



“Academic Stress, Depression, Anxiety among Boys and Girls Student”

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Abstract

Research Method Statement of problem: To study of depression, stress, anxiety among academic students objective To find out the impact of a stress depression anxiety on academic students.

Hypothesis: there will be significantly difference between boy and girls Sample: Researcher

collected 40 sample of mpssc students to age range were 20 to 22 And 20 samples are for reserved

From these choose Tools- in order to collect the data required for the present study the following

tools were used Anxiety Stress Depression Scale Standardized and developed Pallavi Bhatnagar

(ADDs) Statistics t-test was used for the statistical analysis of data. Conclusion: There was no

significant difference found between boys and girls on dimension anxiety stress and depression

Keywords: Academic Stress, Depression, Anxiety, Boy Student, Girls Student.

Introduction

Anxiety : Academic anxiety is a typical psychosocial issue But the majority of the cases academic anxiety could be belittled it's connected with apparent social help . Over anxiety related with lower academic accomplishment. Guardians' high instructive desires are one of the most negative factors for poor academic accomplishment and submitted self damage exercises. The educators, advisors, managers, and companions are all school setting can be a first line of safeguard for students in managing emotional well-being concerns and to carry attention to anxiety, stress and teach accommodating approaches to adapt stress and anxiety.

Depression: Depression is a psychological state where one endures pity; it's a typical however significant reason for dysfunctional behavior like depression and academic stress. Depression interferes with a person's considerations forms, passionate reaction and everyday life exercises there are numerous causes that add to depression, for example, ruinous musings, discernment, dejection, social segregation, and absence of companion support. In the event that guardians disregard that all things become students quitting any and all funny business state of mind.

Stress: Academic stress is whatever incurred an extra request on a person's ability to adapt, regularly with academic stress. Generally every student feel stress in their tutoring period Some basic variables emerges stress, for example, long school plan, poor financial status, family instructive foundation impracticable conviction and requests of gatekeepers and educators, poor academic execution, and poor examination.

Meaning of stress

- Any impedance that upsets an individual's psychological or physical prosperity

Meaning of Anxiety

- Anxiety is condition of strain

Meaning of depression

- Loss of interest or pleasure, feelings of blame or low self-worth, disturbed rest or appetite, low energy, and poor fixation

Mental issue like anxiety, depression and stress significantl fuel the weight on students to perform better. The variables all in all hamper their low academic presentation. In Chhattisgarh state hardly any investigations have glanced particularly in the field of emotional wellness and academic execution. of the students in a decades ago. This examination planned to round that hole and discover the relationship among anxiety, stress, depression and academic execution. . For this reason 40 (10 boys and 20 girls) students of mpssc class The ADSS (anxiety, depression and stress) was utilized to gauge the anxiety, depression and stress among students. To investigation information Correlational research configuration will be utilized. Various leveled different relapse investigation uncovered noteworthy negative relationship among depression and, anxiety for rule variable academic execution.. Moreover, stress and academic execution. Seen as huge positive relationship with one another. It is reasoned that psychological wellness state of the students influence academic execution.

Research Methodology**Statement of problem:**

To study of depression, stress, anxiety among academic students

Objective

To find out the impact of a stress depression anxiety on academic students.

Hypothesis:

There will be significantly difference between boy and girls.

Sample:

Researcher collected 40 sample of mpssc students to age range were 20 to 22 And 20 samples are for reserved From these choose

Tools- in order to collect the data required for the present study the following tools were used
Anxiety Stress Depression Scale Standardized and developed Pallavi Bhatnagar (ADDSD)

Variable:

Independent variable: 1) boy 2) girls

Dependent variable: 1)Anxiety 2)stress 3)depression

Controlled variable age: 20 to24

Procedures of data collection: 40 samples selected for mpssc students There are 20 girls and 20 boys. I took pre test of them and make 2 groups of the samples. Each group has 10 girls and 10 boys.

Statistics

t-test was used for the statistical analysis of data

ANXIETY

	N	SD	Mean	df	t-value
BOY	10	2.56	3.90	18	1.75
GIRLS	10	2.97	3.83		

Depression

	N	SD	Mean	df	t-value
BOY	10	2.15	5.80	18	1.75
GRILS	10	3.14	6.50		

Stress

	N	SD	Mean	df	t-value
BOY	10	1.69	2.20	18	1.75
GRILS	10	2.84	3.83		

Conclusion:

There was no significant difference found between boys and girls on dimension anxiety, stress and depression

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