# ACADEMIC STRESS IN RELATION TO MENTAL HEALTH AND SOCIO-ECONOMIC STATUS OF SENIOR SECONDARY SCHOOL STUDENTS OF JIND

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## ABSTRACT

The study was designed to examine the relationship between academic stress in relation to mental health and socio-economic status of senior secondary school students of Jind. A study was conducted on 100 senior secondary school students of Jind to find out relationship between academic stress in relation to mental health and socio-economic status. The findings of the study revealed a significant positive relationship was found between academic stress and mental health. A significant relationship was found between academic stress and socio-economic status of senior secondary school students of Jind.

**KEYWORDS:** Academic Stress, Mental Health, socio-economic Status

## INTRODUCTION

Present age is the age of competition. Scientific and technological advancement all over the globe has made man very conscious and sensitive about his studies, vocation, life style, relations etc. This immense progress has given rise to certain problems. One of the major problems of today's world is "stress". Every person has a unique nature as regard to capabilities, attitude, personality characteristics and interests. The adolescents have a major impact of stress due to bloodshed competition in every field. The parents and teachers are eager to know the various factors, which enhance the stress among students. Academic achievement expectations have created so much fear among the students that they are not able to utilize their basic potential. They are to only concentrate on their academic performance. Academic stress is not only due to the higher expectations of the teachers, society and parents but also because of the level of mental health and socio-economic status of the family of the student. Every child is not able to get first division as the level of mental health is not the same in every child. There is also an important factor as the socio-economic status of the family of the student. It is a general tendency between the present generation's middle and low income group student that they want to lift up the standard of living of their family. To lift this level up they have to get good jobs and thus they are more career conscious than the rich income group students. So the level of academic stress is more on them than the other students. Mental health is the ability to adjust satisfactorily to the various strains of the environment we meet in life & mental hygiene as the means to assure this adjustment. Thus on the basis of above mentioned definitions of mental health it can be said that the term mental health has been used in different ways by psychologists, psychiatrists and is influenced by multiplicity of factors like intelligence, personality, education level, academic achievement and physical health etc. Emotionally healthy individuals accept themselves as they are with all their weaknesses as well as their strengths. They remain in contact with reality and they are able to deal with stress and frustration. They also act independently to outside influences and show genuine concern for other people. Socio- Economic Status refers to social and economic standing. A person is assigned a position in the social class hierarchy more in terms of such factors as income, occupation, location of

the home, ancestors, group membership and education. If a person`s parents are highly educated and their occupation is of high  level with large income and material possession is of superior quality, then the  Socio- Economic Status is indicated as high, otherwise he is of low Socio- Economic Status.

## NEED OF THE STUDY

A person is assigned a position in the social class hierarchy more in terms of such factors as income, occupation, location of the home, ancestors, group membership and education. Modern age is the age of cut throat competition, which results in tensions and mental illness. In the present era, the educational scene is fast changing. Curriculum and co-curricular offerings have tremendously expanded, gripping the students in the adjustment problems. Feeling the insecurity, conflicts within themselves, bad company and low achievement creates emotional tensions and stress among the students. Unable to face the changing trends in the society, the students are taking to drug addiction and even the suicidal note is increasing. A systematic structure of investigation must be involved to improve the performance of students in different spheres, to introduce an atmosphere conducive to intellectuals and to minimize the stress on students. Present study is a humble effort to answer the query i.e. why students feel stressed and is this stress related to their mental health

## OBJECTIVES OF THE STUDY

The Present investigation is taken in hand keeping in mind the following objectives:
1.  To study the relationship between academic stress and mental health of senior secondary school students.
2.  To study the relationship between academic stress and socio- economic status of senior secondary school students.

## HYPOTHESES

1.  There is no significant correlation between academic stress and mental health of senior secondary school students.
2.  There is no significant correlation between academic stress and socio-economic status of senior secondary school students.

## DESIGN AND SAMPLE OF THE STUDY

In the present investigation mental health and socio economic status are the two independent variables whereas academic stress is the dependent variable. The main purpose of the study is to see that how far the independent variable influences the dependent variables. For the collection of data, the investigator first of all chooses favorable sampling technique. In the present study, the investigator has adopted stratified randomization technique. The sample consisted of 100 students of senior secondary schools of Jind.

## TOOLS TO BE USED

Following tools were employed to collect the data for the present study: _
1.  Bisht Battery of Stress Scale(BBSS) developed by Abha Rani Bisht (1987)
2.   Mental Health inventory developed by Dr. Jagdish Rai and Dr. A.K.   Srivastva (1986)
3.  Socio-Economic  Status Scale developed by R. L. Bhardwaj (1978)

**METHOD OF DATA COLLECTION**

After the selection of appropriate test for data collection and determination about the sample to be selected, the principals of selected schools were approached for the permission for the collection of data. They were kind enough to give their consent for data collection. The time schedule was prepared for each school and principals were informed accordingly. As per the time schedule, the investigator along with the class teacher visited the class. Scale of academic stress, mental health and socio-economic status were given together to the students. Before the administration of the test, the instructions were read out for each tool. After  the administration of the test, scoring of all tests was done with the help of manual, scoring key and other relevant material.

**ANALYSIS AND INTERPRETATION**

**COEFFICIENT OF CORRELATION BETWEEN ACADEMIC STRESS AND MENTAL HEALTH OF SENIOR SECONDARY SCHOOL STUDENTS**

| Sr. No. | Variables | N | r | Interpretation |
|---|---|---|---|---|
| 1. | Academic Stress | 100 | 0.65 | Significant at .05 & .01 level |
| 2. | Mental Health | 100 | | |

The correlation between academic stress and mental health of secondary school students is 0.65. The 'r' in order to be significant at .05 level of significance and .01 level of significance should be .195 and .254 respectively. Since obtained 'r' is much higher that the tabulated values. So it is concluded that there is significant positive correlation between the academic stress and mental health of senior secondary school students. Hence hypothesis -1, "There is no significant correlation between academic stress and mental health of secondary school students" is rejected.

**COEFFICIENT OF CORRELATION BETWEEN ACADEMIC STRESS AND SOCIO-ECONOMIC STATUS OF SENIOR SECONDARY SCHOOL STUDENTS**

| Sr. No. | Variables | N | r | Interpretation |
|---|---|---|---|---|
| 1. | Academic Stress | 100 | 0.67 | Significant at .05 & .01 level |
| 2. | Socio-Economic Status | 100 | | |

The correlation between academic stress and socio-economic status of secondary school students is 0.67. The 'r' in order to be significant at .05 level of significance and .01 level of significance should be .195 and .254 respectively. Since obtained 'r' is much higher that the tabulated values. So it is concluded that there is significant correlation between the academic stress and socio-economic status of Sr. secondary school students. Hence hypothesis -"There is no significant correlation between academic stress and socio economic status of Sr. secondary school students" Is rejected.

**MAJOR FINDINGS OF THE STUDY**

1. There is significant correlation between academic stress and mental health of  Senior Secondary Schools students. Thus Hypothesis- "There is no significant correlation between academic stress and mental health of Senior Secondary Schools students "is rejected.

**2.** There is significant correlation between academic stress and socio-economic Status of Senior Secondary Schools students. Thus Hypothesis- "There is no significant correlation between academic stress and socio-economic status of senior secondary school students" is rejected.

**SUGGESTIONS FOR FURTHER STUDY**

**1.** Only two correlates of academic stress namely mental health and socio-economic status has been taken, it would be desirable to take up more variables.
**2.** Comparative study of rural and urban area students may also be undertaken.
**3.** Instead of conducting the research on the secondary school students, representative sample of some other group of students may also be undertaken.

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