



A CROSS-SECTIONAL STUDY TO ASSESS LEVEL OF ACADEMIC STRESS AND IT'S ASSOCIATED FACTORS AMONG SCHOOL GOING ADOLESCENTS ATTENDING COACHING INSTITUTE, JAIPUR, RAJASTHAN

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ABSTRACT

Background; In the Indian system of education, obtaining good marks are more important than acquiring knowledge. This leads to overburdening the students with academic workload causing a lot of academic stress among Indian adolescents. **Objective:** To assess level of academic stress and it's associated factors among school going adolescents attending coaching institute. **Material and Methods:** Observational cross-sectional study was conducted using ASS questionnaire among class 9th to 12th adolescents of randomly selected co-ed coaching institute, Jaipur from January 2023 to March 2023. **Results:** Out of 120 study participants 46% were females. 84% students had academic stress, 33% had mild, 37.5% had moderate and 13.5% had severe academic stress. **Conclusion:** Our study found that half of students have moderate to severe academic stress which is alarming concern.

KEYWORDS : School going adolescents attending coaching institute, Academic Stress, Academic Stress Scale (ASS)

INTRODUCTION

The Period Of Adolescence Is Well Recognized As A Period Of 'stress And Storm' As An Adolescent Has To Undergo A Lot Of Physical And Mental Changes During This Stage. Academic Stress Refers To The Tension, Discomfort, And Other Emotions Caused By The Pressure From School, Family, And Society In The Learning Process.¹

In U.s. It Was Found That 21 Percent Of Respondents With A High School Education Or The Equivalent Often Felt Stressed. The Results Of Competitive Exams Conducted Nationwide Are Crucial For Admission To Engineering, Medical, And Other Civil Services. Although These Institutes Have Benefited The Micro-economy But Also Induce Stress Among Students Who Must Put In Extra Hours Of Learning Apart From Regular School Hours.²

Every Fifth Person In India Is An Adolescent In The Age Group Of 10-19 Years (census 2011). Among Adolescents In India, The Overall Prevalence Of Any Mental Morbidity Was 7.3%.³

Adolescent Mental Health Is Linked To Psychophysical And Behavioral Changes Of Adolescence. Since Adolescents Have Spent Most Of Their Time At Schools, So Academic Stress Is Considered As One Of The Major Risk Factors To Their Mental Health.⁴ School Environment, Curriculum Design, Examinations And Social Support Definitely Would Influence The Level Of Stress Experienced By The Adolescents.

Studies Have Shown That Teachers And Parents Have Higher Learning Expectations Of Teenagers With Good Academic Performance, Resulting In Greater Academic Pressure. When Academic Performance Does Not Match Expectations, This Can Create Negative Emotions, Which Will Lead To Deviant Behaviors.⁵ In Some Communities, The Only Task Of The Adolescents Is Having Excellent Academic Performance, So, The Educational Related Issues Can Severely Affect Their Health.⁶

Teenagers With Poor Academic Performance Are Vulnerable To Peer Pressure In The Campus Environment, And They Are Prone To Feelings Of Inferiority, Anxiety, And Fear In Their Studies. At The Same Time, Their Academic Failures Also Make Them Vulnerable To Peer Investigation And Rejection. This Leads To Rebellious Psychological Issues, Showing Problem Behavior Such As Hyperactivity And Aggression, And

Even Crimes.⁷ Although GoI Has Been Implementing National Mental Health Program Since 1982 No Specific Attention Was Given To Adolescents In Program Who Needs Special Care And Support.

Therefore, It Is Particularly Important To Study The Path Of Influence Of Academic Pressure On Adolescent's Problematic Behavior. Provision Of Supportive Environment By Parents, At School And In The Community Help In The Healthy Mental Well-being Of Adolescents.⁸

Research Has Shown That Academic Pressure Is One Of The Main Causes Of Stress For Young People. Multiple Studies Have Been Done On The Topic Of Academic Stress But Very Few Studies Are Done On Pre University Or Adolescent Students Therefor We Conducted This Study To Assess Level Of Academic Stress And Associated Factors Among School Going Adolescents Attending Coaching Institute Which Can Further Help To Devise Strategy And Programs To Cope Up With Adolescents' Problems.

OBJECTIVES

- To Assess Level Of Academic Stress Among School Going Adolescents Attending Coaching Institute, Jaipur
- To Find Factors Associated With Academic Stress Among School Going Adolescent Attending Coaching Institute, Jaipur

METHODS

Study Area: A Leading Coaching Institute (vsi) For Commerce Students, Jaipur

Study Type And Design: Observational Type Of Cross-sectional Study

Study Period: January 2023 To March 2023

Study Population: School Going Adolescents Attending Coaching Institute

Study Tool: Academic Stress Scale (ass)

This Scale Consists Of 40 Items Describing The Stress In Institution/ College Life From The Various Sources On A Five-point Likert Scale (no/mild/moderate/severe/extreme Stress); Score Of 1/2/3/4/5 Is Given To Each Item Respectively And Final Score Of Each Participant Is Taken Into Consideration.

Recruitment Of Subjects: Randomly Selected 120 Students Of Class 9th And 12th Attending Coaching Institute Present On The Day Of Data Collection And Were Willing To Participate In Study Were Enrolled.

Exclusion Criteria:

Students Suffering From Chronic Diseases Or Taking Any Drug That Affects Metabolism.

RESULTS

Out Of 120 Study Participants 46% Were Females Whereas 54% Were Males. In Our Study, 69 Participants Had High Educated (graduate And Post Graduate) Whereas 51 Participants Had Low Educated (school) Parents.

84% Of All Study Participants Had Academic Stress In Our Study.

Out Of Total 16% Had No Academic Stress While 33% Had Mild, 37.5% Had Moderate And 13.5% Had Severe Academic Stress.(fig.1)

Among Males Severe Stress Was Found In 16% Which Is Slightly More Than What Is Found In Females(10%).(fig.2)

Among All The Highly Educated Parents 17% Of Their Children Had Severe Academic Stress As Compared To Low Educated Parents Having 8% Of Their Children Had Severe Academic Stress.(fig.3)

As Expected Most Of Participants (60%) Had Stress Because Of Being Worried About Examinations And Result After Exams While 69% Of Participants Agreed That They Had Stress As They Were Unable To Discuss Their Academic Failures With Parents.

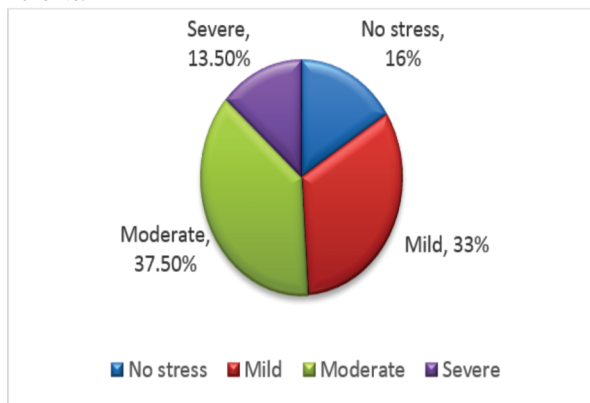


Figure 1 Level Of Academic Stress Among School Going Adolescents Attending Coaching Institute.

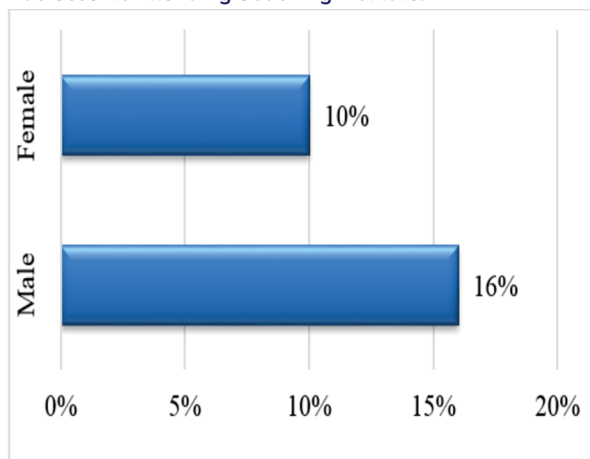


Figure 2 Severe Academic Stress According To Gender

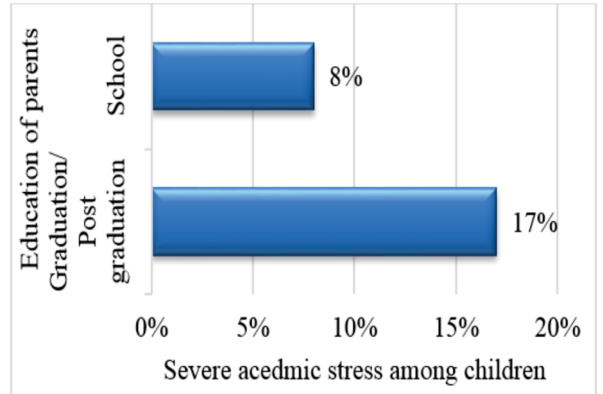


Figure 3 Severe Academic Stress According To Education Of Parents

DISCUSSION

The Present Study Aimed To Find Out Three Major Outcomes. The Primary Outcome Was To Assess Level Of Academic Stress. Our Study Showed 84% Of School Going Adolescents Attending Coaching Institute Had Academic Stress Which Is An Alarming Concern. This Finding Is Consistent With A Study Done In Kerala, India Which Showed Prevalence Of 95% In School Going Adolescents Attending Coaching Institute Higher Than Our Study.³ This Might Be Due To The Different Tool Used In Their Study. A Study Conducted By Koushal Et Al In Gwalior To Assess Level Of Academic Stress Among 1400 Adolescents Between Age Group 10-19 Found That 43% Participants Had Minimal Stress, 56.6% Had Moderate Stress And 0.4% Had High Stress.¹⁰

In Our Study We Found Male Gender And High Qualification Of Parents Were Associated With Academic Stress Among School Going Adolescents Attending Coaching Institute. Severe Nomophobia Was Found More Frequently Among Males (16%) As Compared To Females (10%), Which Shows Similarity With Study Done In Karnataka, India. 11

Higher Stress Levels Were Found Children Of Highly Educated Parents. This Could Probably Due To The Expectations Of The Highly Educated Parents That Their Children Have To Achieve Higher Academic Goals And This Parental Expectation Leads To Pressure Among Their Children. A Study Done By Mayya Ss Et Al Also Showed That Male Gender Was Significantly Associated And Higher Parental Expectations Were Also Associated With Academic Stress Among Students.¹²

Majority Of Students Accepted That They Had Stress Due To Thinking Of Exams And Results And They Were Afraid Their Academic Failures To Their Parents.

Strength And Limitations

Our Study Is Unique As We Have Assessed Academic Stress Among School Going Adolescents Attending Coaching Institute Who Are Soon Going To Appear In Board And Competitive Exams. Our Study Has Limitations That It Focused On A Special Subgroup Of Adolescent Students.

CONCLUSIONS

Our Study Concluded That Majority Of School Going Adolescents Attending Coaching Institute Had Academic Stress Which Is Alarming Concern. Males Were Having More Severe Stress Than Females. Majority Of School Going Adolescents Attending Coaching Institute Were Stressed About Exams And Results And Worried About Discussion Of Academic Failure With Their Parents. High Academic Stress Was Found More In Children Having Highly Educated Parents As Compared To Children Having Low Educated Parents.

Recommendations

Academic Stress Can Be Managed By Adopting A Few Coping Techniques; Such As Adequate Sleep, Advance Planning, Listening To Music And Doing Meditation. Students Also Need To Be More Self-efficacious In Order To Handle Stress Better. Parents Should Give Enough Time And Attention To Their Children To Discuss About Their Career And Performance.

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