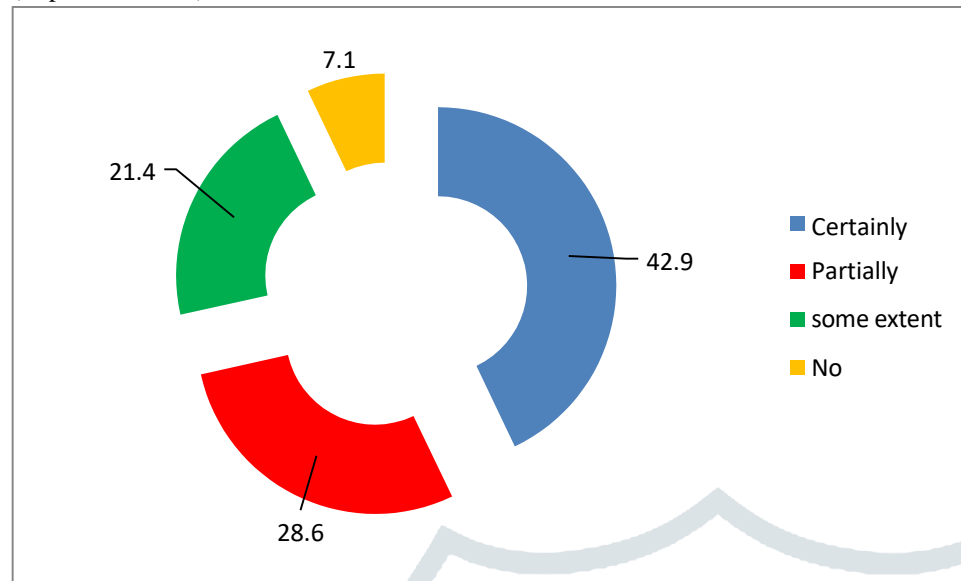


The table indicates that the appointment of teachers is purely based on merit and fluency in English language. The table explain most of the teachers accepted the merits are very important



Table: 23 Do You Get Sufficient Extra Hours or Time to English Language Teaching

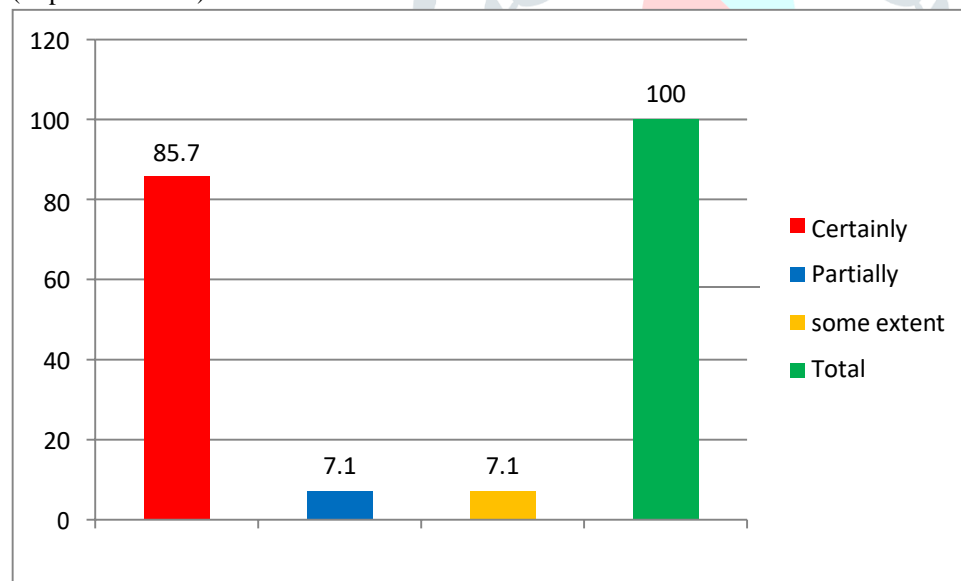
(In percent N=14)



The table indicates that there is sufficient extra time or hours to help to learn English language in a better way and most of them accepted this statement.

Table: 24 Do You Prepare Lesson Plan for English Language Teaching

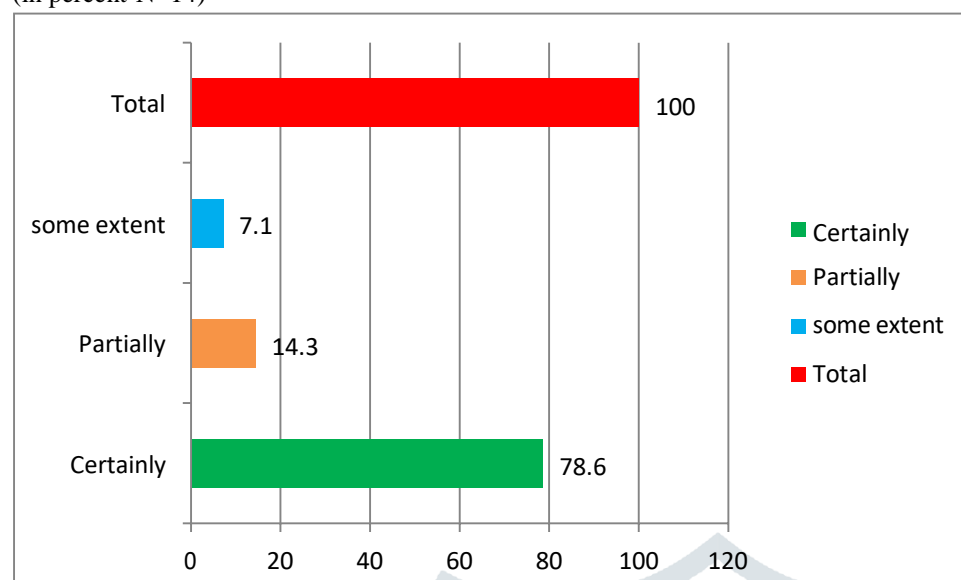
(In percent N=14)



The table indicates that most of the teachers preparing the teaching plans and it is sure 86 per cent of the teachers accepted this fact

Table: 25 Do You Accept and Encourage the Decision Of Government About English Medium In Schools

(in percent N=14)



The table indicates that most of the teachers encourage the government decisions about the introduction of English medium and nearly 80 per cent of the teachers certainly accepted the statement

### Conclusion:

Language is one of the most important and characteristic forms of human behavior so learning a language is an asset. It is a human activity. English being a world language, its learning is indeed essential as it facilitates international communication in English Language. Achieving writing competency is one of the main aims framed in the study. The present investigation reveals that the writing competency of the learner can be improved with the help of psycholinguistic principles. The focus of the implementation on writing competency brings effective thought and effective communication. Thus, this investigation paved a path for the Telugu Medium High school students to improve their written communication with the help of psycholinguistic principles. The achievement level of the learners can be enhanced by the implementation of psycholinguistic principles and psycholinguistic researchers on Second Language Acquisition (SLA) have proved that the implementation of psycholinguistic principles is an important component of communicative ability and academic success. Thus, the above-mentioned principles in force the role of the teachers to cater to the needs of the learners. Students' involvement and interest will be more if the grammatical categories and Glossary are taught through the implementation of psycholinguistic principles.

The teaching of English at secondary level has undergone a remarkable change particularly during the last three decades. In tune with the changing nature of the status of English, there has been a corresponding change in 'ten 'Methods' and Materials was teacher centered with the teacher as the focal point and English Language Teaching (ELT) revolving around the teacher. In the 1970's due to development of linguistics and advancement in the fields of psychology, the learner became the center of ELT. Curriculum and syllabus designers began to take into consideration the learners' needs and aspirations. Since 1980, because of the Second Language Acquisition (SLA) and the different ways in which each learner acquires his/ her language, the innovative teaching and learning process is perceptible. It is also observed that neither the teacher nor his method adopted in the teaching of English has been ignored. Efforts are taken to benefit the learners by means of innovative approaches in the teaching of English.

Education is a social process on which foundation one should like to build a strong nation, self-sufficient in economy, not corrupt in character and scientific in thinking. Education with an English background provides an apprenticeship for life as an accelerating agent. Infact, English is no longer the language of the English people only. It has become an international language. It is a language which is understood in most of the world. Even those Countries which have no connection with England or the English people are also now learning English very fast. In this regard India is placed in a very fortunate position as most of the educated people here know English. Japan, China, Myanmar, and Countries of the Middle East are now making all efforts to promptly learn the English language. In this way, one can see that English has a very important role at the high school level and it plays a key role in the National and International affair of India. It is also a very important link for forming the national unity in India between Northern and Southern states. English also belongs to the same Indo —European language family to which Sanskrit and Hindi belong.

Thus, English serves as the best tool for international communication. So, Lord Macaulay (1835) rightly concluded “English has become modern. The works of great men like Spenser, Milton, John, Keats, William Shakespeare, John Stilton and Dickens would delight any reader. English has a rich vocabulary. In English, plenty of scientific and technical terms and words are used. It is a known fact that the traditional methods of teaching have failed to generate the required behavioral outcomes, abilities and needed to facilitate the learning of curricular subjects. Knowledge of recent development will help the teacher in making his / her teaching more effective classroom function. Such a background will solve Telugu Medium student’s problems. Teachers can implement psycholinguistic principles to make students perform certain cognitive processes. This will also enable him/ her to organize teaching activities and select psycholinguistic principles such as instructional design and teaching models, and innovate appropriate principles and techniques. It should give enough scope for developing a learning environment among Telugu Medium students. To overcome the problems faced by students, psycholinguistic principles play a vital role in second language learning. In order to rectify the above-mentioned problems, the researcher has decided to employ the psycholinguistic principles that will promote and improve writing competency and make students become effective and productive learners. Designing psycholinguistic principles that focus on both cognitive and social development is a theoretical and a practical challenge.

Learning a language provides available experiences for all of us. And it is an effective meaningful communication and a social interaction. Language learning is thus seen as a part of human psychology. The success of second language acquisition depends on the development of language competencies and communication skills like oral and written communication skills. Written discourse series a multitude of significant roles and purposes written educational activities in the workplace and in professional settings. Writing activities starts with the generation of ideas and more on covering the ideas in the best form. Naturally the students find writing skill is more complex than other skills of language namely reading and speaking. Hence the teacher must play a pivotal role in teaching writing competency in the classroom. A lot of research work has been done to explore the possibilities of suggesting psycholinguistic principles in language learning. In view of the above-mentioned trends in teaching and learning activity, writing competency, the investigator has chosen psycholinguistic principles in enhancing the writing competency of the Telugu medium student.

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