



## A STUDY ON STRESS AMONG ADOLESCENT LEARNERS

**K. Manikandan\***

\* Ph.D, Research scholar, Department of Education, Institute of Advanced Study in Education (Autonomous), Saidapet, Chennai - 600015, Tamil Nadu, India.

**Dr. S. Nirmala Devi\*\***

\*\*Principal, Institute of Advanced Study in Education (Autonomous), Saidapet, Chennai-600015, Tamil Nadu, India.

---

### *Abstract*

---

*According to Stanley Hall Adolescence is a period of Stress and Storm. The main aim of this study is to find out the level of stress among adolescent learners. The rising numbers of adolescence are suffering mental health related problems because of stress. This study intends to assess the stress in the following four dimensions via Physical stress, Emotional stress, Social stress and Academic stress. 350 adolescent learners (both male and female in the age group of 13-19) studied in various higher secondary schools in and around Madurai City constitute the sample for this study. The Adolescent Stress Questionnaire developed and validated by the investigator and his research supervisor was used for this study. The collected data were analyzed using appropriate statistical techniques. The researcher found that the level of stress among adolescent learners is moderate in nature. There is a significant difference of adolescence learners based on Gender, Medium of Instruction, Location of Residence, Type of Schools.*

---

**Keywords:** *Stress, Adolescent Learners.*

**Introduction:** Adolescence is the most important period in human life. Adolescents are exposed to increased rates of stressful life experiences and there is some proof that increases in stressors account, at least in part, for the increased rates of psychological problems associated with this developmental period. Stress can inducing feeling of frustration, fear, conflict, pressure, hurt, anger, sadness, inadequacy, guilt, loneliness or confusion. Learners experience high stress due to academic commitment, financial pressure and lack of time management skills .these problems can lead to academic failure, family conflicts, drug abuse,

violence and suicide and thus can be very costly to families, to the health care system and to the society at large.

Stress is an important issue and growing quickly in every facet of life stress is the process that occurs in response to events that dislocate, or threaten to disrupt, our physical or psychological performance.

Stress is a necessary and inescapable concomitant of daily living-necessary because without some stress we would be listless and apathetic creatures, and unavoidable because it relates to any external event, it is agreeable or anxiety producing. A person's response towards stress depends on whether an event is appraised as a challenge or a threat. Challenging stimulus can lead to positive outcomes such as motivation and improved task performance while threatening ones or distress can result in anxiety, depression, social dysfunction and even suicidal intention.

**Need and Significance of the Study:** The people of adolescence are facing various situations like family, school, college and society. Since, they are falling in many antisocial activities like suicide, conflict, frustration and minor and major crimes, and so on. The main significance of the study is to assess the stress of the adolescence learners. The knowledge of various stress are very essential for the adolescence student to understand the day to day problems that they are facing routinely. In order to resolve and cope up the above knowledge are mandatory for the learners. This study is helpful to reduce the stress level and plan appropriate counseling technique to provide to those who are in need. This study is also useful to prevent adolescence learners' rate of suicidal attempts.

**Statement of the problem:** The statement of the present study is stated as "A Study on Stress among Adolescent Learners."

**Objectives of the study:** 1. To find out the level Stress among the adolescent learners. 2. To find out there is any significant difference exist in the dimensions of stress among adolescent learners with respect to the following sub-groups.

i) Gender ii) Type of School iii) Location of School iv) Medium of Institution v) Type of Management vi) Order of Birth vii) Socio Economic Status

**Hypotheses of the study:** The following hypotheses were formulated based on the objectives of the study. 1. There is no significant difference exist in the dimensions of Stress among the adolescent learners based on the subgroups of the sample; i) Gender ii) Type of School iii) Location of School iv) Medium of Institution v) Type of Management vi) Order of Birth vii) Socio Economic Status

**Pilot Study:** The pilot study was conducted with 50 adolescent learners to establish reliability and validity of the stress tool used in this study .The reliability of the adolescent stress questionnaire was found to be 0.694 by spit-half method using spearman brown’s formula. Validity was found to 0.833 by taking square root of the reliability value.

**Methodology of the Study:** This study is based on survey method. Sample of 350 adolescent learners studying in various governments, government aided and matriculation higher secondary schools in Madurai district is selected using random sampling technique. Stress questionnaire is developed and validated by the investigator and his research supervisor was used for this study. It is consists of 25 items under four dimensions namely, Physical Stress, Emotional Stress, Social Stress and Academic Stress. For each item the choices were ‘Strongly agree’-5, ‘Agree’-4, ‘Undecided-3,’ ‘Disagree-2’. ‘Strongly disagree-1’. The sum total of the individual scores in all the items was considered as the total score. The questionnaire also consist items seeking general information such as Gender, Type of School, Location of school, Medium of institution, Type of Management, Order of the Birth, and Socio Economic status. The tool was administered to the sample and data were obtained. The collected the data were analysed using SPSS Package.

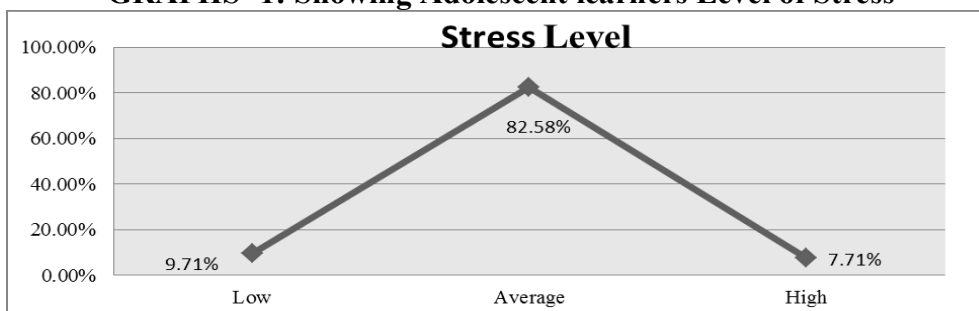
**Analysis of Data**

**TABLE -1: Showing the Adolescent learners Level of Stress**

Variable	Category	Frequency	Percentage
Stress	Low	34	9.71
	Moderate	289	82.58
	High	27	7.71

From the above the table, it is inferred that 9.71% of the adolescent learners have low level of stress, 82.58% of the adolescent learners have moderate level of stress, and 7.7% of the adolescent learners have high level of stress.

**GRAPHS -1: Showing Adolescent learners Level of Stress**



**TABLE -2: Showing the Mean, S.D, t' value on Stress with respect to the following sub-groups**

Variables	Categories	N	Mean	S.D	't' Value	Level of Significance
Gender	Male	186	55.11	8.548	1.91	N.S
	Female	164	57.05	10.388		
Medium of Instruction	Tamil	216	57.26	9.565	3.18**	S
	English	134	54.02	9.052		
Location	Urban	166	53.8	9.464	4.26**	S
	Rural	184	58.03	9.082		

N.S- Not Significant and \*\* Significant at 0.01 level

The results show that there is no significant difference between male and female adolescent learner with respect to gender. But there is a significant difference between Tamil and English medium students and rural and urban students with respect to medium and location respectively.

**TABLE -3: Showing the Mean, S.D, 'F' value on Stress with respect to the following sub-groups**

Sub - Variables	Categories	N	Mean	S.D	F Value	Level of significance
Type of Schools	Boys	108	55.88	9.108	17.94**	S
	Girls	42	62.38	8.999		
	Co-education	200	54.76	9.302		
Type of School Management	Government	154	59.12	9.389	16.54**	S
	Govt Aided	126	54.08	9.064		
	Private	70	52.69	8.464		
Order of Birth	First	158	55.61	9.986	0.901	N.S
	Second	132	56.29	9.014		
	Three & above	60	56.52	9.282		
Socio Economic Status	Low	35	55.63	10.664	0.834	N.S
	Average	288	56.27	9.326		
	High	27	53.85	9.722		

\*\* Significant at 0.01 level, N.S – Not Significant.

The results show that there is no significant difference between first, second and three above and low, average and high with respect to order of birth and socio economic status. But there is a significant difference between boys, girls and co education school students and government, government aided and private school students with respect to type of school and type of school management.

### **Major finding of the study**

1. The study shows that the level of stress is moderate in nature among adolescent learners.
2. There is significant difference between Tamil and English medium adolescent learners with respect to their stress.
3. There is significant difference between adolescents from boy, girls and co-education schools adolescent learners with respect to their stress.
4. There is significant difference between government, government aided and private schools adolescent learners with respect to their stress.
5. There is significant difference between rural and urban adolescent learners with respect to their stress.

### **Educational Implications**

1. Necessary measures to be taken to reduce the stress level among the adolescent learners.
2. Based on the finding counseling center can be established in order to reduce stress level.
3. Over stress may lead to suicide attempts, frustration, conflict and psychological disorder. But giving guidance, counseling and yoga practice may reduce the stress level of adolescent learners
4. To provided parents and teachers guidance can be reducing the stress level.

**Suggestion for the further study:** The present has been conducted only for adolescent of higher secondary learners. The same study can be taken up for the other students like college students and single parent adolescence students. The present study is restricted to only Madurai district. Here it can be extended to different district of Tamil Nadu.

**Conclusion:** Adolescence is a transitional period of major physical and emotional change that can result in significant mental stress. This study shows that the level of stress is among adolescent is moderate in nature. Parents and teachers should take necessary methods to reduce the stress among the adolescent learners. This study will be much useful for the school authorities to provide sufficient counseling centers in higher secondary schools to reduce their stress level.

### **References**

- Cheng kai-wen. (2006). A study of stress among college students in Taiwan. *Journal of Academic and Business Ethics*, 1, 1-8.
- Kuppusamy. (2012). Socio Economic Scale. *Indian Journal of Public Health*, 56, (1), 104-107.

- Meijer, Joost. (2007). Correlates of students Stress in Secondary Education. *Educational Research*, 49(1), 21-35.
- Qugen Dinh Do. (2007). Depression and Stress among the first year medical students in University of medicine and pharmacy at hochiminh city. Vietnam, The college of Public Health Science. Chulalongkorn University.
- Sarita Sood, Arti Bakhshi, Pooja Devi (2013).An Assessment of Perceived Stress, Resilience and Mental Health of Adolescents living in Border Areas. *International Journal of Scientific and Research Publications*, 3(1), 1-4.
- Sathiyagirirajan, S. (2012). Educational psychology hand book. p.no. 94 – 98.
- Sumathi sudhakar. (2012). Be in control, Educational plus, *Hindu newspaper*, date 10.12.2012, page no: 3.
- Yasmin Parpio, Salima Farooq, Saleema Gulzar, Ambreen Tharani, Fawad Javed, Tazeen Saeed Ali (2012) Factors associated with stress among adolescents in the city of Nawabshah, Pakistan. 62(11), 1209-1210.
- Siti Nor Yaacob, Rumaya Juhari, Mansor Abu Talib, Ikechukwu uba (2009) Loneliness, Stress, self-esteem and depression among malayssian adolescents, *Jurnal Kemanusiaan* bil.14.