

**A STUDY OF STRESS AMONG ADOLESCENTS IN RELATION TO THEIR
HOME AND SCHOOL ENVIRONMENT**

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ABSTRACT

A students learning outcome and academic success is greatly influenced by the type of school that they attend school factors include school structure, composition and climate. The purpose of this study is to understand the factors which cause stress among adolescents in relation to their home and school environment. This study is a non-experimental, descriptive research method. Stratified random sampling method used in collection of data. The data is collected from adolescents of IX and XI grade students of senior secondary schools of Ludhiana District. This study has established that adolescent school students especially in their higher secondary education face stress which was overlooked many a times by calling it a mere 'age factor'. Parent's expectation of their child to be a 'winning horse' further makes the situation worse. It is shocking to know that many students fear to talk to their teachers which show that sharing of problems with them is also low.

INTRODUCTION

The school education is considered to be a necessary component for the children of all the citizens of a nation for the development, betterment and utilization of best side of human resources, especially school goers' resources and potentials. But the present education system creates much stress as it encourages competition and comparison between individuals. In this modern age, there is a growing emphasis on the professionalization of education which is subsequently becoming the need of the day.

so far as education and employment is concerned, it is a fact that in the job market, there is a lot of competition where professional education, skill, and other personality attributes play a very crucial role in the competitive fray, especially among young and novice competitors. The school education is considered to be a necessary component for the children of all the citizens of a nation for the development, betterment and utilization of best side of human resources, especially school goers' resources and potentials. But the present education system creates much stress as it encourages competition and comparison between individuals. In this modern age, there is a growing emphasis on the professionalization of education which is subsequently becoming the need of the day. So far as education and employment is concerned, it is a fact that in the job market, there is a lot of competition where professional education, skill, and other personality attributes play a very crucial role in the competitive fray, especially among young and novice competitors.

Yashovardhan Kaushal, Sunita Koreti, Ajay Gaur (2018) revealed that the school going adolescents are having educational stress and which is affected by age, gender, socioeconomic status, examinations, parents expectation and peer and also found that adolescents uses different coping strategies to cope up with educational stress.

Annika, M.K.; Boersma & Tillfors, M. (2019) studied stress and stress-related psychological health complaints are common and rising with adolescents, mainly girls. Identifying common sources of stress as well as necessary involvement targets is main effort in the development of useful avoidance and treatment protocols. This study investigated worry as potential mediator in the development of mental health problems in response to common stressors in adolescence. We also examined to what sources adolescents ascribe their stress over the years from the 7th through the 9th grade.

OBJECTIVES OF THE STUDY

- 1) To study the stress among Adolescents In relation To Their Home And School Environment
- 2) To find out the difference of stress levels among boys and girls

HYPOTHESES OF THE STUDY

There is no relationship between stress among adolescents in relation to their home and school environment.

SIGNIFICANCE OF THE STUDY

A student's learning outcome and academic success is greatly influenced by the type of school that they attend. School factors include school structure, composition and climate. The institutional environment sets the parameter of a student's learning experience. School or college environment can either open or close the doors that lead to academic achievement. Infrastructure of the school/college plays an important role for e.g., size of a class room, additional facilities like computers which have been shown to enhance academic achievement. Smaller size create more intimate settings and therefore can increase teacher-student bonding which has also been shown to have a positive effect on student's success. Students in their teens are the ones who are going through the transitional phase, which is an intermediate of childhood and adulthood. During the teen years, a lot of biological, physical, as well as the changes in responsibility and role. The objective of the study is to understand the factors which cause stress among adolescents in relation to their home and school environment.

DELIMITATIONS OF THE STUDY

The study was delimited to adolescents of schools of Ludhiana district only.

RESEARCH METHOD

Stratified random sampling method used in collection of data.

SAMPLING

The data is collected from adolescents of IX and XI grade students of senior secondary schools of Ludhiana District.

TOOLS USED

Adolescent Stress Questionnaire (ASQ) (Byrne, Davenport & Mazanov, 2007)

Home Environment Inventory (HEI) (Mishra, 2003)

School Environment Inventory (SEI) (Mishra, 2002)

DATA COLLECTION

The standard procedure of collection of data was done. Data was collected from students of schools of Ludhiana district in the form of questionnaires. High schools and secondary schools were taken into consideration.

Questionnaire administration was conducted in whole class groups during class time and fully supervised; so far as possible, this was undertaken at the same time for all classes participating within a single school (to avoid the possibility of collusive responses). This was done by the researcher alone, in calm, quiet surroundings.

ANALYSIS AND INTERPRETATION

Table: 4.1 Difference between the Gender of the Respondents and Their Level of Stress

Variable	Gender	N	Mean	Std. Deviation	Statistical inference
Stress	Male	13	1.46	.519	t =0.594 Df = 36 P < 0.05 Significant
	Female	25	1.36	.490	

It is found that there is a significant difference in the level of stress among the respondents with regard their gender.

Table 4.2 Association between Type of Family of the Respondents and Their Stress Level

S.no.	Type of Family	Level of Stress(low)	(moderate)	(high)	Statistical inference
	Male	8	16	8	t =0.071 df=2 P >0.05 Not Significant
	Female	5	9	4	

From the above table it is inferred that there is no significant difference between the type of family and stress level in the adolescents.

Conclusion

This study has established that adolescent school students especially in their higher secondary education face stress which was overlooked many a times by calling it a mere 'age factor'. Parent's expectation of their child to be a 'winning horse' further makes the situation worse. It is shocking to know that many students fear to talk to their teachers which show that sharing of problems with them is also low. It is also observed in Indian setting that very few schools appoint professional social workers. Professional workers not only take care of the psychological needs of the students but can prevent the adolescents from becoming deviant. Thus, this study emphasizes that stressed feelings among adolescents should not be neglected, but has to be properly intervened, so as to avoid a larger destruction.

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