A Study of stress of higher Secondary School Students in Context to their Class and Stream

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ABSTRACT

Result of Class 10th and class 12th examination are very important for the students for their future. Result of this examination are helpful to choice career. Some students selected general stream and some students selected science stream. Some perception regarding stream like Education of science is too hard as compared to Education of general stream. Is there class (standard) impact on students stress? Is there stream impact on students stress? Due to this reason I worked on this topic. This study was measured the stress of higher secondary schools students in context to their Class and stream. Sample of 3724 students were selected from various district of Gujarat by stratified random sampling. The data was collected by using a self made stress scale. Analysis of the data shows that, As compared to class 11th students, class 12th students found out more stressful. As compared to science stream students, general stream students found out more stressful.

Introduction :

Stress is a term that is commonly used today but has become increasingly difficult to define. It shares, to some extent, common meaning 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 cause, an effect, or the process connecting the two. With organisms as complex as humans, stress can take on entirely concrete or abstract meaning with highly subjective qualities, satisfying definitions of both cause and effect in ways that can be both tangible and intangible.

We all know in our state we adopted 10+2+3 pattern. Class 10th and Class 12th examinations taken by secondary education board in whole Gujarat. Result of these examinations are very important for the students for their future career. After 10th students have two options for high school education first is to study in science stream and second is for studying in general stream. In our society have some perceptions regarding stream like education of science stream id too hard as compared to education of general stream. In my mind I have some questions, Is there class (standard) impact on students stress? Is there stream impact on students stress? Due to this reasons I worked on

this topic. This study was measured the stress of higher secondary students in context to their Class and stream.

Objective of the Study:

The main objective of the study was;

1. To study the stress of higher secondary school students.
2. To study the stress of higher secondary school students in context to their Class.
3. To study the stress of higher secondary school students in context to their Stream.

Hypothesis of the Study:

The following null hypothesis was formulated to testify the objective of the present study.

HO$_1$ There will be no significant deference between the mean scores of stress of class 11th and class 12th students.

HO$_2$ There will be no significant deference between the mean scores of stress of class 11th and class 12th General stream students.

HO$_3$ There will be no significant deference between the mean scores of stress of class 11th and class 12th Science stream students.

HO$_4$ There will be no significant deference between the mean scores of stress of class General stream and science stream students.

HO$_5$ There will be no significant deference between the mean scores of stress of class General stream and science stream students of class 11th.

HO$_6$ There will be no significant deference between the mean scores of stress of class General stream and science stream students of class 12th.

Methodology:

The survey method was adapted to done the research according to the nature of the present study.

Sample:

In this present research study the higher secondary students of Gujarat state were considered as a population. Twelve district of Gujarat state were selected as sample from various zone of Gujarat like

north Gujarat, south Gujarat, central Gujarat, saurashtra and katchh. Overall 3724 students selected as sample by stratified random cluster sampling out of theme 2112 students of class 11th and 1612 students from class 12th. In this sample we found 2220 students from general stream and 1504 students from science stream.

Tool:

In this study researcher used self-made stress scale which was developed and standardize by researcher in their Ph.D. work.

Analysis of the Data and discussion of the result:

TABLE : 1

Mean, S.D., SED and 't' value of stress score of Class 11th and 12th students

Class	N	Mean	S.D.	SEd	't' Value
11	2112	114.12	29.29	1.03	8.35
12	1612	122.74	33.68		

Table 1 shows that the t-ratio of stress score between class 11th and 12th students was found 8.35. it was more than 2.58 which was not significant, so Ho$_1$ was rejected. It was found that class 12th students more stressful as compared to class 11th students.

TABLE : 2

Mean, S.D., SED and 't' value of stress score of General stream students of

Class 11th and 12th.

Class	N	Mean	S.D.	SEd	't' Value
11	1224	117.77	29.95	1.35	6.33
12	996	126.29	33.34		

Table 2 shows that the t-ratio of stress score between General stream students of Class 11th and 12th was found 6.33. It was more than 2.58 which was not significant, so Ho[2] was rejected. It was found that in general stream class 12th student more stressful as compared to class 11th students.

TABLE : 3

Mean, S.D., SED and 't' value of stress score of Science stream students of

Class 11th and 12th.

Class	N	Mean	S.D.	SEd	't' Value
11	888	109.07	27.58	1.58	5.03
12	615	117.02	33.45		

Table 3 shows that the t-ratio of stress score between Science stream students of Class 11th and 12th was found 5.03. It was more than 2.58 which was not significant, so Ho[3] was rejected. It was found that in science stream class 12th students found more stressful as compared to class 11th students.

TABLE : 4

Mean, S.D., SED and 't' value of stress score of general stream and Science stream students.

Class	N	Mean	S.D.	SEd	't' Value
Science	2220	121.59	31.79	1.04	8.89
General	1504	112.33	30.37		

Table 4 shows that the t-ratio of stress score between General stream and Science stream students was found 8.89. It was more than 2.58 which was not significant, so Ho[4] was rejected. It was found that general stream students found more stressful as compared to science stream students.

S p e c i a l   I s s u e -   I n t e r n a t i o n a l   O n l i n e   C o n f e r e n c e
V o l u m e – 5 ,   I s s u e – 5 ,   M a y   2 0 2 0

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TABLE : 5

Mean, S.D., SED and 't' value of stress score of general stream and Science stream students Of class 11th

Class	N	Mean	S.D.	SEd	't' Value
Science	1224	117.77	29.95	1.28	6.81
General	888	109.07	27.58		

Table 5 shows that the t-ratio of stress score between General stream and Science stream students of class 11th was found 6.81. It was more than 2.58 which was not significant, so Ho5 was rejected. It was found that the general stream students found more stressful as compared to science stream students of class 11th.

TABLE : 6

Mean, S.D., SED and 't' value of stress score of general stream and Science stream students Of class 12th

ss		an	.	d	Value
ence		.29	34	1	2
neral		.02	45		

Table 6 shows that the t-ratio of stress score between General stream and Science stream students of class 12th was found 5.42. It was more than 2.58 which was not significant, so Ho6 was rejected. It was found that the general stream students found more stressful as compared to science stream students of class 12th.

Conclusion :

S p e c i a l   I s s u e -   I n t e r n a t i o n a l   O n l i n e   C o n f e r e n c e
V o l u m e   –   5 ,   I s s u e   –   5 ,   M a y   2 0 2 0

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This study shows that class and stream effect on the higher secondary school students. General stream students found more stressful as compared to science stream students. It is very surprising result. Government, parents, teachers and social workers responsibility are very important to reduce the stress level of school students.

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**S p e c i a l   I s s u e -   I n t e r n a t i o n a l   O n l i n e   C o n f e r e n c e
V o l u m e – 5 , I s s u e – 5 , M a y 2 0 2 0**

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