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## **Stress Among School-Going Adolescents Students**

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### **Abstract:**

*10<sup>th</sup> class students have high level of stress due to board exam, competition of admissions for best course or colleges, parent's pressure, peer pressure and due to relations with teachers. These demands lead to stress among them. Present study aimed to examine the stress level among 10th class students with respect to their gender. For these study 60 students of 10th class has selected randomly. Students stress scale by Dr Zaki Akhatar is used for data collection. For result analysis mean, SD and 't' test was used.*

## **Introduction:**

The concept of stress is certainly not new to any investigator. Stress is that kind of phenomenon or action which places a psychological or physical demand upon an individual that can be imbalance his / her personal equilibrium. The term stress is used to refer to health hazards and situations such as failing in an examination, losing a game, peer pressure, expectations of parents, school or social environment, home environment, etc.

Hans Selye (1956) first popularized the concept of stress. Selye theorized that all individuals respond to all types of threatening situations in the same manner and he called this the Genaral Adaptation Syndrome.(GAS)

General Adaptation Syndrome:

Hans Selye (1991) a pioneer in the study of how stress affects the body, maintains that in addition to the body's specific responses to a particular stressor, for example- sweating in response to heat, there also is a characteristic pattern of nonspecific physiological mechanisms that are activated in response to almost any stressor. Selye called this pattern the general adaptation syndrome (GAS). It consists of three progressive stages: 1.The alarm reaction,2. the stage of resistance and 3.the stage of exhaustion.

1. Alarm Reaction:- The initial emergency response to stress provoking agents is known as the alarm reaction. It consists of the body's initial mobilization of resources that produce similar symptoms regardless of the type of stressor, be it physical for example lifting heavy boxes, being attacked, or psychological for example taking a test, giving a speech. For this reason, people experiencing alarm reaction often complain of common symptoms such as headache aching muscles and joints, loss of appetite and generally tired feeling.

During the alarm stage the presentation of a stressor can evoke a fight or flight response. Fight of course, means confronting the stressor and flight means fleeing from the stressor.

When the stressor is insurmountable we flee we feel, when it is capable of being vanquished, we often fight it. This stress response starts in the brain when a stressor is perceived; the brain then signals the rest of the body to prepare to fight or to flee. For example, blood flow to our muscles increases, we sweat and our heart begins to quicken as does our breathing. When the stressor disappears or subsides, so too, do many of the physiological responses to stress, the body relaxes and fight or flight responses are no longer present.

2. Resistance:- If our exposure to stressful situations continues, the alarm reaction is followed by the stage of resistance, in which the human organism develops an increased resistance to the stressor. The symptoms of the alarm stage disappear and body defenses rise above their normal level to cope with the continued stress. Thus, the goal of this stage is to return the body to normal functioning. If the stress is effectively dealt with then this stage becomes one of the recovery and renewal, though the body's overall defenses will be compromised for a while. On the other hand, if the stress response is activated too often or turned on for too long, resources become depleted and the body's responses to stress can actually turn against itself, the stage of exhaustion has been reached.

3. Exhaustion:- During the stage of exhaustion body defenses break down and adaptation energy runs out, making the body vulnerable to illness. Indeed, research on stress and health confirms that chronic stress makes us more susceptible to viruses- not just holds but HIV, which causes AIDS and diminishes wound healing as well as lowering our immunity (Glaser, 2005). Moreover, when the body is exhausted there is an increased the likelihood of "diseases of adaptation", for example illnesses resulting from our inability to adapt to stress, such as peptic ulcers and high blood pressure (Segerstorm & Miller,2004)

### **The concept of stress:**

Stress is an entire part of everyone's life and generated by rapidly changing situations that a person must face.

Canon (1932) has explained the biological process of the stress response that is an autonomic nervous system. stress produces both biological and psychological consequences the effects of stress biological and psychological is described by a model developed by hands selling the model general adaptation syndrome GAS had three status first alarm reaction second resistance third exhaustion.

### **Definition of stress**

Lazarus and Folkman (1984) defined that stress is a mental or physical phenomenon formed through one's cognitive appraisal of stimulation and is a result of one's interaction with the environment.

### **Statement of problem:**

Stress among 10th class students with respect to their gender. This study tries to measure stress level in 10<sup>th</sup> class students in rural area.

### **Objectives of the study**

The present study aims to accomplish the following major objective.

To study stress among 10th class students with respect to their gender.

### **Hypothesis of the study**

In the presence study the following hypothesis will be tested.

There will be significant difference in stress between boys and girl students in 10<sup>th</sup> class.

### **Method:**

#### **Sample**

The sample of the study consist of 60 school students of 10th standard in Mohanrao Patangrao Patil Vidyalaya Borgaon equal number of boys (30)and girls (30) participated. 60 students was selected by random sampling method from the list of students.

## **Tool**

Students Stress scale by Zakir Akhtar (2014) was administrated to the participants to estimate their stress level. It consists of 51 items in addition to assessing the stress level. It claims to be helpful in exploring basic academic stresses burdening school going students adolescence split half and retest reliability of the scale are 0.78 and 0.71 respectively its construct validity is 0.72

## **Operational definition**

Stress of student means that the obtained score by students on student stress scale.

Statistical analysis Data were analyzed by using different techniques of statistics such as means, SDs and 't' value.

## **Variables:**

Independent Variable: Sex of students- Boys and Girls.

Dependent Variable: Stress

## **Procedure of Data Collection:**

The students were contacted in their school. After getting the consent from the headmaster of the school, rapport was established with the students and following instructions are given:

“ There are 51 items in this scale, each item have five responses, ‘Always’, ‘Most of times’, ‘Sometimes’, ‘Few’, ‘Never’. This scale is in Hindi. Kindly go through them carefully and then tick (✓) mark below the columns of five responses. Respond to all the items, without leaving anyone. There is no time limit but try to complete it as early as possible.”

## **Results and Discussion**

Table No. 1 Mean, SD and 't' value of SSS

Sr. No.	Gender	N	Mean	SD	df	"t" value	Sign.
1.	Boys	30	134.06	15.47			
					58	0.49	Not significant
2.	Girls	30	152.63	23.62			

In table no. 1 means, SD and 't' value of scores of stress scale gained by students are shown. Mean score of boys is 134.06 and SD is 15.47. Means score of girls is 152.63 and SD is 23.62. In accordance with these scores obtained by students on the scale, girls are classified in Moderate stress level and boys are classified in below stress level. 't' value of the obtained scores is 0.49, it indicates that there is no significant difference in stress among school going boys and girl students studying in 10th class. Therefore the hypothesis there will be significant difference between in stress among boys and girl students in 10th class is not accepted.

Jamir Ulla Khan Abdul Barkat Lenin and Naseem Ahmed (2015) in their study found that school going male students more stressful in comparison to female students. This finding is not supported to present study findings.

Vijaya and Karunakaran (2013) found that majority of boys expressed high level of stress and moderate stress compare to girls. This finding is also not supported to present study findings. In present study girl students are exhibited moderate level of stress. In present scenario girls became more ambitions like boys. Parents also expect good results and good academic performance from girls. Due to these reasons girls may be exhibit moderate level of stress than boys students.

## Conclusions

The researcher concluded that there is no significant difference in stress among school going boys and girl students studying in 10th class.

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