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## A STUDY ON STRESS EXPERIENCED BY INTERMEDIATE STUDENTS OF KRISHNA AND GUNTUR DISTRICTS OF ANDHRA PRADESH

**M. PAVANI**

\*M. Pavani, Research Scholar, Acharya Nagarjuna University, A.P.

**Dr. S. ANITHA DEVI**

Dr. S. Anitha Devi, Associate Professor & Head,  
Dept of Management Studies, T.J.P.S College, Guntur.

### ABSTRACT

The present study is concerned with the levels of stress, factors causing stress and a comparative study of stress experienced by intermediate students belonging to different groups that is M.P.C, Bi.P.C, M.E.C & C.E.C. A Sample of 1000 intermediate students were drawn from Guntur and Krishna Districts of Andhra Pradesh. It was observed from the present study that the level of stress experienced by intermediate students was moderate and they were mostly stressed because of not being confident in themselves and for not completing their assignments in time. Similarly it was found that there was significant difference between the student's perception of academic stress among science and arts groups. Science group students were more stressed when compared to students belonging to arts group.

**KEYWORDS:** Stress, Academic stress, Factors of stress

### Introduction:

In today's highly competitive world, students face various academic problems including stress, disinterest in attending classes and inability to understand the subject. Stress is the feeling of anxiety or apprehension over one's performance in their studies.

It can lead to students being unable to perform to the best of their abilities in education. The reaction of parents and friends to the results weigh upon the students to create stress. Lack of interest in the subject and inability to follow the lectures cause disinterest among the students in attending the classes **Bradfield and Fones (1985)**. Stress within the students may not only affect the physical and emotional well-being of a student and their families, but it also affects the educational institution where they are studying because it may impair the academic relationship between students and the institutions.

According to **Ross, Neibling and Heckert (1999)**, there are several explanations for increased stress levels in college students. First, students have to make significant adjustments to college life. Second, because of the pressure of studies, there is strain placed on interpersonal relationships. Third, housing arrangements and changes in lifestyle contribute to stress experienced by college



students. In addition, students in college experience stress related to academic requirements, support systems, and ineffective coping skills.

### **Review of Literature:**

**(Gupta & Khan 1987)** observed that academic stress is a mental distress with respect to some apprehended frustration associated with academic failure, apprehension of such failure or even an awareness of the possibility of such failure.

**Agarwal, S.K. (1975)** found that the under-achievers were comparatively less emotionally mature, less calm, less prone to getting into difficulties and less able to face reality and possessed less ego strength than the over achievers.

With the exception of a few research studies, **(Verma & Gupta, 1990; Verma, Sharma & Larson, 2002)** said that academic stress and adolescent distress has not been explored in great detail in India. It is important to note that this issue is one that affects a small proportion of Indian youth, i.e., those who are fortunate enough to attend and graduate from high school (about 12-15 million students per year).

**(Shukla, 2005)** found that, Mental health professionals in India, however, have identified academic pressure as an acute stress factor that leads to mental distress, and in extreme cases, to suicide.

**Chawla (1997), Sundar (2003)** stated that all though the topic of academic stress and adolescent distress is less well documented in India, because few large-scale surveys or other ethnographic explorations have been conducted. Nevertheless, the existence of the issue is well known, and it is frequently discussed in the popular press.

**(Shah, 2001)** In Indian society colleges, poor infrastructure and faculty, adds into the stress in the students. On account of push factors, those who are more academically inclined often opt to pursue higher education outside India this has resulted in brain drain.

**Generoso N.Mazo (2015)** Stress is a factor that affects the performance and behavior of students in the university. Rationally, schools as the “loco parentis” must try to determine the causes of stress and its effects among its students. Knowing the coping mechanisms that they employ in trying to overcome the stressors is equally important. These data are necessary if the schools are to understand the pressures experienced by their students to be able to offer responsive, pro active and viable activities to better equip students to handle the rigors of university life.

### **Objectives of the Study**

- To study the level of stress experienced by students of intermediate education in Guntur and Krishna Districts of Andhra Pradesh.



- To explore the factors causing stress among students of intermediate education in Guntur and Krishna Districts.
- To make a comparative study on stress experienced by intermediate students belonging to different groups i.e. M.P.C, Bi. P.C, M.E.C, C.E.C.

### Methodology

The population for the present study consists of all the students of Intermediate education belonging to Guntur and Krishna Districts of Andhra Pradesh. The total population was first stratified on the basis of different groups that are M.P.C, Bi.P.C, M.E.C, C.E.C. A sample of 1000 intermediate students (M.P.C-340, Bi.P.C-250, M.E.C-225, C.E.C-185) belonging to Guntur and Krishna Districts were chosen on a random basis. The sample was selected from 18 colleges (9 colleges from Guntur District and 9 colleges from Krishna District). A well-structured questionnaire was used for data collection. Analysis was done with the help of scoring given in the scale. Anova was calculated to check if there was any significant difference between stresses experienced by students of various groups. Simple percentages were calculated to study the factors effecting stress.

### Analysis and Results

**Table No.1: Level of Stress Experienced By Intermediate Students**

S.No.	Opinion	Total	Percentage %
1	Very High	355	35.3
2	Moderate	430	43
3	Very Low	215	21.5
<b>TOTAL</b>		<b>1000</b>	<b>100</b>

**Table No: 2: Level of Stress Experienced By Students Group Wise**

S. No	Opinion	Total	%	M.P.C	%	Bi.P.C	%	M.E.C	%	C.E.C	%
1	Very High	355	35.5	90	26	180	72	50	22	35	19
2	Moderate	430	43	200	59	70	28	100	44	60	32
3	Very Low	215	21.5	50	15	0	0	75	33	90	49
<b>TOTAL</b>		<b>1000</b>	<b>100</b>	<b>340</b>	<b>100</b>	<b>250</b>	<b>100</b>	<b>225</b>	<b>100</b>	<b>185</b>	<b>100</b>

**Table No.3: How Often Students Are Stressed?**

S.no.	Opinion	Total	Percentage %
1	All The Time	350	35
2	Some Times	415	41.5
3	Once in a While	180	18
4	Once in a Month	10	1
5	Never	45	4.5
<b>TOTAL</b>		<b>1000</b>	<b>100</b>



**Table No. 4: Reasons for Stress among Students**

S. No	Opinion	Total	%	M.P. C	%	BLP. C	%	M.E. C	%	C.E. C	%
1	Being at the Bottom of Class	135	13.5	50	15	30	12	35	16	20	11
2	Not Being Able to Finish My Assignments	210	21	90	26	30	12	50	22	40	22
3	Not Being Good At Practical's	59	5.9	20	5.9	39	16	0	0	0	0
4	Not Being Able to do Class Projects	160	16	50	15	40	16	40	18	30	16
5	Not Being Confident of My Self	341	34.1	110	32	81	32	80	36	70	38
6	Not Being Confident of My Fellow Students	95	9.5	20	5.9	30	12	20	8.9	25	14
Total		1000	100	340	100	250	100	225	100	185	100

**Table No. 5: Factors Effecting Stress among Students**

Factors Effecting Stress Among Students	GOOD	%	BAD	%	TOTAL
Ventilation Facilities	442	44.2	558	55.8	1000
Toilet Facilities	512	51.2	488	48.8	1000
Drinking Water Facility	512	51.2	488	48.8	1000
College Environment	465	46.5	535	53.5	1000

**Table No. 6: Analysis of Variance in Stress Experienced by Students of all the Four Groups**

Source of Variation	SS	DF	MS	F VALUE
Between groups	6475	3	2185.33	0.37*
With in groups	22325	4	5831.25	
Total	29800	7		

\* Significant at 0.05 level

## RESULTS

- Table 1 shows the results regarding level of stress experienced by respondents. 43% of respondents said that their stress level was moderate. 35.5% of respondents expressed their high level of stress towards their education, only 21.5% of respondent's view that they have very low level of stress.
- Table 2 reveals the result of course wise preferences by respondents. 59% of respondents belonging to M.P.C expressed that their level of stress was moderate. Majority (72%) of Bi.P.C. respondents said that their level of stress



was very high and 49% of C.E.C respondents said that their stress level was very low respectively.

- Table 3 shows results regarding the frequency of stress among respondents. 41.5% of respondents felt that they were stressed sometimes. 35% of respondents expressed that they were stressed all the time, only 18% of respondents said that they experienced stress once in a while.
- Table 4 shows results regarding reasons for stress among students. Here majority i.e. 31.4% of the students were stressed because of not being confident in themselves and 21% of the students were stressed for not completing their assignments in time.
- Table 5 shows results regarding factors effecting stress among students. 55.8% of the students expressed that ventilation facilities were not good in their college, 48.8% said that toilet facilities and drinking water facilities were bad in their colleges. 53.5% of the students opined that they were not satisfied with their college environment.
- Table 6 shows ANOVA variation among students of all the four groups. Here the f - value was found to be statistically significant which shows that stress experienced by students among various intermediate groups varied significantly.

## Conclusion

From the above study it was observed that students of intermediate education were stressed of their academics. The students belonging to science group that is M.P.C and Bi.P.C were found to have high stress when compared to arts group students that is M.E.C and C.E.C. This shows that there was significant difference between the student's perception of academic stress among science and arts group students. In present times it has been strongly felt that academic stress has become very stressful. The presence of stress among students is an indicator of future threat if stress continues to persist.

## Recommendations

The researches recommend that college administration have to provide students with a psychological, social and academic counseling in order to decrease the students stress so they can achieve better results and have a good mental health. They have to involve students with different activities to reduce communication gap between them; also they have to provide students with a suitable teaching and learning methods in order to decrease their academic stress.



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