



Effect of stress on Students academic performance at secondary school level in Raipur

Rakesh Kumar Pandey

Research Scholar, MSMSR, MATS University, Raipur, Chhattisgarh, India

Abstract

The title of the study is of Effect of Stress on Students Academic Performance at Secondary School Level in Chhattisgarh. The objective of this research study is to explore the effect of stress on the students' academic performance. Now days Stress has a key role in student's academic performance. The purposes of the study were to investigate; firstly, the type of stress linked with student's performance; secondly, to evaluate the impact of stress on the academic performances of students; and thirdly, differentiate the impacts of stress on the academic performances of both gender students. To achieve the above-mentioned objectives of the study, the researcher can suggest a reasonable solution for the impact of stress on student's academic performance. The data collected for this topic, has been gathered from all the secondary schools in Raipur a capital city of Chhattisgarh. In this study the researcher has taken a sample of respondents 10 schools from city and 10 schools from village. 200 (100 students from city and 100 students of village area schools) students 10 students / School from different higher secondary schools.

Keywords: effect of stress, factor of stress on male and female students

Introduction

Stress is a psychological problem being faced by the student during their academic carrier when he/she is struggling to get the academic achievements for his/her future life. Academic pressure is a form of psychological pressure and one of the factors that cause failure among the students. Stress affects the mental level of students through hormonal signaling. Commonly stress affects in two ways, first the psychological perception of pressure of body's response to it. Second, which involves multiple systems, from breakdown to muscles to memory. Stress is positive as well as negative and a lot of expectation from self. Stress is the feeling of strain and pressure. According to Cohen et al., 1997, stress is a threading feeling increase level of stress, especially for those who are consistently working under pressure such as students' employees in private business organization as well as government organisations.

In Oxford Advanced Learner's Dictionary 6th Edition, it has been clearly mentioned in the stress can be of different types and in different forms and could be among other things. It can be in the form of pressure, tension or worries arising from problematic situations in an individual's life.

Academic performance of the students is the educational aim that a student tries to achieve or achieved by a student, teacher or institution achieves over a specific time. The academic performance of any student heavily depends upon the parental involvement in his or her academic activities to attain the secondary or higher level of quality in academic success. The students are quite emotional especially girl students.

Literature Review

The research study of stress and its effect on student's hypothesized stress as the interaction between the three basic things perceived as the perception of coping ability, and the perception of the importance of being able to cope with its demand. Different from many other definitions of

stress and its effect, this formulation clearly integrates the transactional process that is believed to be central to current theories of academic assessment. According to Aikens et al., 1992, stress is obviously gives a figure as a mismatch between demand and capacity on the difference, the insight of these two elements, and the most important the desire or the motivation that one feels to answer all the requests are at the heart of the construction.

According to Gunnar (1998), the explanation of academic stress is the anxiety and stress that comes from schooling students and educational institution. This stress comes from studying homework, tests, labs work, reading, and quizzes competitions. There is the stress level of doing all of the educational works, balancing the time and finding time for extra-curricular activities. It seems that academic stress level is particularly hard on school students who are often living in hostels, rooms on rent who are away from home for the first time. It has been found that teachers expect work to be completed on time. According to Baumeister and Exline (2000), the stress provides a complex concept of stress, it says little about how stress affects human academic and other performance. Rees and Redfern (2000) stated that stress effects which developed from psychological stressors related to task load requirements. Ashcraft and Kirk (2001) stated that students with high stress tend to be slower and more considerate in taking their action of various aspects of specialized purposes.

According to Barnard, 2004, the academic performance of students seriously depends upon the parental involvement in his/her academic activities and to achieving the advanced level of excellence in academic success

Significance of the Study

In his particular study researcher wants to focus and study is to understand how stress affects the performance level of students in terms of productivity and also want to identify the factors that are responsible for stress.

Objectives of the Study

There are numbers of factors which effect students performance one significant factor is stress. Stress is an emerging concept in education sector due to over burden of Course curriculum developing countries like India especially in Chhattisgarh region.

1. To investigate the impact of stress on academic performance of students of higher secondary schools.
2. To differentiate the impacts of stress level on the academic performances of male and female students.

Research methodology

The research study is descriptive in nature. In such type of research, researcher is concerned with how what or what exists to some preceding event that has influenced or affected a present condition or event. Researcher has collected the data through structured questionnaires by using survey method in order to measure and describe the general features of the aspect. This study was delimited to District Raipur, the capital city of Chhattisgarh. The material of studies was collected from all the secondary schools of Raipur (Pandri, Sankar nagar, Ammapara, Mowa, New Rapur, etc). From this population the researcher has taken a sample of (n= 10 respondents / school) secondary schools from Raipur. The researcher has further divide (n=10) secondary schools into two group (n=5) males and (n=5) female secondary schools.

Research Hypotheses

In order to investigation the researcher ascertains the relationship between the variables involved in this study, he has to postulate the following hypothesis:

H₀1: Stress does not affect on students performance

Table 1A: Descriptive Statistics

Variables	Mean	Std. Deviation	N
Avg_PRRFMNC	3.3532	.58112	200
AVG_STRS	3.3540	.62321	200

Table 1B: Correlations

	Variables	Avg_PRRFMNC	AVG_STRS
Avg_PRRFMNC	Pearson Correlation	1	-.056
	Sig. (2-tailed)		.038
	Covariance	.232	-.020
	N	200	200
AVG_STRS	Pearson Correlation	-.056	1
	Sig. (2-tailed)	.038	
	Covariance	-.020	.465
	N	200	200

Source: Primary data, **. Correlation is significant at the 0.01 level (2-tailed).

Analysis: Table 1 (B) provides the bi-variate correlation between Stresses vs. student performance. This correlation matrix provides the results of the test of association between stress and performance of the students which has a medium negative Pearson correlation coefficient of (-0.56**) which is statistically significant (r = -0.56**, n= 200, p < 0.01). Hence, the Null Hypothesis H₀ cannot be accepted.

Finding: Students performance has a medium negative correlation with stress. Since p < 0.01, it indicates that stress negatively influence the employee performance.

Table 2: T-test Analysis comparing the impact of stress on Male and Female students

	Gender	N	Mean	T	P Value
AVG_PERF	Male	100	3.4490	.935	.0362
	Female	100	3.4235		

Analysis: Table no 2 indicates that independent sample t-test was running out Gender wise impact of stress on student’s academic performance at secondary level school. The result of above table shows that significant noticed between male and female respondents on impact of stress. The academic result t-value is 0.935 and p-value is 0.362.

Findings: The mentioned result in above table shows that there is no any effect of stress between male and female respondents. Findings indicate that same factors effect on student’s academic performance.

Conclusion

The main purpose of this research study is to find out the relationship between the stress and academic performance of students in Raipur, Chhattisgarh. Findings indicates that stress at work location had a negative relation with performance of the students that when stress occurs which negatively effects the performance of students in rural as well as city area of Raipur in Chhattisgarh, Study want to inform that If lower the stress it increases the academic performance of students.

Suggestion

On the basis of outcome researcher can suggests that schools should change or remove the stress level by redesigning the education level/teaching pedagogy frames to reduce feeling undervalued on the student and school victimization.

Limitation

1. This study is limited to basically Raipur in Chhattisgarh.
2. In these study students of only higher secondary schools have been taken into consideration.

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