

A study on the stress during exams in teenage of Kendriya Vidyalaya at Bijnaur, Lucknow

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ABSTRACT

Stress exists from the change in an individual's thinking and their lifestyle now-a-days. Now, individuals have changed in their perceptions and the way they interpret this life. Students in their teens are the ones who are going through the transitional phase, which is an intermediate of childhood and adulthood. During the teen years, lot of biological, physical, mental and emotional changes happen, as well as the changes in responsibility and role. In order to stabilize these changes, the students are always confronted with problems and conflicts. The study was conducted on 100 sample (50 boys 50 girls) sample selected from Kendriya Vidyalaya at Bijnaur, Lucknow. The data was measured by using questionnaire and was analyzed by t' test analysis. Highest percentage of boys (86%) and girls (84%) showed severe stress level in the present study. Moderate level of stress was found 14 per cent in girls and 10 per cent in boys. Profound level was found 4 per cent in boys and 2 per cent in girls. In the present study mild stress was absent in both boys and girls.

INTRODUCTION

Stress is believed to be caused by the various problems that exist such as problems at school, financial problems, family problems and problems in their surroundings. Teenagers also experience stress because they are sometimes trapped between making decisions which is to follow rules and orders or to be free and discover the world like they should. Teenagers in the previous days were trained for things that were suitable with their age so that they can use it to manage their lives. But now, teenagers have to follow their parents desires which are preparing them to compete in the social system where the society is scrambling towards modernization so that they are not left behind. If it is not managed well, stress can ignite psychological disturbances among them when they are grown up. These disturbances causes stress to the teenagers in the future if they are not overcome.

It is the term that is commonly used today but has become increasingly difficult to define. It shares, to some extent,

common meanings in both the biological and psychological sciences. Stress typically describes a negative concept that can have an impact on one's mental and physical well-being, but it is unclear what exactly defines stress and whether or not stress is a cause, an effect, or the process connecting the two. With organisms as complex as humans, stress can take on entirely concrete or abstract meanings with highly subjective qualities, satisfying definitions of both cause and effect in ways that can be both tangible and intangible.

Researchers define stress as a physical, mental, or emotional response to events that causes bodily or mental tension. Simply put, stress is any outside force or event that has an effect on our body or mind.

METHODS

The respondents of the study were consisted of High School Students and Intermediate Students studying in school namely Kendriya Vidyalaya of Bjnaur city in the year 2011-

12. In the present study the purposive random sample technique was used to collect data. The variables included for the study was gender as independent variable and stress as a dependent variable. For the analysis of frequency and percentage T, test was used.

OBSERVATIONS AND ANALYSIS

The findings of the present study as well as relevant discussion have been summarized under following heads:

The present study depicted the following level of stress in different percentage of girls and boys population :

- Highest percentage of boys (86%) and girls (84%) showed severe stress level in the present study. Moderate level of stress was found 14 per cent in girls and 10 per cent in boys. Profound level was found 4 per cent in boys and 2 per cent in girls. In the present study mild stress was absent in both boys and girls.
- Almost same level of stress was found in boys and girls. There was very less deviation between the girls and boys stress level. A severe level of stress was found in the highest population of both girls and boys. Some part of girls population showed moderate stress level while a profound stress level was shown by very few respondents 3 per cent (Table 1 and Fig. 1).
- From Table 2 it is clear that there was significant difference between over academic work load, fear

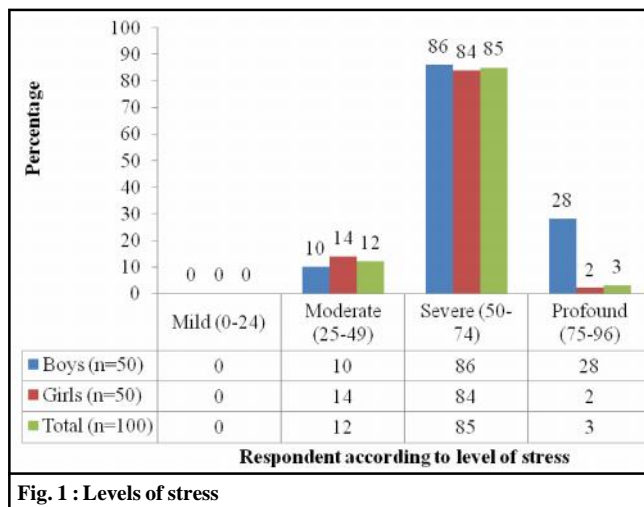


Fig. 1 : Levels of stress

of failure and stress among girls and boys and at the 5% level of significance, there was no significant difference between inadequate resources, pressure of higher education, learning materials is not available, less time for preparation exam, work load at the time of examination, lack of co-ordination, ragging and harassment and by senior family financial problem.

Conclusion :

This study indicates that highest percentage of boys (86%) and girls (84%) showed severe stress level in the present study. Moderate level of stress was found in 14% girls and 10%

Sr. No.	Level of stress	Boys (n=50)	Girls (n=50)	Total (n=100)
1.	Mild (0-24)	-	-	-
2.	Moderate (25-49)	5(10%)	7(14%)	12(12%)
3.	Severe (50-74)	43(86%)	42(84%)	85(85%)
4.	Profound (75-96)	14(28%)	1(2%)	3(3%)

Figures in parentheses indicate percentage

Item	Girls		Boys		t value
	Mean	S.D.	Mean	S.D.	
Over academic work load	1.54	0.70	2.4	0.94	5.24*
Inadequate facilities & resources	2.12	0.74	2.3	0.80	1.77
Fear of failure	2.16	0.84	1.76	0.84	7.90*
Pressure of higher education	2.78	0.93	2.86	0.83	0.14
Non-availability of learning materials	2.8	0.83	2.98	0.86	1.07
Less time for preparing exam	2.58	0.88	2.56	0.92	0.11
Work load at the time of examination	3.3	4.37	2.48	1.03	1.29
Lack of coordination with classmates	2.24	0.91	2.44	0.92	1.10
Ragging and harassment	2.32	0.99	2.16	1.09	0.77
Family financial problems	2.44	0.83	2.42	0.99	0.11

boys. Profound level was found in 4% boys and 2% girls. In the present study mild stress was absent in both boys and girls at 5% level of significant there was significant difference between over academic work load, fear of failure and stress among girls and boys and at the 5% level of significant, there was no significant difference between inadequate resources, pressure of higher education, learning materials is not available, less time for preparation exam, work load at the time of examination, lack of co-ordination, ragging and harassment and by senior family financial problem.

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