

# A Comparative Study on Academic Stress among Higher Secondary Students in CBSE and State Board of Education with Special Reference to Thrissur District

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**Abstract---** *Students these days face high stress. This may occur as a result of psychological, physiological and environmental causes. This study focuses to understand the academic stress among higher secondary students. High levels of academic stress lead to negative effects on children like lack of confidence, anxiety, depression, etc. It is hence important to understand the various factors causing academic stress which indeed helps to manage such stress. Academic stress differs by following many factors, one of the major factors being the board of the study. It is understood from the study that CBSE students face a higher level of stress than state board students. So the present study aims to focus on academic stress among higher secondary students in CBSE and state board of education of Thrissur district.*

**Keywords---** *Stress, Academic Stress, Higher Secondary Students.*

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## I. INTRODUCTION

We all experience stress in our lifestyle. It occurs during a sort of situation for instance during a family in educational schools and on the work. Feeling of stress are often mild or intense counting on the person and therefore the situation. Stress are often described as a negative emotional experience which suggests when an individual feels unable to affect the stress of their environment and feels tense and uncomfortable. There are two components for the condition of stress: the primary one is physically viewed as direct material or broadly challenge, and therefore the other psychological viewed as how individuals perceive circumstances in their life.

The term stress coined by HAN SELYE in 1936. He defined because the "nonspecific response of the body to any demand for change". Consistent with him there two sorts of stress: the primary one is eustress (means positive stress) and therefore the other is distress (means negative stress).

The most common causes for stress: loss of employment, getting married, divorce, the death of a beloved, chronic illness, migration, traumatic events, etc. Academic stress may be a quite common phenomenon in student's lives today.

Academic stress are often defined as a state of tension that relates to the threatening danger from the environment of the tutorial institution including teachers, certain subjects, etc. Academic stress is vital because it influences the tutorial success of the scholars. Academic stress is extreme anxiety concerning some foretasted

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vexation correlated with academic requirements and failures. Some common symptoms of stress among students are anxiety, nervousness, sleep problems, poor appetite, skin rashes, indigestion, tense, endless worries, headache, pain within the shoulders and neck. High levels of stress in students may reduce memory span, lose consideration, easily distracted, lack of confidence, inability to know and comprehensive difficulty in concept formation, poor reasoning skills, difficulty in problem-solving and deciding. Identified sources of academic-related stress have included finance difficulties, peer pressure, concern about the power of studies, lack of proper network, deadline related issues, time management problems, over concern about the marks and grades, improper understanding of the topic and trying to satisfy the parents expectations. aside from that, the scholars are reportedly taking over stress to satisfy the standard of educational standards. Academic stress results in lower self-esteem in students. A high level of stress could even cause physical complications also, which successively could harm student's performance.

There are different techniques to manage stress. These techniques include effective time management, positive thinking, a healthy diet, sleep properly, taking note of music, seek social support, practice relaxation techniques include meditation, yoga, and breathing exercise, etc. These techniques can help the scholars to beat the strain. In the present world students faces tons of educational issues which include exam stress, lack of interest in attending classes and difficulty understanding the topic.

Exam stress can increase anxiety among students. Exam forces students to perform their best but, due to the strain they're unable to perform to the simplest of their talent in exams. The attitude of oldsters and friends towards the results also can cause stress among the scholars. Disinterest within the subject and failure to follow the teachers cause difficulty in attending classes. There are different coping strategies to affect academic stress. Suicide rates are high in Kerala among teenagers and academic stress one among the causal factors. This study is conducted among the highschool students in CBSE and state schools belonging to the Thrissur district to know the tutorial stress on the scholars.

### ***Statement of the Problem***

Students lately face high pressure from their school also as homes. This causes their stress level to extend which may cause many mental problems. This study aims to know which factors are resulting in creating stress among students. OBJECTIVES OF THE STUDY The main objective of the study to review academic stress among higher secondary students in CBSE and STATE BOARD OF EDUCATION based on subject, parent's education and gender.

### ***Objectives of the Study***

The main objective of the study to study academic stress among higher secondary students in CBSE and STATE BOARD OF EDUCATION based on subject, parent's education and gender.

## **II. RESEARCH METHODOLOGY**

The study is descriptive. The sample consists of 80, +1 and +2 students studying in CBSE and state board of education in Thrissur, Kerala. The sample was selected employing a simple sampling technique. T-test and Analysis of variance are wont to analyze the study.

### ***Hypothesis***

1. There's no significant difference in academic stress among higher secondary students of CBSE and state board of education.
2. There's no significant difference in academic stress among higher secondary students supported subjects chosen for study.
3. There's no significant difference in academic stress among higher secondary students supported gender.
4. There's no significant difference in academic stress among higher secondary students based on the tutorial qualification of parents.

### ***Scope of the Study***

The study focuses on analyzing the academic stress caused by higher secondary students of both CBSE and STATE syllabus in Thrissur district. A comparative study is formed between both the board of syllabus. The study also takes into consideration the varied factors that are liable for stress in students. A transparent distinction is formed between the male and feminine students and their level of stress during the study.

## **III. LITERATURE REVIEW**

Vadhi et.al(2018) researched academic stress among higher secondary school students within the Coimbatore district. The results of the study revealed that there's no significant difference between academic stress with locality school, gender, medium, sort of family and management among higher secondary school students.

Dr. Sagar and Sing (2017) conducted a study of academic stress among higher secondary school students. The result indicated that there exists a high significant difference between academic stress of male and feminine students, but no significant difference was found among academic stress of arts, science, and commerce stream students of upper secondary.

Sharma et al. (2016) in their study concludes that one can use various methods to scale back stress like workout daily, the utilization of varied management tools, and getting involved in leisure activities. Colleges should have a conducive ambiance to scale back stress.

Prabu (2015) conducted a study on academic stress among higher secondary students. The finding revealed that higher secondary students are having a moderate level of educational stress. The male student's academic stress above female students also found that urban student's academic stress above the rural students.

Kaur (2014) during a research study found that the psychological state of teenagers gets affected to try to academic stress. Girls with academic stress have poor psychological state compared to the boys.

Bataineh (2013) during a study conducted among students at different university found that unreasonable academic overload, shortage of your time, high family expectations and low motivations are reasons for stress. The study also concludes that the difference in specializations has no reference to the quantity of stress.

Khan and Kausar (2013) conclude that stress has negative impacts on academic performance. Stress affects the power to review efficiently and time management. Studying regularly helps in reducing academic pressure.

Deb et.al. (2012) researched academic-related stress among private lyceum students in India. The result shows that 35 and 37 percent reported high or very high levels of educational stress and exam anxiety. Buasri(2012) during a study conducted among higher secondary students found that stress results in depression which is linked with the effect on academic achievement.

Nandamuri and Gowthami (2011) during a study conducted among students of professional studies found that curriculum and instruction parameters are liable for the foremost amount of stress followed by placement issues and teamwork issues.

#### IV. ANALYSIS AND INTERPRETATION

Table 1: Academic Stress means for Students on the Basis Syllabus Chosen

	<i>Management</i>	<i>N</i>	<i>Mean</i>	<i>Std. Deviation</i>	<i>t</i>
Academic Stress Total Score	CBSE	40	72.58	14.473	4.1072**
	STATE	40	58.83	15.454	

\*\*significant at.01 level

Table 1 indicates the number, mean, variance and t value of upper secondary students supported the syllabus they need chosen for his or her study. From the result, it's clear that both groups differ significantly in their academic stress and it's at 0.01 level. From analyzing the mean score we will understand that academic stress is more among students of CBSE stream. It'd flow from to the additional burdens of the central syllabus in comparison with the state syllabus.

Table 2: Academic Stress means for Students on the Basic Subject Chosen

	<i>Subject</i>	<i>N</i>	<i>Mean</i>	<i>Std. Deviation</i>	<i>t</i>
Academic Stress Total Score	SCIENCE	40	75.53	13.023	6.669**
	COMMERCE	40	55.88	13.329	

\*\*significant at.01 level

From the results given in table 2, it appeared that the mean score of science subject was 75.53 whereas the mean score of commerce was 55.88. The calculated 't' value comes out to be 6.669. Here the mean difference was significant. Science subjects were found to be under more academic stress as compared to their commerce counterparts. The results of this study indicate that factors that contribute to poor performance are namely a change in the curriculum, the time allocated for each science topic, the teacher's lack of specialized content knowledge, the medium of instruction, the involvement of the parents, poverty, and motivation. This may also be due to the lack of aptitude from the part of students toward science subjects

Table 3: Academic Stress means for Students Based on Gender

	<i>Gender</i>	<i>N</i>	<i>Mean</i>	<i>Std. Deviation</i>	<i>t</i>
Academic Stress Total Score	male	40	60.45	15.145	3.004*
	female	40	70.95	16.104	

\*significant at 0.05 level

Table 3 indicates that the mean score of male adolescents was 60.45 whereas the mean score of female adolescents was 70.95. The calculated 't' value comes bent be 3.004. Here the mean difference was significant.

Female subjects were found to be under more academic stress as compared to their male counterparts. this might be because females are sensitive and sincere naturally and take everything. Very seriously whereas males are generally easy-going and happy go lucky.

Table 4: One way ANOVA Academic Stress based on Parents Education

	<i>Sum of Squares</i>	<i>df</i>	<i>Mean Square</i>	<i>F</i>	<i>Sig.</i>
Between Groups	1205.579	4	301.395	1.127	.350
Within Groups	20059.221	75	267.456		
Total	21264.800	79			

Table no:4 indicates the sum of squares, degree of freedom, mean squares, F value and the level of significance of the academic stress among higher secondary students in CBSE and STATE board of education.

One way Anova was performed to find out academic stress based on parent's education. There were 5 educational groups: SSLC, pre-degree, Degree, PG and above PG. But parent's educational qualification does not have any effect upon academic stress on higher secondary students.

## V. FINDINGS

- 1) Academic stress was found to be more prominent among the scholars of CBSE School than STATE School.
- 2) The science subject student's academic stress is above commerce student
- 3) From the finding, it's going to even be concluded that female students experienced more academic stress than their male counterparts.
- 4) There is not any significant difference in academic stress based on the parent's education.

## VI. SUGGESTION

Academic stress is found to be more among girls based on gender. an extra study are often administered on the causes and methods to affect stress among girls. CBSE students are found to be more stressful academically. So we will go in-depth study of the stressful nature of the syllabus and its implementation. a flair test are often recommended before getting admission to varied courses of study and giving meditation classes and brain exercises before starting classes and friendly atmosphere classes this will also help to scale back the strain among the scholars.

## VII. CONCLUSION

From the findings, we will conclude that Academic stress was found to be more prominent among the scholars of CBSE School than STATE school and science subject students face more academic stress than the commerce students. Female students experienced more stress than their male counterparts and there's no significant difference in academic stress based on parent's education.

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