A study on the stress levels of Deficit Higher Secondary School Students in relation to gender and streams of study

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Abstract: The present study covers the deficit higher secondary school students within Aizawl city and analyzed the stress levels of the students based on gender and their streams of study. Students Stress Scale developed by Dr. Zaki Akhtar (Jamshedpur), published by National Psychological Corporation, Agra was used and 280 Students with equal number of boys and girls, from Class XII Arts and Science stream of Deficit Higher Secondary Schools were selected as a sample for the present study. The study revealed that the overall stress level of the deficit higher secondary school students falls in the ‘moderate stress level’. There is a significant difference on stress level between male and female students, but no significance difference on stress level between Arts and Science students of Deficit Higher Secondary Schools were found.

Keywords: Study, Stress, Deficit, Higher Secondary School Students, Stream.

I. INTRODUCTION

Higher Secondary stage is a very important period in adolescent life. Higher Secondary students are exposed to increased rates of stressful life experiences and there is some proof that increases in stressors account, at least in part, for the increased rates of psychological problems coped with this developmental period.

Stress has become an important topic in academic circles. In the field of education, Academic stress is one of the very common stress problems faced by the student. Academic refers to a mental feeling of uneasiness or distress in relation to a school situation or environment which is perceived negatively.

Many researchers, in the field of behavioral science have conducted extensive research on stress and its outcomes; and suggested that the topic needed more attention. Various stress can affect a student’s learning
habits, motivation to attain the goals, health and physical fitness, self-concept, adaptability and a number of personality concepts. Hence, we can say that academic stress seems to be one of the important and significant factors that deeply influence one’s career in life starting from the beginning of schooling.

II. RATIONALE OF THE STUDY

The higher secondary school students are facing various problems under different situations in the area of family, school, and society. Since, they are falling in many anti-social activities like suicide, conflict, frustration, minor and major crimes, and so on. The main significance of the study is to assess the stress of the higher secondary learners.

Stress results in self-evaluation or reviewing of oneself in a negative way or with insecurity. Suitable management or elimination of stress results in viewing situations in a positive way, taking suitable action, organizing, proper planning, and finding solutions of various problems. Hence, with deep and systematic study of about stress and its cause, one can manage and able to control over the situation or problems in a desirable way.

In order to help young people more effectively, it is needed to understand the nature of their stages in life, their problems, real-life situations, various changes and the developmental processes that take place in their different stages of life. After understanding, a suitable advice, counseling, and right indications may be given to them to solve their problems or to handle various issues in life. This process would be a very helpful one for the adolescents or higher secondary school students to pave a better path for their future wellness and settlement. The present study focused on stress of higher secondary school students; one of the big issues faced by adolescents, and the findings may enrich the counselors or advisors to have innovative thoughts and ideas to carry out suitable advice and fruitful counseling process towards adolescents.

III. OBJECTIVES OF THE STUDY

1. To find out the stress level among deficit higher secondary school students.
2. To compare the stress level between male and female students of deficit higher secondary school.
3. To compare the stress level between Arts and Science students of deficit higher secondary school.

IV. HYPOTHESES OF THE STUDY

1. There is no significant difference on stress level between male and female student of deficit higher secondary school.
2. There is no significant difference on stress level between arts and science students of deficit higher secondary school.

V. METHODOLOGY AND PROCEDURE

Research Design: The investigator adopted Descriptive Research method to carry out the study.

Population and Sample: The population of the present study comprises of all the Class XII Arts and Science students of Deficit Higher Secondary Schools within Aizawl City.

280 Students with equal number of boys and girls, from Class XII Arts and Science stream of Deficit Higher Secondary Schools were selected as a sample for the present study, simple random sampling technique is employed.
Tools and Techniques used for Data Collection: The researcher used a Students Stress Scale developed by Dr. Zaki Akhtar (Jamshedpur), published by National Psychological Corporation, Agra; to elicit the level of stress among the respondents.

Procedure of the Data Collection: The investigator personally visited the school and get permission from the Principal. After having cordial discussion with the principal regarding the research study, the researcher randomly select the students from Class XII Arts and Science student as a study sample, and distribute the questionnaire to those randomly selected students. After completion of attempting the questions, the researcher collected the questionnaires from the selected samples.

Procedure of the Data Analysis: Simple Percentage, Mean, Standard deviation and t-test were used for analyzing the data.

VI. ANALYSIS AND INTERPRETATION

Objective 1: To find out the stress level among deficit higher secondary school students.

Table 1

<table>
<thead>
<tr>
<th>Level of Stress</th>
<th>No of Student</th>
<th>Mean</th>
<th>SD</th>
<th>Percentage</th>
<th>Average Level of Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very High Stress</td>
<td>13</td>
<td>4.64%</td>
<td></td>
<td></td>
<td>3.83</td>
</tr>
<tr>
<td>High Stress</td>
<td>27</td>
<td>9.64%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moderate Stress</td>
<td>64</td>
<td>154.38</td>
<td>19.36</td>
<td>22.85%</td>
<td></td>
</tr>
<tr>
<td>Low Stress</td>
<td>66</td>
<td>23.58%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Very Low stress</td>
<td>110</td>
<td>39.29%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>280</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Pertaining to objective No.1, Table 1 shows the stress level of Deficit Higher Secondary Schools Students in Aizawl City with its percentage. The mean of the score is 154.38 and the Standard Deviation of the score is 19.36.

Out of 280 students of a study sample, 13 (4.64% )Students are having ‘Very High Stress’, 27 (9.64%) students are having ‘High Stress’, 64 (22.85%) students are having ‘Moderate Stress’ while 66 (23.58% ) students are having ‘Low Stress’ and 110 (39.29%) students are having ‘Very Low Stress level’.

The average stress level of deficit higher secondary student falls in the level of 3.83 which denotes ‘Moderate Stress Level’.

Objective 2: To compare the stress level between male and female students of deficit higher secondary school.

Hypothesis 1: There is no significant difference on Stress level between male and female student of deficit higher secondary school.
Table 2

Comparative Analysis of the Stress Levels between Male and Female Students of Deficit Higher Secondary Schools in Aizawl City.

<table>
<thead>
<tr>
<th>Variables</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>SED</th>
<th>t-value</th>
<th>Degrees of freedom</th>
<th>Level of Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>140</td>
<td>151.98</td>
<td>17.72</td>
<td>1.47</td>
<td>3.27</td>
<td>278</td>
<td>Significant at 0.05 level</td>
</tr>
<tr>
<td>Girls</td>
<td>140</td>
<td>156.78</td>
<td>20.64</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

A perusal of data vide Table 2 shows the differences of stress level among deficit higher secondary school students on gender basis in relation to Objective No.2.

The Mean and Standard Deviation of the boys students score is 151.98 and 17.72. The Mean score of the girl students is 156.78 and Standard Deviation of the score is 20.64. The Standard Error of Difference is 1.47. The calculated value of ‘t’ is 3.27 while the Table value of ‘t’ at 0.05 is 1.97 and 2.60 at 0.01 and the Degrees of Freedom is 278.

The Calculated value of ‘t’ is greater than the Table value of ‘t’, hence the null Hypothesis No.1 is rejected at 0.05 level.

This shows that, there is a significant difference on stress level between boys and girls among the Deficit Higher Secondary Schools students.

Objective 3: To compare the stress level between Arts and Science students of deficit higher secondary school.

Hypothesis 2: There is no significant difference on stress level between arts and science students of deficit higher secondary school.

Table 3

Comparative Analysis of the Stress Level between Arts and Science Students of Deficit Higher Secondary Schools in Aizawl City

<table>
<thead>
<tr>
<th>Variables</th>
<th>N</th>
<th>Mean</th>
<th>SD</th>
<th>SED</th>
<th>t-value</th>
<th>Degrees of freedom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arts</td>
<td>140</td>
<td>154.28</td>
<td>19.61</td>
<td>1.47</td>
<td>0.13</td>
<td>278</td>
</tr>
<tr>
<td>Science</td>
<td>140</td>
<td>154.48</td>
<td>19.16</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Since, the calculated value is smaller than the criterion ‘t’ value, hence it can be concluded that there is no significant difference on stress level between Arts and Science students of Deficit Higher Secondary Schools. Therefore, the null Hypothesis No.2 is accepted at 0.05 level.

With reference to Objective No.3, the above Table 3 reveals the ‘t’ value for the significance of difference between the mean stress level score of deficit higher secondary school Arts and Science students out to be 0.13 with degrees of freedom at 278, to declare the difference as significant is 1.97 at 0.05 level of significance.
VII. DISCUSSION AND CONCLUSION

1. In the present study, 13 (4.64%) students are having ‘Very High Stress’, 27 (9.64%) students are having ‘High Stress’, 64 (22.85%) students are having ‘Moderate Stress’ while 66 (23.58%) students are having ‘Low Stress’ and 110 (39.29%) students are having Very Low Stress level. The average stress level of Deficit Higher Secondary Schools students falls in the level of 3.83 which denotes ‘Moderate Stress Level’. The overall stress level of the deficit higher secondary school students falls in the ‘moderate stress level’. Meanwhile 13 (4.64%) students are having very high stress and 27 (9.64%) students are in a high stress level. This shows that many students are facing some major concerns and need some professional help to sort out the cause of their stress.

2. There is a significant difference on stress level between male and female students of Deficit Higher Secondary Schools in Aizawl City. This shows that gender difference have some influence in having stress among the students. The stress levels of female students of deficit higher secondary schools are higher than those of male students.

3. There is no significance difference on stress level between Arts and Science students of Deficit Higher Secondary Schools. Hence, the findings revealed that Arts and Science subject doesn’t matter of causing stress difference among the students.

In the present study, the investigator finds that, there is a significance difference on stress level between male and female students of Deficit Higher Secondary Schools in Aizawl City. The stress level of female students of Deficit Higher Secondary Schools is higher than those of male students. This shows that gender difference have some influence in having stress difference among the students.

This may be due to gender classification of the society. Moreover, male members are considered to be stronger and firm with compared to female members by nature. Girls are considered to be more timid and cautious with compared to boys and the feeling of inferiority complex seems to be higher among the girls than those of boys students. All these soft and weak characters of girls may leads them easily inflicted with stress with comparing to boys.

The investigator finds that, there is no significant difference on stress level between Arts and Science students of Deficit Higher Secondary Schools. This means that, the school subjects of Arts and Science doesn’t matter of causing stress difference among the students.

The findings of the present study may helps in clarifying some wrong assumptions, that science subject seems to be more complicated than Arts subject, hence science students are expected to have more stress and pressure than those of Arts students. Therefore, it is clear that, the causes of stress doesn’t depends on the subjects of Arts or Science, but depends on an individual, the way in which she/he response or facing various issues and problems.

REFERENCES


