



A Study of Mental Stress of Students of Secondary Schools

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1. Introduction

Now days, it's very common that students from elementary school to high school experience stress. The question parents and teachers should ask to themselves is why? Knowing what is causing your child stress at school is the first step toward helping him or her overcome it. School education is a very important part in an individual's life and is also a turning point in their academic life. At this stage, the academic performance of a student plays a crucial role in deciding the next stage of their education, which in turn shapes their career. An excess of academic stress during this stage can result in adverse effects that are far-reaching and prolonged.

In today's highly competitive world, students face various academic problems including exam stress, disinterest in attending classes and the inability to understand a subject. Academic stress involves mental distress regarding anticipated academic challenges or failure or even the fear of the possibility of academic failure. Academic stressors show themselves in many aspects in the students' environment: at school, home, in their peer relations and even in their neighborhood.

In present study, the researcher had tried to study the mental stress experiencing by the students of secondary schools.

2. Causes of Schools Stress

The researcher found 11 things that could be causing a student stress at school. These are as follows:

1.School Tests

Many students worry about getting a good grade or simply making time to study if there is more than one upcoming test. Test stress doesn't just affect struggling students, either—high-achievers usually experience a lot of stress about doing well on tests.

2.Home work

When your child is overwhelmed or frustrated by homework, it makes it harder for him or her to complete assignments. This can cause a stressful cycle where homework piles up and your child doesn't have the time or energy to complete it all—leading to even more stress.

3.Heavy work load

Whether it's advanced-level classes or the amount of studying required, a heavy workload can be a major source of stress for students. This is especially common for older high school students as they start making their post-secondary plans.

4.Lack of organization

Students with poor organizational skills tend to experience more stress in school. This is usually because they aren't properly prepared with the tools or the understanding needed to learn. If those organization skills don't improve they may continue to fall behind, leading to more stress and frustration about school.

5.Little time for rest

Students with busy schedules can quickly become overwhelmed because they are left with no free time to relax. As your child progresses from elementary school to high school, the amount and difficulty level of schoolwork increases—and students without good time management skills can experience even more stress.

6. Less sleep time

Not getting enough sleep makes it difficult for students to concentrate and learn effectively. This can lead to feelings of stress for your child when he or she isn't able to perform well in class or on assignments. In fact, studies have shown that students who don't get the required 8-10 hours of sleep each night are more likely to feel stressed than students who do.

7. Classroom participating

For many children, the thought of getting called on in class and speaking in front of their classmates can be terrifying. This can be particularly true if your child struggles to keep up in a subject or area (common examples are math and reading).

8. Lack of support

A lack of support from parents or teachers, even if it's only perceived, can add a lot of stress to students. They may feel that a lot is expected of them, but that they don't have a strong enough support system (whether emotional or practical) to achieve their goals. This is another cause of stress can affect high-achieving students in particular.

9. New environment

Making a major move can be a stressful time for many students, whether it's starting at a new school or making the transition from elementary school to high school. New classes, new teachers, and new routines can all be stressful for students, and take time to adjust to.

10. Classes that are too harder

As they progress through school and start taking more advanced classes, the increased difficulty can cause stress for students. This is very common for teens entering their high school years. As classes get harder, it's important to address challenges early so your child can catch up before he or she falls too far behind.

11. Change of routine

A routine including dedicated homework time and a consistent sleep schedule helps guide students through their day. When changes to the usual routine start to happen, your child may find it more difficult to manage his or her time, leading to more stress.

3. Objectives

1. To study the mental stress of students of secondary schools.
2. To study the mental stress of students of secondary schools in context of area.
3. To study the mental stress of students of secondary schools in context of gender.

4. Hypotheses

- Ho₁** There is no significant difference between mean scores of Mental Stress Scale of students of east and west area.
- Ho₂** There is no significant difference between mean scores of Mental Stress Scale of boys and girls.

5. Introduction Mental Stress Scale

The researcher had constructed Mental Stress Scale for the students of standard 9. There are 30 items in this scale. Each item has 5 responses: totally agree, agree, neutral, disagree and totally disagree. The scale was constructed with the help of experts. The primary form of scale was given to the different experts and suggestions obtained by them; the scale was amended and constructed the final form.

6. Procedure of research

In procedure of research, there were three main tasks: sample, procedure of data collection and techniques of statistical analysis.

6.1 Sample

In present study, the researcher had chosen two different schools from Kheda city. One school was chosen from east area and another school was chosen from west area. Total 178 students were chosen as sample. From east area, 88 students were chosen out of which 48 were boys and 40 were girls. From west area, 90 students were chosen out of which 50 were boys and 40 were girls.

6.2 Procedure of data collection

The researcher had constructed Mental Stress Scale as a data collection tool. This scale was given to the students of standard 9 of both the schools. The students were given proper information about how to respond the items of the scale. The students were given 45 minutes to complete this scale.

6.3 Techniques of statistical analysis

The researcher had constructed some hypotheses to study the mental stress of students of standard 9. The researcher had found mean scores, standard deviations, standard error of deviations and critical ratios to check the hypotheses.

6.4 Data analysis and interpretation

The researcher had constructed two hypotheses to study the mental stress of students. The researcher had performed t-test to check these hypotheses. The results of t-test are as follows.

Table 1: Mean, SD, SED and t value of students of standard 9

Area	N	M	SD	SED	t-value
East	88	41.27	2.70	0.39	5.31
West	90	43.34	2.89		

For df=176, table t values are 1.97 and 2.6 at 0.05 and 0.01 levels respectively. Calculated t value is 5.31. Calculated t value is more than table t value at both the levels. Therefore, it is said that the hypothesis is rejected and there is a significant difference between mean scores of students of east and west area. Moreover, mean score of students of west area is higher than that of east area. Therefore, it is revealed that students of west area have more mental stress than that of east area.

Table 2: Mean, SD, SED and t value of boys and girls of standard 9

Gender	N	M	SD	SED	t-value
Boys	98	41.13	2.64	0.39	6.79
Girls	80	43.78	2.97		

For df=176, table t values are 1.97 and 2.6 at 0.05 and 0.01 levels respectively. Calculated t value is 6.79. Calculated t value is more than table t value at both the levels. Therefore, it is said that the hypothesis is rejected and there is a significant difference between mean scores of boys and girls. Moreover, mean score of girls of is higher than that of boys. Therefore, it is revealed that girls have more mental stress than that of boys.

7. Conclusion

The researcher's main goal was to study the mental stress of students of standard 9. For this study, the researcher had constructed a Mental Stress Scale for the students of standard 9. The research revealed that the students of west area have high mental stress than the students of east area. It was also revealed that the girls have more mental stress than boys.

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