

Academic Stress and Mental Health among High School Students

N. Annalakshmi.

Ph.D. Research Scholar (Full-Time)

Department of Education

Alagappa University

Karaikudi

email: annalakshmi1985@gmail.com

Dr. A.CATHERIN JAYANTHY

Assistant Professor

Department of Education

Alagappa University

Karaikudi

acjenna2016@gmail.com

Abstract

The academic achievement is one of the most important consideration in Educational level. It is widely recognized that the student has experienced more stress and stress related disturbance in their life. Nowadays, the students are facing this academic stress and related sources in their school life. This stress poses a great deal of tasks in society as it delays the students from acquiring intellectual knowledge which is needed for their development and growth in the society, hence the academic stress is a major problem faced by all students. Based on this, the study needs to observe academic stress among high school students in view of endorsing measure with which to reduce the problem. This study will become to understand various factors of sources and how they are affected. This paper is to examine the need and importance of adequate and intervention strategies for reducing stress, anxiety and depression among school students. The dimension of stress are examination stress, homework related stress and self inflicted stress. This study is to analyze about the explore of academic stress and its relationship with mental health, The descriptive survey method was adopted with the population of 200 high school students from Government School and Matriculation school. This paper is to analyze the level of depression and stress among students and intervention strategies was given.

Keywords: Academic Stress, Mental Health, Interventions

Introduction

The stress is a universal term that they experienced by the people throughout their life. It will become the part of contemporary life. Bernstein (2008) viewed stress as “a negative emotional, physiological, cognitive, and behavioral process that happens when the person tried to adjust with stressors. In current situation, everybody is making various types of alterations in their life. The stress is unavoidable because it related to any external or internal events that may be pleasurable or stressful. The people they response stress toward their situation they faced (Lazarus & Folkman, 1984). The student was affected this type of stress that affect their health physically and mentally. This stress may be affecting the individual's developmental growth (Banerjee & Chatterjee, 2016). Now, the academic achievement is one of the most important contemplations in Educational level. The student experienced more stress and stress related disturbance in their life. The good stress will encourage towards their growth and performances. Similarly, the bad stress will become a burden and also faced some psychological related problems. It is a feeling of tension and came from any time that makes us frustration, angry or nervousness. The academic stresses are mental distress due to academic challenges or failures in their school. The adolescent is experiencing pressures from school, family and also from peer group. It is one of the major issue they faced and also affecting their mental health (Chawla, 2012)(Kessler, 2007)

Empirical Studies of Review

Subramani (2017) “Academic Stress and Mental Health Among High School Students”, this study was conducted to explore the academic stress and its relationship with mental health among high school students. 200 high school students from Government and Private schools in and around Salem city, Tamilnadu were selected through stratified random sampling and the data was collected with Educational Stress Scale for Adolescents and Positive Mental Health Scale. The main findings of the study revealed that the students from private school students have experience high academic stress than that of government school students.

Beier (2015), The prevalence and correlates of depression, anxiety, and stress in a sample of college students. In this article, the main objective of this study was to examine the correlation analysis of depression, stress and anxiety among college students. The sample size was 374 UG students in Franciscan University. The findings of the study are students who were in stress or depression were transfer and those living off campus.

Need and Significance of This Study:

Nowadays, the adolescent are facing academic pressure in their life. They are exposed with the problem of stress, anxiety and depression due to internal and external pressure from school, teacher, and parent or by peer group for getting best result. This paper is to analyze the level of academic stress and mental health of student. This is a crucial stage for all students for choosing their subjects so that their marks are only consideration to assign various stream of study and hence they are faced academic stress and similarly, their mental health may be affected by stress, depression and also suffered

Objectives:

- To find out the level of academic stress and mental health among high school students
- To find out the level of academic stress and mental health among high school students in terms of gender
- To find out the level of academic stress and mental health among high school students in terms of types of school

Hypothesis

- There is no significant difference between the level of academic stress and mental health among high school students
- There is no significant difference between the level of academic stress and mental health among high school students in terms of gender
- There is the level of academic stress and mental health among high school students in terms of types of school

Methodology:

The descriptive survey method was adopted for this present study.

Sample

The total population of the study consists of 200 High school students. The simple random sampling technique was adopted for this study. The data collected from the Government schools, and Matriculation schools.

Tools

In this study, to find out the level of academic stress among high school students, Academic Stress Questionnaire was used. It was developed by Akram, Khan and Baby (2013) to assess academic stress among students (15-18 years). This mental health tool was self-constructed by the researcher to measure the stress of students. The stress inventory consists of 25 statements and the depression inventory consists of 20 statements. The positive and negative statements are present in the tool. The tool was constructed on a five point rating scale from the degree 'strongly agree', 'agree', 'undecided', 'disagree' and 'strongly disagree'

Statistical Techniques of the Study:

The statistical techniques are Mean, Standard deviation, t-test and correlation analysis are to be used for data analysis.

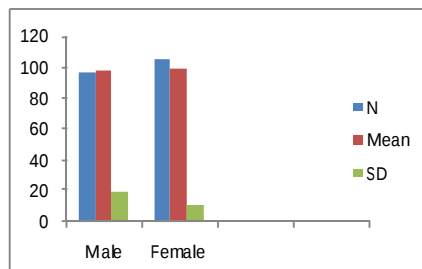
Analysis and Interpretation

Hypothesis: 1

There is no significant difference between the level of academic stress among high school students in terms of gender

Sl.No	Variables	Mean	SD	t-value	No of students	Level of Significance
1	Male	96.88	13.69	2.41	95	Significant
2	Female	98.16	10.55		105	

Figure 1



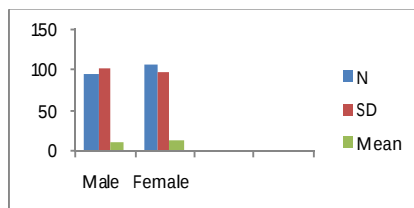
From this table 1, it is evident that the obtained 't' value 2.41 is higher than the table value 1.96 at 0.05 level of significance. Hence, the formulated hypothesis that there is a significant difference between the level of stress among high school students in terms of gender is **rejected**.

Hypothesis: 2

There is no significant difference between the level of mental health among higher secondary school students in terms of gender

SLNo	Variables	Mean	SD	t-value	No of students	Level of Significance
1	Male	98.76	12.02	0.86	95	Not Significant
2	Female	98.35	12.37		105	

Figure 2



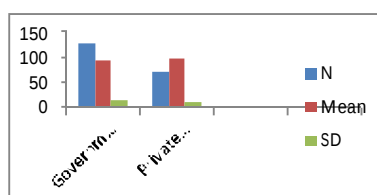
From this table 2, it is evident that the obtained 't' value 0.86 is less than the table value 1.96 at 0.05 level of significance. Hence, the formulated hypothesis that there is no significant difference between the level of mental health high school students in terms of gender is **accepted**.

Hypothesis: 3

There is no significant difference between the level of academic stress among high school students in terms of types of school

Sl.No	Types of school	No of students	Mean	SD	t-value	Level of Significance
1	Government school	127	94.88	13.69	2.41	Significant
2	Private school	73	98.16	10.55		

Figure 3



From this above table, it is evident that the obtained 't' value 2.41 is higher than the table value 1.96 at 0.05 level of significance. Hence, the formulated hypothesis that there is a significant difference between the level of stress among high school students in terms of types of school is rejected.

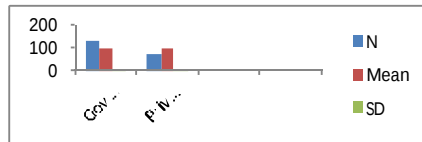
Hypothesis: 4

There is no significant difference between the level of mental health among high school students in terms of types of school

Sl.No	Types of school	Mean	SD	t-value	No of students	Level of Significance
1	Government	96.88	11.69		127	Not

	school			1.41		Significant
2	Private school	97.16	10.55		73	

Figure 4



From the above table, it is evident that the obtained 't' value 2.41 is higher than the table value 1.96 at 0.05 level of significance. Hence, the formulated hypothesis that there is no significant difference between the level of mental health among high school students in terms of types of school is **accepted**.

Findings and Results:

- There is a significant difference between the level of academic stress among high school students in terms of gender
- There is no significant difference between the level of mental health high school students in terms of gender
- There is a significant difference between the level of stress among high school students in terms of types of school
- There is no significant difference between the level of mental health among high school students in terms of types of school

Conclusion

Academic stress becomes persistent problem among school students. This study will help to understand the causes for academic stress in learning practices. Similarly, this study will analyze the need of good mental health and to know about the factors affecting mental health,

This study will help the student to develop positive view point towards education. It will help the students to design intervention strategies to improve their students' achievement

Acknowledgements

This study was supported by RUSA 2.0 scheme by Alagappa University

Reference

- [1] Lazarus, R. S., & Folkman, S. (1984). Stress, Appraisal and Coping New York: Springer.
- [2] Annalakshmi. N & Catherin Jayanthi (2018) Repercussion of Stress And Coping Strategies Among Students
- [3] Busari A. O. 2017 "Evaluating the Relationship Between Gender Age Depression and Academic Performance Among Adolescents. Scholarly Journal of Education. 2012;1(1): International Journal of Interdisciplinary and Multidisciplinary Studies (IJIMS), 2017, Vol 4, No.2,20-25 ISSN - (Print): 2519 – 7908
- [4] Moscaritolo L. M. Interventional strategies to decrease nursing student anxiety in the Clinical learning environment. Journal of nursing education. 2009;48(1):17. CrossRef
- [5] Ghosh, M.S., (2016). Academic Stress among Government and Private High School Students. The International Journal of Indian Psychology.
- [6] Agarwal, A., (2011). Impact of Academic stress upon Academic Achievement and the Mental Health of the Adolescents. International Journal of Management and Social Sciences.