

Study of academic achievement of senior secondary students in relation to stress

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Corresponding Author: Assistant Professor Vibha Kaushik Abstract -

Abstract: Stress is a word that everyone avoids but it cannot be so in common language Stress is associated with distress a kind of burden pressure and hardships experienced by a person. The study attempts to analyze the academic achievement of senior secondary students in relation to stress. The present study was carried out exclusively in the different schools of Jaipur district. The sample consists of 75 male and 75 female students pursuing their studies in class 11th. Dr. Abha Rani Bisht is used for the study the result shows that there exists no significant difference in academic achievement of senior secondary student's relation to stress.

The results also show that there exists significant difference in academic achievement of male and female.

Keywords: academic achievement, stress Senior secondary students.

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I. INTRODUCTION

Education is a continuous process which aims at development of knowledge interest habits and skills in each individual, so that he can find his place to shape both himself and society towards nobler ends. These days education has become highly professional utilitarian as well as commercial due to information, explosion and fast changing life. Education has now acquired such a dimension that a high academic is a considered a half mark of success. That is why more emphasis is placed on the academic achievement.

The School has its own systematic hierarchy which is largely based on achievement and performance rather than aspiration on quality. Thus the school tends to emphasize mainly on academic achievement which facilitates to achieve the goals of life.

Academic achievement

Academic achievement is of paramount importance particularly in the present socio-economic and cultural context. The phrase academic achievement is very broad, it indicates generally the learning outcomes requires series of planned and organized experience and hence learning is called a process. In this process of achievement of change during the same span of time the level of achievement reached by the pupil in school is called academic achievement of the pupil. In the present study academic achievement is considered in terms of class 11th students result.

Stress -

Stress is a word that everyone avoids but it cannot be so in common language. Stress is associated with distress a kind of burden, pressure and hardships experienced by a person. Stress is the process that occurs in response to situation or events that disrupt or threaten one's physical or psychological functioning.

Senior Secondary Students -

In the proposed study a student who is studying in class 11th will be selected.

Need and significance of the study -

It is a well known fact that we are in the era of stress. The process of stress has a great impact on individual (Children) academic achievement. Having first hand experienced of senior secondary students. The researcher observed that senior secondary students experience a great difficulty in learning and understanding and its results in manifesting stress. Therefore the researcher decided to study the academic achievement of senior secondary students in relation to stress.

Objectives of the study -

The present study was conducted with the following specific objectives:

- To study the academic achievement of senior secondary students in relation to stress.
- To study stress of senior secondary students in relation to gender.

Hypothesis of the study-

The present study was carried out with the following hypothesis:

- There is no significant difference in the academic achievements of senior secondary students to male and female.
- There is no significant difference in the academic achievements of senior secondary students in relation to stress.

Research design of the study -

A research design provides a framework within which the activity is conducted. The present study is normative survey in nature.

Method of the sampling -

The technique that we use will be stratified random sampling which is a method of drawing samples from a population.

Sample selection -

The research investigation was carried out on 150 students. The sample consists of 75 male and 75 female students pursuing their studies in class 11th of the various schools situated in Jaipur district.

Tool and Data Collection -

- Stress scale developed by Dr. Abha Rani Bisht

Delimitations -

- The sample is limited to areas of Jaipur schools.
- The study is restricted to urban areas schools.
- The study has been confirmed to the senior secondary school students studying in class 11th only.

Statistical Technique used in Data Analysis -

For the analysis of data following calculation have been done and statistical techniques like Mean, S.D., and t-test have been applied for collected data.

The present study was also examining the influence of demographic variables such as gender (Male and Female). An attempt is made to find out the academic achievement of senior secondary students in relation to stress. Hypothesis formulated in the study are verified along with the results.

Table 1: Academic achievement of senior secondary students in relation to stress

Category	N	Mean	S.D.	t value
Male	75	85.7	8.89	1.42
Female	75	87.8	9.57	

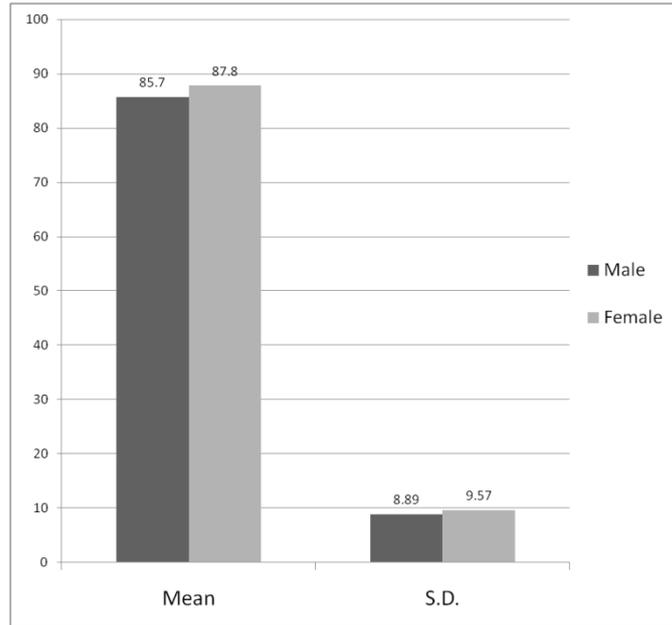


Figure 1:

Graph shows academic achievement of senior secondary students in relation to stress. Table and figure 1. It shows that the mean scores of academic achievement of male and female as 85.7 and 87.8 respectively and their standard deviation as 8.89 and 9.57 respectively. The t-value is 1.42 which is not significant at 0.05 level of significance. This revealed that no significant difference exists in academic achievement of senior secondary students in relation to stress is rejected.

Table 2: Academic stress of senior secondary students in relation to gender (Male and Female)

Category	N	Mean	S.D.	t value
Male	75	108	37.7	8.28
Female	75	162	41.7	

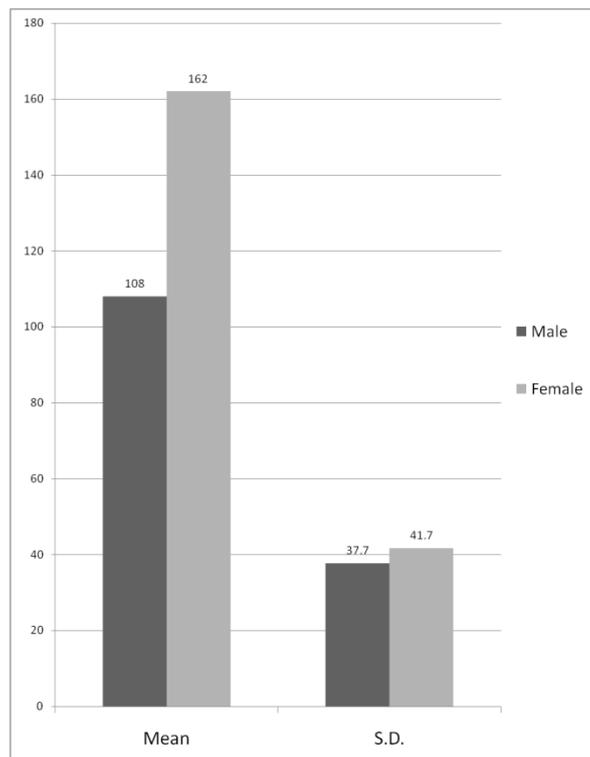


Figure 2:

Graph shows academic stress of senior secondary students in relation to gender (Male and Female) Table and figure 2: It shows that the mean scores of stress of boys and girls are 108 and 162 respectively. It shows that there exists significant difference in academic achievement of male and female. The stress is found more in female than male.

II. CONCLUSION AND EDUCATIONAL IMPLICATIONS -

1. From the findings it may be concluded that majority of the students have average level of stress.
2. There exists significant difference in academic stress among male and female. The mean score of academic stress of female and male shows that female are affected more by academic stress than male.

Educational Implications:

1. The curriculum and exam system should be organized in such a way that the students don't feel any kind of burden.
2. School practices should be applied to children's needs.
3. Extra classes for weak students should be in every school.
4. There should be one session every week in which the students can tell their problems regarding their studies and other problems.
5. Time table should not be very heavy on students.
6. Teacher student relationship should be smooth and co-operative. Interaction should be present in every class room.
7. The syllabus should be interesting and according to the needs of students should be given in the shape of project or any creative way.
8. There should be no harsh criticism given by the teacher to any student mistakes should be eliminated by encouraging and positive way.
9. Organizing lectures to parents and teachers focusing on the need for helping students to minimize their problem both in school and in home and there by enhance their Academic stress.
10. Positive Motivation should be given by teachers and children. They should understand the individual difference of the children.
11. Proper guidance should be provided to the students from time to time regarding career, choices, selection of subjects and stream of education.
12. A teacher should have a healthy relationship with his students. He should use appropriate methods of teaching and content material and should also create a better learning environment.

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