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**Factors of Academic Stress among Secondary and Higher Secondary School Students**

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**ABSTRACT**

*Nowadays stress is a common problem in our modern life. It has become a part of student's academic life due to the various internal and external expectations placed upon their shoulders. So the study was aimed to identify those factor of stress which affect on academic life of secondary and higher secondary school students. A qualitative method was used in gathering and analysing data. So a survey questionnaire was prepared for the study and used to assess the various factor of academic stress. The questionnaire consisted of 20 statements which explain the factors of academic stress among different level of school students. The obtained results showed that many factors were responsible for academic stress. The findings from this study could be useful for future research on examining the factors of academic stress and might help counselors working with school students to create the counseling programs.*

**Keywords:** *Stress, Academic Stress, School Students Stress.*

**1.0 Introduction**

Stress is something that affects many people each and everyday. Every individual will experience stress in one or other time. Stress represent those conditions under which individuals have demand made upon them, that they can't physically or psychologically meet, leading to breakdown at one or other of these level. Stress is full of hassles, deadlines, frustrations and demands. Stress is one of the biggest and most important problems of this age because stress always affects our life in a negative way. For some people stress is so common, it is a way of life. Stress can also be very harmful, such as memory problems, moodiness, aches and pains. Stress is normal physical response that happens when we feel threatened or upset. When we feel that we are in danger whether it is real or imaged. Stress can affect the mind, body and behavior. Stress either quick or constant, can induce risky body-mind disorders. Immediate disorders such as dizzy spells, anxiety attacks, tension, sleeplessness, nervousness and muscle cramps can all result in chronic health problems. They may also affect our immune , cardiovascular and nervous systems and lead

individuals to habitual addictions, which are inter-linked with stress.

According to most school and high school students academic stress is one of the major problems. Academic stress is mental distress with respect to some anticipated frustration associated with academic failure or even unawareness to the possibility of such failure. Students have to face many academic burden , for example- school examination, answering questions in the class, showing progress in school subjects. Academic related to the achievement of an academic goal. Academic stress is an important factor accounting for variation in academic achievement.

**2.0 Review of Related Literature**

J. A. Akande, Dr. A. O. Olowonirejuaro, Dr. C. E. Okwara-Kalu, (2014) found in his study that secondary school students experience a moderate level of stress and some of the sources of stress include academic, inter-personal, intra-personal and environmental factor.

Dalia Bedewy & Adel Gabriel, (2015) studied with source of academic stress which are

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extensive course loads (90.8%) , lack of physical exercise (90%), long duration of exams (77.5%).

Sibnath Deb, Esben Strodl & Jiando Sun, (2015) have reported that 63.5% students felt stress because of academic pressure, 66% students felt stress due to parental pressure, 81.6% for examination anxiety, 32.6% students felt stress because of Mental Health.

Dr. P. Suresh Prabu , (2015) reveals that higher secondary students are having moderate level of academic stress .The science subject student's academic stress is higher. Missing some lecture may be stressful for students.

Snehlata D. Ghatol, (2017) found in his study that the reason for academic stress are disturbed family dynamics, peer pressure, inability to cope with students, drug abuse, lack of competence.

Dr. Pratibha Sagar, Mr. Bijender Singh, (2017) indicated that academic stress is a serious & prevalent problem in India. The cause of academic stress can be classified mainly into seven categories i.e. teacher related, peer related, time management, infrastructure related, self inflicted related, parental & social related, exam & test related.

M. Maajida Aafreen, V. Vishnupriya, R. Gayathri, (2018) pointed out that the majority of the students were science steamed students & a parent can help to mitigate negative or chronic stress in a child's life.

Geeta Jain, Manisha Singhai, (2018) found in his study that examination, assignments & many other activities , & teacher's , parent's and peer's pressure can effect on the student's academic stress.

C. Subramani, J. Venkatachalam, (2019) reveals that parental expectations and fear of failure in the exam are the sources of academic stress.

Karel Fromel, Lukas Jakubec , Michal Safar& Radim Zatka, (2020) pointed out that test & exam, oral examination, lesson content, fear from teacher are responsible for academic stress.

### 3.0 Objectives of the Study

This study tries to identify the factors of academic stress for secondary and higher secondary school students.

### 4.0 Method

Survey method is adopted for this study.

### 4.1 Participants

Participants of this study were 200 secondary school students & 200 higher secondary school students. The sample for the study was selected through simple random sample technique from five secondary & higher secondary school around Gangarampur, Dakshin Dinajpur, India.

### 4.2 Procedure

The survey questionnaire was created for this study. There were 20 statements selected. Students were asked to check items which are causing them academic stress. Data are collected from the students on that day.

### 5.0 Analysis

The aim of the analysis was to gather the different factors of academic stress among secondary & higher secondary school students. The analysis of collected data consisted of the following which are discussed below:

- Nowadays parents put pressure on their child. Parental pressure and expectations hold negative connotations in student's life. The setting unrealistically high expectations lead to anxiety, breakdown, stress and eventually failure.
- Excessive tuition have its negative impact in student's development. To many tuitions gives stress on high school student's mind.
- Grade is a common causes of academic stress among school students. Get good grades, get into a good college, get a good job. This is what many students hear on a daily basis .For this reason students get affected by stress day by day.
- The vastness of academic curriculum alone can baffle students and they deal with many contents. Students does not handle & manage the vast curriculum which leads to academic stress.
- School students mostly receive too many assignments & project. Sometimes they feel add-on pressure of completing with their batch mates which leads to depression & they experience more stress in academic life.
- Stress often comes hand-in-hand with academic competition. Competition can easily lead to stress & anxiety. Academic competition within the classroom and in the form of class ranks creates unnecessary stress for school students .

- Laziness causes students to fail when they avoid the hard work necessary to succeed academically. This make school students became stressful.
- Most of the school students have fear of exams or scoring less which leads to unwanted academic stress.
- School pressure also increases the academic stress. Many students are forced to juggle academics, extra curriculars activities , sports and job experience in order to get into a college.
- Student’s feel pressed for time due to not having enough time which leads to academic stress.
- Due to limited exposure to English language, most of the learners face serious problems in the classroom which is troubling for learner that make student very stressful.
- Study habits are the most important predictor of academic performance .But some of the poor study habits produce due to leaving more time for other things which face fear leading to stress.
- Excessive amounts of work making students feel rushed, under pressure and overwhelmed & increases stress level.
- When a student has to compromise and use their personal time for other activities for studies, they turn to get bored & lose interest in studies. At the long run, this situation stresses them up which causes them to lose focus on academic work.
- Periods for unit test system causes so much stress in students academic life. Some students get confused about some topics they treated & other also don’t know where to begin their studies from. This thought makes them frustrated which also make academic stress.
- Sometime student misses lectures or skip school. When they miss their classes, they worried about the course and lost their confidence. They thought of finding ways to make up with lessons which they have issues in becomes a burden & academic stress them up beyond imagination.
- Supportive student-teacher relationships boost achievement and protect kids from the effects of stress , but most of the student does not have any supportive student-teacher relationships which makes students very stressful.

- Most of the students experience fear of failure because they fear the unknown , which effects on student’s academic stress.
- When a teacher is stressed and feels overworked, they have less time to focus on the students & the lessons. This time shortage transmits itself to the classroom & leads to feeling of insecurity and anxiety among students which leads to academic stress.
- The thought of how the future will turn out is a burden for most students which leads to academic stress among secondary & higher secondary school students.

**6.0 Results**

The following results are obtained from the analysis of above study

**Factors of academic stress among secondary & higher secondary school students**

Factors of academic stress	
1. Parental pressure & expectations	11. Language problem
2. Excessive tuition	12. Poor study habit
3. Grade competitions	13. Increased workload
4. Vastness of curriculum	14. Many hours of studies
5. Too many assignments & project	15. Unit test system
6. Academic competition	16. Missing Lectures
7. Laziness	17. Teacher-student relationship
8. Fear of exam	18. Fear of failure
9. School pressure	19. Teacher’s stress
10. Not having enough time	20. Future worries

**7.0 Conclusion**

In present scenario, excessive stress leads to psychological problems such as depression, anxiety. Academic stress has become a prevalent problem across countries, cultures & ethnic group. This study highlights the factor of stress which affects on student’s academic life. From the results it can be understand that that parental expectation, excessive tuition, grade competitions, vastness of curriculum, fear of exam & failure, missing lectures , increased workload etc are the factors of academic stress among secondary and higher secondary school students. Academic stress has a close association in

the attainment Academic achievement. Therefore every attempt should be made to create a stress free environment at the institutional level among students. Learning how to live a stress free life may seem impossible, but the truth is that there are specific things that we can do to begin eliminations sources of stress. The first step to living a stress free life is to stop overanalyzing imaginary scenarios. This research could help us in finding the main reason & helping the students in finding a solution to their problems & help them enjoy their schooling stress free and tension free.

### 8.0 Limitation of the Study

Given the population of the secondary and higher secondary students in Gangarampur, Dakshin Dinajpur, the sample size was relatively small. Therefore, caution should be used when generalizing the finding of the study. Secondly, responses were based on self-report. However the findings give some idea about the factors of academic stress among secondary and higher secondary school students in Gangarampur, Dakshin Dinajpur.

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