



**A STUDY OF EXAMINATION STRESS AMONG SECONDARY
SCHOOL STUDENTS IN RELATION TO GENDER AND ACADEMIC
STREAM**

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ABSTRACT

It has been argued that an individual can have possibly anxious thoughts, difficulty to concentrate or remember because of being stressed. Stress can lead also to change in people's behaviors, such as nail biting, heavy breathing, teeth clenching and hand wringing. When people are stressed, they may feel cold hands and feet, butterflies in stomach, and sometimes-increased heart rate, which all are regarded as common physiological effects of stress, which can be connected to emotion of anxiety (Auerbach & Gramling, 1998). During the school time specially examination time, student feel stress. Exam stress is a feeling of pressure that many young people feel coming up to exam time. It usually occurs during the revision period before exam and immediately before the exam and immediately before the exam themselves. Stress is defined as an individual's response to pressure. In the present study researcher selected 120 secondary school students from four schools of Yamuna Nagar district of Haryana by random sampling technique. Examination stress scale developed by N.C.E.R.T. was used to collect the data. A significant difference of Examination stress among male and female students was found.

INTRODUCTION

Education is an essential on individual a real human being education is the only instrument, which along bring drastic change in the society. Education consists in making persistent efforts by the school to cultivate among people high ideals so that they may realize their highest self. Education means enabling the mind to find out that ultimate truth which emancipates us from the bandage of the dust and gives us the wealth, not of power but of love, making the truth its own and giving impression to it. So education is that which makes one's life is harmony with all existence. Education is like our brother in foreign countries; it is super good. It is education, not the wealth which is respected among kings, there for uneducated man is like an animal. Examination in school or college is a part of academic life. It has been said sometimes that "Student exam stress is creating mental health time bombs".1

It is perfectly normal to feel some stress, but too much of it will reduce effectiveness. They need to appear for examination in school, college or competitive examination during, which they face lot of stress and strain. The Family Doctor Association has also reported a rise in the number of teenager's seeking help for 'exam-related' stress.¹ The British Association for Counseling and Psychotherapy has also reported increase in demand for such services. The incidence of exam anxiety has risen from 27% in 2009 to almost 40% in 2010 among all the calls received.¹ Few of the important predisposing factors for examination stress include family pressure for the best result, deciding examinations for future growth, emotionally immaturity, peer factor, poor self-image and negative thoughts, stimulating agents like tea, coffee, cola, etc. taken before the exams. Student suicidal attempts are more common during the time of examinations or the declaration of results. Also due to the examination, the students may get depressed or develop phobia. In such cases they may need counseling, antidepressant drugs or more family support.

CONCEPT OF STRESS

It is acknowledgement that stress become a general problem, time/ schedule deadlines, downsizing, poorly design jobs, material disharmony, financial crises and teaching and delivering the knowledge to younger's mind etc. have stress for the individual who are involved. The derivation of the term stress is having the origin in words in Latin language called "strict us" which means strict and "stringer" which means to draw tight, but now a day it become a part of daily conversation and communication. Stress is generally believed to be the body physical and mental responses to demands made upon it. It is often the result of a person's reaction to outside events and not necessarily the vent themselves, stress can be either positive or negative or even both the adrenal medulla secretes two neurotransmitters epinephorors and nor epinephrine also known as adrenaline and noradrenalin in the response to stress.

MEANING

Stress as originally defined as a neutral general adaptive syndrome of the human body to demands. Increasingly it has acquired a negative connotation, implying excessive demand or pressure.

- It is difficult to distinguish stress from its causes and effect.
- There explanatory models to help us understand the concept of stress, based on engineering, medical and interactive principles. The first two models assume that teachers are subjective rather than actors in their own destiny; in contrast the third is predicated on shared responsibility for situation which may give rise to occupational stress. In the mid.1950s Hans Selye (1956) and endocrinologist, perceives stress to be a neutral physiological phenomenon. More specifically he dying it as a general adaptive syndrome or non specific response to demands placed upon the human body.

EXAMINATION STRESS

Exam stress is a feeling of pressure that many young people feel coming up to exam time. It usually occurs during the revision period before exam and immediately before the exam and immediately before the exam themselves. Stress is defined as an individual's response to pressure.

Examination in school or college is a part o academic life. It has been said sometimes that "student's exam stress is creating mental health time bombs". Examination stress is a part of academic stress. The definition of academic stress is the anxiety and stress that comes from schooling & education. There is often a lot of pressure that comes along pursuing a degree and ones education.

JUSTIFICATION OF THE STUDY

In today's highly competitive world students faces different various academic problems including exam stress, disinterest in attending classes and inability to understand the subject examination stress is the feeling of anxiety or apprehension over ones performance in the academic activities. It is lead to student being unable to perform to the best of the abilities in examinations.

At school there is a range of academic pressure feel, derived from a need for perfection, worry over grades, parental pressure, and competition, sports or a tough class load. The nervous breakdown panic attacks and depression are also apparent in many younger students. The same situation is not always stressful for all people and all people do not undergo the same feelings or off putting thought when stresses.

Students were considered to be the future pillars who take the responsibility to take our country to the next phase they should be in a better way. To know this investigator decided to analysis the examination stress among secondary school students.

OBJECTIVES OF THE STUDY

The present study formed the following objectives:-

1. To study the examination stress among the secondary school students.
2. To study the level of examination stress among the secondary school students.
3. To find out whether there is significance difference between the following sub samples with respect to examination stress.
 - Gender (Male/Female)
 - Type of school (Government /Private)
 - Subject (Science/ Arts)

HYPOTHESES OF THE STUDY

1. There exists no significant difference of examination stress among male and female secondary school students.
2. There exists no significant difference of examination stress among arts and science secondary school students.
3. There exists no significant difference of examination stress among government and private secondary school students.

DELIMITATIONS OF THE STUDY

- i. This study is confined to district Ambala of Haryana only.
- ii. The study is delimited to 120 (one hundred twenty) students only.
- iii. Students of only government and private school students only.

RESEARCH METHODOLOGY

Descriptive survey method was used to collect the data.

SAMPLE

The investigator has selected two government and two private schools. Finally 120 secondary school students have been included in the sample of the present study.

TOOL USED

1. "Examination stress scale" developed by N.C.E.R.T.

STATISTICAL TECHNIQUE USED

Following statistical data used to analyse the problem:-

- * Descriptive Statistics.
- * t-test

MAIN FINDINGS OF THE STUDY

1. A significance difference of examination stress was found among secondary school students of male and female students. Females take more stress than their male counter parts. Thus, it can be inferred that examination stress among secondary school students cannot be predicted on the basis of gender difference.
2. There is no significant difference of examination stress among arts and science secondary school students.
3. There is no significant difference of examination stress among government and private secondary school students.

EDUCATIONAL IMPLICATIONS

The results of the study show that a level of secondary students about examination stress being in touch with daily lessons is a good idea. Try to be regular in attending and concentrate in class. Last minutes study should be avoided and remember that regular 7 hours of sleep is mandatory for the body to function well. One should identify the best time and place for studying and this varies with each individual the students are aware of the exact topics that are going to come for the exam and previous year question paper should give you an idea about the exam pattern.

For Teachers

- Teachers should use the audio visual aids to motivate their students because when the students take interest automatically they can learn for long time.
- Teachers should encourage the students by living the ideal people examples.
- Teachers should motivate the students for learning and teach them how to make the study schedule
- Teachers should take the test regularly because when the students learn regularly their confidence level may be increase and it can reduce the examination stress.
- Teachers should give the moral schedule to students.

For students

- Students should make a time schedule for reduce the excessive burden of study.
- Students should plan their study routine.
- Students should increase the sitting capacity for learning.
- Students should take regular exercise and eat well. by doing this they can reduce the exam stress.
- Students should give their selves a study break.

For parents

- Parents should not put more burdens on their child.
- Parents should give the moral support to their child.
- Parents should encourage the child to do something easily but don't put high pressure on child.
- Don't compare their child with other students.
- Parents should encourage & gain the confidence level of the child.

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