



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

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Abstract

There is a necessity for further research work to be done with adolescents because this group is a vulnerable group to both physical and emotional stress as related to daily hassles. There is evidence of a link between life-events and stress and the resultant effect on adolescents. Research evidence shows that adolescents in higher grades are associated with more stress than those in lower grades. Research evidence above shows that gender differences are prevalent – girls experiencing more stress than boys. Studies of classroom environments demonstrate the fact that perceived grade, genders, room or school environment may be predictive of student learning both in India and globally. Studies also show how the school environment plays an important role in the academic achievement of school children. The success or the failure of students greatly depends on the quality of classroom environment and social climate available for them to interact in. Research makes it clear that the home environment has an impact on the overall development of children. Strong links between the home environment and stress is found in the above research. There is no doubt that parents need to be associated positively with their children in terms of emotions, up-bringing, food-habits etc. The present study envisages assessing the impact of the home and school environments on adolescents and to correlate their levels of stress.

Keywords: Stress, Adolescents, School Environment

Introduction

Education is the leading instrument for the social, political and economic development of a country. Education is a rope that can carry us to greatness because knowledge is a power. Education system prepares individuals for their role in society. It shapes self-perception of adolescents, and gives them the foundation for their future participation in society that is not limited to participation in the work place. A school is one of the most important formal agencies of education which plays a major role in moulding the ideas, habits and attitudes of a child. School is the first major environment outside the home that provides opportunities for a child to learn, increase his abilities, and gain respect and admiration. Education acquired by children in school helps them to develop well balanced personalities, to become physically strong, mentally alert, emotionally stable, culturally sound, and socially efficient along with the most desired aspects of knowledge and learning. It is a place where the students grow and learn as they travel the road from childhood to maturity. Therefore, 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 goes' 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.

Stress

Stress is defined as “a state of psychological and physiological imbalance resulting from the disparity between situational demand and the individual's ability and motivation to meet those needs.”

Dr. Hans Selye, one of the leading authorities on the concept of stress, described stress as “the rate of all wear and tear caused by life.”

Adolescence (10–19 years)

It is a unique and formative time. Multiple physical, emotional and social changes, including exposure to poverty, abuse, or violence, can make adolescents vulnerable to mental health problems. Promoting psychological well-being and protecting adolescents from adverse experiences and risk factors that may impact their potential to thrive are critical for their well-being during adolescence and for their physical and mental health in adulthood.

Home Environment:

It refers to the psycho-Social Climate of home as perceived by the students in Home. It includes ten dimensions such as control, protectiveness, punishment, conformity, and social isolation, and reward, deprivation of privileges, nurturance, rejection and permissiveness.

School Environment:

It refers to the psycho-Social climate of the school as perceived by the students in school. It includes six dimensions – Creative stimulation, cognitive encouragement, permissiveness, acceptance, rejection, and control.

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
- 3) To find out the causes of stress among adolescents.
- 4) To motivate students to avoid stress

Delimitation of The Study:

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

Hypothesis of The Study

1. Level of stress among adolescents (boys and girls) is high.
2. There is inverse relationship between academic stress & family stress among students
3. Stress level is high in female students than male students.

Research Method

The survey is a non experimental, descriptive research method. Surveys can be useful when a researcher wants to collect data.

Sampling

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.

Analysis And Interpretation

Table: 1 Difference between the Gender of the Respondents and Their Level of Stress

Variable	Gender	N	Mean	Std. Deviation	Statistical inference
Stress	Male	13	1.43	.517	t =0.591 df = 36 P < 0.05 Significant
	Female	25	1.37	.488	

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

Table 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 =0.070 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.

Table 3 Association between Respondents' Fear to Talk To Their Teachers and Their Stress Level

S.no.	Fear	Level of Stress (low)	(moderate)	(high)	Statistical inference
	Yes	5	11	7	t =1.071 df=2 P,0.05 significant
	No	8	14	5	

From the above table it is inferred that there is a significant association between the fear of the respondent's to talk to their teachers and their level of stress.

Suggestions

From the statistical analysis it is evident that adolescent students do suffer stress due to various reasons. The following suggestions would help the adolescent school students to reduce their level of stress with the active support of the environment.

- Appointing professional social workers in all schools.
- Giving equal importance to the extra-curricular activities of the students.
- Creating conducive school environment for the students.
- Focusing on the mental health aspects of the adolescent school students.
- Providing Life-skills training to the adolescents which would help them to handle the difficult situations positively. Having periodical parents-teachers meet to discuss on the 'holistic' development of the student rather than discussing only about academic progress.

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 emphasis 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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