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A comparative study to assess the level of academic stress among adolescent boys and girls at selected schools of Bardoli, Gujarat

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Abstract

Stress is a major problem in today's society. Stress is the problem of everyone. Everybody works in pain and is suffering due to high pressure, intense work environment and changing and challenging demands. Academic Stress is an important factor accounting for variation in academic achievement

OBJECTIVE OF STUDY: 1)To assess the socio – demographic variables of Adolescent boys and girls.2)To assess the level of academic stress among adolescent boys. 3)To assess the level of academic stress among adolescent girls.4)To compare the level of academic stress between adolescent boys and girls.5)To associate academic stress of adolescent boys and girls with their selected socio- demographic variables.

METHODOLOGY: In this study non experimental descriptive research design was used. Research population is Adolescent boys and girls of B.A.B.S and Vashishth higher secondary schools in Bardoli. Adolescent boys and girls are targeted population. The sample of study is 12th science students of higher secondary school (50 boys and 50 girls) and sample size 100. Researcher used convenient sampling techniques. For the data collection Academic stress scale was used. Descriptive and inferential statistics were used.

RESULTS: The mean difference between girls and boys were 14.22, the median difference between girls and boys is 16, the mode difference between girls and boys is 10, The standard deviation difference between girls and boys is 0.07 and the range difference between girls and boys 1. Majority of the girls 46 (92%) had moderate stress; 2 (4%) had severe stress and 2(4%) had mild stress. majority of the boys 41(82%) had moderate stress and 9 (18%) had severe stress. It indicates girls have more stress compare to boys.



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Introduction

In India, the main documented cause of anxiety among school children and adolescents is parents' high educational expectations and pressure for academic achievement (Deb, 2001). After Secondary Examination, all students appear in the Class XII Final Board Examination known as the Higher Secondary Examination. Competition is again ferocious as performance in this examination determines university entrance. Admission to courses in Medicine, Engineering and Management are the most preferred choices for parents because these qualifications are seen to guarantee future job prospects. It is relevant to mention here that in one year alone in India, 2320 children, or more than six children per day, committed suicide because of failure in examinations (National Crime Records Bureau, Ministry of Home Affairs, Government of India, 2000). This shocking figure underlines the seriousness of this problem and its resounding social costs to communities.

Objectives

- To assess the socio – demographic variables of the study.
- To assess the level of academic stress among adolescent boys.
- To assess the level of academic stress among adolescent girls.
- To compare the level of academic stress between adolescent boys and girls.
- To associate academic stress of adolescent boys and girls with their selected socio- demographic variables.

HYPOTHESIS:

H₀₁. There is no significant difference in academic stress level among adolescent's boys and girls.

H₀₂. There is no association of academic stress among adolescent boys with their socio demographic variables.

H₀₃. There is no association of academic stress among adolescent girls with their socio demographic variables.



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MATERIAL AND METHODS- Research methodology is a systematic way to solving the research problem. It may be understood as a science of studying, how research is done scientifically

RESEARCH APPROACH: Descriptive research approach

RESEARCH DESIGN: Non Experimental – descriptive research design

RESEARCH VARIABLE: Academic stress among boys and girls

SAMPLING CRITERIA

Inclusion Criteria:

- Adolescent boys and girls who are aged between 16-19 yrs.
- Adolescent boys and girls, who are willing to participate in the study.
- Adolescence boys and girls who are study in science stream.

Exclusion Criteria:

- Students who are absent on the day of data collection.
- Students who are not cooperative.
- Students who are in Commerce and Arts stream.

SETTING OF THE STUDY: The study was conducted selected higher secondary school of Bardoli.

POPULATION: Adolescents boys and girls of B.A.B.S and vasishta Higher Secondary school, Bardoli.

SAMPLE/SAMPLE SIZE: sample: 100 12th science students of higher secondary school .

SAMPLE SIZE: 100 (50 boys and 50 girls)

SAMPLING TECHNIQUE: Convenient sampling techniques

DATA COLLECTION: Academic stress scale

DATA ANALYSIS: Descriptive and inferential statics

FINDINGS OF THE STUDY

In this study the major findings was the mean difference between girls and boys was



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14.22, the median difference between girls and boys was 16, the mode difference between girls and boys was 10, The standard deviation difference between girls and boys was 0.07 and the range difference between girls and boys.

Majority of the girls 46 (92%) had moderate stress; 2 (4%) had severe stress and 2 (4%) had mild stress. majority of the boys 41 (82%) had moderate stress; 9 (18%) had severe stress.

Calculated independent 't' value (cal = 6.68) is greater than the tabulated value (tab = 1.98) H01 is rejected. There is a significant difference regarding academic stress among adolescent Boys and Girls.

There is no significant relationship between academic stress of girls and with selected socio demographic variables. Hence H02 was accept.

Hobbies were significant relationship with Boys academic stress level. Other than Hobbies all the socio - demographic variables were found not significant with boys academic stress level.

CONCLUSION

Based on the findings of the study, the conclusion to be noted that:

- Adolescent girls were having more academic stress score compare to adolescent boys.
- There is significant difference regarding academic stress among adolescent boys and girls.
- There is no significant relationship between socio-demographic variables and academic stress level of girls and boys; in boy's only hobbies is significant relationship with Boys academic stress level.

RECOMMENDATIONS

On the basis of the finding of the study it is recommended that

1. A similar study can be conducted in large samples and in different setting.
2. A comparative study can be carried out to assess the academic stress level among adolescent boys and girls of other schools of Gujarat.



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3. A similar study can be carried out on 10th students, Arts and commerce students.
4. Appropriate tool can be used for identifying the students' stress level during the academic period.

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