

Academic Stress Among Government and Private College Students in Barpeta District of Assam-A Study

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Abstract

Today's world is considered as modern world as well as world of contemporary sphere, which can be explained as a world of procurement, advancements and achievements, is also a world of pressure and stress. Stress has become a prominent topic in academic cycle as well as in our community. Present study was undertaken to investigate whether there is any remarkable or significant difference in Academic Stress among the Government and Private College Students. Considering the purpose 200 students of class XII were pick out randomly from two different colleges, one is Government College and another is Private College and out of them 110 were chosen from Government College and rest 90 were chosen from Private College. Academic Stress Scale for College Students by Dr. Vikas S. Kamble (2015) was used for measuring academic stress of the college students. The analysis of data was done by applying Mean, Standard Deviation and 't' test to test the significance of the difference between the means in selected variables. Result of the study revealed that, Government and Private College students differ significantly in the areas of Academic Stress. Private College Students have experienced more academic stress than the Government College Students. Again, Male and Female college students also differ significantly in the areas of Academic Stress. Female college students have experienced more academic stress than the Male students. Moreover, there is also significant difference was found in Arts and Science college students in the areas of Academic Stress. Students from Science group have perceived more academic stress than their Arts counterparts.

Keywords: Academic Stress, Achievements, Advancements, Procurement, Stress.

Introduction

Stress is an unpreventable and unavoidable phenomenon in every sphere of human life. Stress is an unpleasant emotional state (Kyriacou, 1981). Stress is an internal state of an individual, which is generated with the physiological demands on the body, social and environmental situations which are potentially harmful, unmanageable, uncontrollable or exceeding our resources for survival life events and stress of everyday life. Pressure or Stress is an inseparable part of life and it has been experienced by everyone. Stress is an affection of tension, which is both emotional and physical, caused by physiological, environmental and psychological demands. It is normally a psychological imbalance which can be occurred for several reasons. Stress has become a valuable subject in academic circle as well as in our community. Many scholars in the areas of developmental science have carried out considerable research on stress and from its results it can be concluded that the subject needed more consciousness and more attention. Planning for the future, wrestle with

examinations and pieces of work regarding assignments, meeting the stipulation of demanding teachers, parents negligence, high presupposition in academic as well as other performances, childhood abuse, transitioning into financial, emotional independence, growing up stresses and stipulation for familial responsibility are the major reasons of childhood and teen pressures. Thus, stress can be explained as the damaging physical and psychological responses that occurs when the precondition do not match with the capabilities, resources or needs of the workers. All people have minimum stress or pressure but excessive stress may cause anxiety or tension and it is harmful for health. Excessive Stress can leads to poor health and even injury also. Keeping in view the growing problem of academic stress or pressure among the college students the study was undertaken to examine the academic stress among Government and Private college students.

Concept of Academic Stress

The stress that imposes an extra demand on a person's scope and ability and it has been often with something that is different and new in academics (Firman, 1992) is termed as academic stress. This is the type of stress that has been arisen in respect of some academic factors such as, unrealistic expectation, heavy school schedule and also the demands of parents and teachers. Apart from these there are some other multiple priorities of schools such as poor study habits, low academic results and not having enough time to deal with school's priorities (Banerjee, 2011). Academic stress is an emotional and mental pressure that happens for the pressure of the school or college life. Some pressures are manageable and some are not adjustable that effects on the students (MacGeorge, Samter, & Gillihan, 2005), which can in turn cause negative effect on academic performance. Experiences of school or college related stress such as poor academic presentation, negative feedback from the parents and teachers about the school work; daily hassles in the school atmosphere, stressful life events and negative affect stress during college work, all leads to enlarge in problems in mental health. Academic stress or pressure can also be explained as a form of pressure that students confront when they are not able to catch the academic demands. In other word, it can be seen as a continuous pressure to study all those things that are set by the school/college (Shah, 1988). Common issues faced by the students agonize from academic stress are delicate production, depression, sleep disorder, somatic complaints, lack of concentration (Sinha, 2000) without knowing how to manage out with them.

Causes Of Academic Stress

College Students frequently experience academic stress for the following reasons:

- 1. Academics:** Students experience stress as a result of having to complete extremely challenging homework. Also, students are under a lot of pressure from parents and instructors to perform better. Thus, these factors force pupils to work extremely hard, which leads to stress.
- 2. Environment:** Some students find it challenging to adjust to the idea that they are transferring to higher secondary classrooms. They have no intention of leaving their home to attend college in a completely new setting. The majority of the adolescence even experience stress and homesickness as a result of this.
- 3. Extracurricular:** Colleges are giving pressure on their students to put themselves in involving extracurricular work such as different sports, various clubs, choirs or engage in volunteer work. This can cause stress for students.
- 4. Peers:** It has been suggested that peer relationships can be as stressful as dating. Peers put a lot of pressure on friend's conduct, appearance and musical preferences among other things and this stress can cause adolescence a lot of anxiety.

5. **Workload:** Teachers at colleges assign a lot of work to their students. For instance, college students are required to complete multiple assignments. As a result, their schedules become overloaded, which stresses out the pupils.
6. **Parental Pressure:** Students are getting stressed by their parents. For occurrence, guardians force their children to study more and hard in order to achieve success in their lives. This builds pressure among students.

Review of Related Literature

Many researchers conducted various studies on stress and academic stress. Following are some of the reviews of related literature on Academic Stress in relation to different variables. **Hussain, A., Kumar, A. and Husain, A. (2008)** carried out a study on Academic Stress and Adjustment among High School Students and got that the amount of academic stress was significantly higher among the public-school students. On the other hand, the students of the Government school were significantly better in terms of their adjustment level.

Bartwal, R. Singh and Raj, A. (2013) conducted the study on Academic Stress among School going Adolescents in relation to their Emotional Intelligence and found that the academic stress experienced by both male and female adolescents is similar, high score on Emotional Intelligence can deal in a better way with the academic stress.

Kumaraswamy, N. (2013) studied on Academic Stress, Anxiety and Depression among College Students-A Brief Review and it has been focused stress condition among college students and also the nature of psychiatric morbidity, emotional, psychological and adjustment problems of college students. Emphasized that the process of counseling will help students with various problems and also suggested some preventive measures to be taken by colleges such as setting up student counseling centers, create awareness among college students in seeking help with counseling centers. This is also suggested to have mentor mentee programme compulsorily on the all colleges.

Chothani, K. B. (2014) investigated on A Study of Academic Stress and Adjustment among Gujarati and English Medium School Students and the results indicated that level of academic stress was significantly higher among the English Medium school students whereas Gujarati medium school students were significantly better in terms of their level of adjustment.

Kumar, S. (2015) studied on A Study on Stress among B. Ed. Teacher Trainees and found that Male and female B.Ed. Teacher Trainees do not significantly differ on their level of stress is concerned. Arts and Science B.Ed. teacher trainees differ significantly on their level of stress. B.Ed. teacher trainees belonging to joint and nuclear families differ significantly on their level of stress.

Mathur, R. and Sharma, R. (2015) conducted a study on Academic Stress in relation with Optimism and Resilience and the result obtained designated that academic stress correlated negatively with optimism and resilience and both the variables significantly prognosticate academic stress.

Prabu, P. Suresh (2015) investigated on A Study on Academic Stress among Higher Secondary Students and the study has been revealed that the higher secondary students are dealing with moderate level of academic stress. The male students are facing more academic stress than female students. Moreover, the urban student's academic stress is higher than rural students. It has also been recognized that the Government school student's academic stress is

less than private school student. On the other hand, the students from science background are facing more academic stress than the arts background students.

Rao, J. V. Rama Chandra (2015) conducted a study on Academic Stress among Adolescents Students and the results of the study revealed that there were no significant gender differences has been found with regard to academic stress among rural and urban adolescent students.

Palai, P. Kaur and Kumar, P. (2016) carried a study on Relationship among Stress, Adjustment and Homesickness in University Students and the findings provide an evidence for a negative role of stress and homesickness in adjustment in the young generation. Furthermore, it has been seen that the results also indicated no gender differences among stress, adjustment and homesickness. The findings favor the notion that in modern times both the genders experience stress and homesickness equally and their adjustment level is also quite similar.

Bhowmick, D. Roy (2017) conducted a study on Academic Stress and Its Management among the College Students and the study revealed that high expectations of Teachers or Parents in terms of marks or grades, scolding from Parents or Teachers followed by poor performance, excessive competition, financial problem etc. are the major factors causing stress among students.

The Objectives of the Present Study are-

1. To find out whether there is significant difference in Academic Stress between the Government and Private College Students.
2. To study the gender difference in Academic Stress between the Male and Female College Students.
3. To compare the Academic Stress of College Students with regard to Stream i. e Arts and Science.

The hypotheses are-

H₀₁: There exists no significant difference in Academic Stress between Government and Private College Students.

H₀₂: There exists no significant difference in Academic Stress of Male and Female College Students.

H₀₃: There exists no significant difference in Academic Stress of College Students with regard to Stream i. e. Arts and Science.

Delimitation of the Study

- The study is delimited to Barpeta District only.
- The study is delimited to Government and Private College only.
- The study is delimited to Arts and Science College Students only.

Methodology

In the present study the descriptive survey method was used for gathering data on academic stress of college students. It gives detailed description of existing phenomena. Descriptive survey method aims to perfectly, accurately and systematically express about the population, situation or phenomenon. Descriptive survey method is an appropriate method when the investigation aims to identify characteristics, frequencies, trends and categories.

Population, Sample and Sampling Technique

The population of the study was constituted 669 college students of 12th standard studying in the two colleges namely M.C College and Global Institute of Barpeta District of Assam. In order to accomplish the objectives of the present study a representative of 200 (106 Male and 94 Female) college students which is 30% of total population of 12th standard studying in the selected two colleges one Government college and one Private college of Barpeta District having both Arts and Science stream were selected by purposive and stratified random sampling. The sample design is shown in Table-1 below.

Table-1
Showing distribution of Sample

Type of Management	Stream	Male	Female	Total
Government	Arts	26	38	64
	Science	19	27	46
Private	Arts	13	12	25
	Science	48	17	65
Total		106	94	200

Variables

Dependent Variable: Academic Stress of college students.

Independent Variables:

- (i) Management- Govt. and Private.
- (ii) Stream-Arts and Science.
- (iii) Gender- Male and Female.

Tools Used

Tools that have been used for the study is Academic Stress Scale for College Students by Dr. Vikas S. Kamble (2015). The Scale has 66 items and items are classified into five sources namely (1) Personal Inadequacy (PI); (2) Interactions with Peers and Teachers (IPT); (3) Fear of Examination (FE); (4) Inadequate Facilities at College (IFC); (5) Parent’s Expectations and Socioeconomic Status (PE & SES). All the 66 items are positively phrased and assigned a weight of 5, 4, 3, 2 and 1 for ‘Strongly Agree’, ‘Agree’, ‘Undecided’, ‘Disagree’, and ‘Strongly Disagree’. The five sub totals representing five different sources of academic stress and grand total score of academic stress was obtained from this scale.

Statistical Techniques Used

- (i) Mean
- (ii) Standard Deviation
- (iii) t-test

Analysis and Interpretation of Data

The analysis and interpretation of data were as shown below.

Analysis of Objective 1: To find out whether there is significant difference in Academic Stress between the Government and Private College Students.

Table-2

Mean, Standard Deviation and t-value of Academic stress of Government and Private College students to test the significance of the difference between Means

Type of Management	N	Mean	Standard Deviation	t-value	Level of Significance
Government	110	211.35	25.56	4.18	**
Private	90	224.73	19.62		

*Significant at 0.05 level **Significant at 0.01 level N S= Not Significant

Interpretation of Table 2

Table-2 shows that the mean and standard deviation of Academic Stress of Govt. College students are 211.35 and 25.56 respectively and that of Private College students are 224.73 and 19.62 respectively. The obtained t-value is 4.18, significant at both 0.05 level and 0.01 levels of significance. Hence it is concluded that there exists significant difference between Govt. and Private College students in Academic Stress and thus the formulated null hypothesis is rejected accordingly. Moreover, as the mean score of Private college students are higher than the mean score of Government college students, so it can be inferred that the Private college students have perceived more academic stress than the Government college students.

Analysis of Objective 2: To study the gender differences in Academic Stress between the Male and Female College Students.

Table-3

Mean, Standard Deviation and t-value of Academic stress of Male and Female college students to test the significance of the difference between Means

Gender	N	Mean	Standard Deviation	t-value	Level of Significance
Male	106	212.40	22.05	3.17	**
Female	94	222.98	24.91		

*Significant at 0.05 level **Significant at 0.01 level N S= Not Significant

Interpretation of Table 3

Table-3 indicates that the mean and standard deviation of Academic Stress of Male college students are 212.40 and 22.05 respectively and that of Female College students are 222.98 and 24.91 respectively. The obtained t-value is 3.17, which is significant at both the levels of significance. Therefore, it can be concluded that there exists significant difference between Male and Female College students in Academic Stress and thus the null hypothesis is rejected summarily. Again, it has been observed from the study that the mean score of female college students is greater than the mean score of male college students, so it can be said that female students have experienced more academic stress than their male counterparts.

Analysis of Objective 3: To compare the Academic Stress of College Students with regard to Stream i. e. Arts and Science.

Table-4

Mean, Standard Deviation and t-value of Academic stress of Arts and Science college students to test the significance of the difference between Means

Stream	N	Mean	Standard Deviation	t-value	Level of Significance
Arts	89	198.28	15.85	14.51	**
Science	111	232.68	17.54		

*Significant at 0.05 level **Significant at 0.01 level N S= Not Significant

Interpretation of Table 4

Table-4 shows that the mean and standard deviation of Academic Stress of Arts college students are 198.28 and 15.85 respectively and that of science college students are 232.68 and 17.54 respectively. The obtained t-value is 14.51, significant at both the levels of significance. Thus, it can be recommended that there exists significant difference between

Arts and Science College students in Academic Stress and thus null hypothesis is rejected regarding this variable. It has also been observed from the study that the mean score of science college students is higher than the mean score of arts college students. Therefore, it can be concluded that the Science college students have perceived more academic stress than the Arts college students.

Findings

1. Government and Private college students differ significantly in the area of Academic Stress. Private College Students have experienced more academic stress than Government College Students.
2. There is significant difference in Academic Stress between Male and Female college students. Female college students have perceived more academic stress than the Male College Students.
3. Arts and Science college students also significantly differ from each other in the area of Academic Stress. Students from Science group have experienced more academic stress than their Arts counterparts.

Educational Implications

Following are some of the educational implications put forwarded by the investigator on the basis of the above findings.

1. Proper guidance and counseling by experts or counselors should be available in the educational institutions for the students to cope up and fight against stress related to academic field.
2. College environment should be cordial, cooperative and congenial for the students so that they can move freely and share their problems with teachers and other college personnel as and when required.
3. Teacher's behaviour should be impartial and they should provide equal opportunities to all the students irrespective of gender, stream, caste, socio-economic status etc. in every aspect of their academic life.
4. The home environment should also be congenial, cooperative and positive so that the children's feel free to discuss their personal as well as academic problems with their parents to cope up with these problems.
5. Yoga and meditation should be the part of our daily life to live a stress-free life and there should be a provision of such activities in the college premises also on regular basis to lead a stress-free life in academic area also.

Conclusion

The present study was undertaken to investigate the Academic stress among the Government and Private College students. Academic Stress was established to be more notable in Private College Students in comparison to Government College Students. From the results it may also be concluded that the college students of science group and female college students have experienced more academic stress than their respective counterparts. Therefore, it is the demand of the hour that they should be treated as young adult in the field of education and they should be given a compatible and congenial social and educational surrounding so that they can make a stress and anxiety free world.

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