

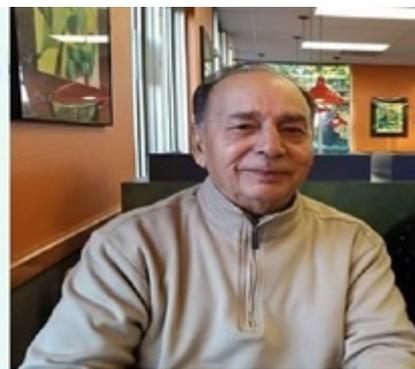


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### Research Paper

## A study of Stress Level Higher secondary School Student of Ahmedabad city

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**Key Words** - *Stress level etc.*

### Abstract

*In the present scientific era the progress of a nation depends upon its educational system. This Study Explores the Stress level of higher secondary school students of Ahmedabad. The Sample of the study consists of 100 Higher secondary school students of Ahmedabad city selected by incidental sampling and data was collected by researcher made tool was used. Various variables gender and medium of school instruction data analyses by t test. The stress level of average score of girls were seen higher than that of boys and the average score of stress of Gujarati medium school students was seen higher than that of English medium school students.*

### Introduction

Stress is unavoidable and can occur in all facets of life .At some level, stress can be seen as a natural part of development and of adaptation to a changing environment yet the implications of stress for children and youth can be far reaching, depending on its level and persistence. Stress that is prolonged and managed poorly can result in negative physical, mental and cognitive out comes for children and youth. Experiencing high level of stress or chronic stress can undermine physical health, for Example, by increasing the likelihood of a weakened immune system heart disease, obesity and diabetes. Other negative outcomes include anxiety, depression, poor memory and language skills and lower academic

achievement .Biological or genetic factors can increase one's vulnerability to Stress, as can social and environmental factors.

In a learning institution, where the demands placed on students are based on deadlines and pressure for excelling in tests or examinations, the students are likely to be the victims of stress. This highlights the need for research to examine the sources of academic stress faced by students at various institutions. With such knowledge, educationists will be able to pay more attention to the sources of academic stress of students and the use of counseling measures to assist students in the sound development of their bodies and mind.

## 2. Statement of problem

A study of Stress Level Higher secondary School Student of Ahmedabad city

## 3. Objective of the study

Main objectives of the study:

1. To study the effect of Gender on stress level of higher secondary school student of Ahmedabad city.
2. To study the effect of Medium of instruction of higher secondary school students of Ahmedabad city.

## 4. Hypothesis of the study

Ho1 There will be no significant difference between of Stress in context to Gender of student studying in higher secondary school of Ahmedabad city.

Ho2 There will be no significant difference between of Stress in context to Medium of instruction of student studying in higher secondary school Ahmedabad city.

## 5. Limitation of the study

Limitations of the study are as follows.

1. This study is restricted to 11<sup>th</sup> standard students.
2. This study is Limited to Ahmedabad city only.

**6 Method of Research:**

In the present study, survey Method was used because it proper and feasible too.

**7 Variable of the study:**

Independent Variable	Level	
Gender	Boys	Girls
Medium of instruction	English Medium	Gujarati Medium
<b>Dependent variable</b>	Stress level	

**8. Sample**

In the present study researcher has selected 11<sup>th</sup> standard student of school incidental sampling was used. There were total 100 student of 2 school of Ahmedabad city as a sample.

**9. Tools**

Researcher made a self made stress measurement scale.

**10. Data Analysis and Interpretation:**

Table No.1

Gender average score of stress level

Gender	N	S.D	t-Value	Significance level	S/N.S
Boys	50	18.29	4.053	0.01	S
Girls	50	14.84			

Hence, the hypothesis “There will be no significant difference between of Stress in context to Gender of student studying in higher secondary school of Ahmedabad city” will be

rejected we can conclude that there is a significant difference between the mean score of boys and girls stress level. The average mean score of stress level of girls were significantly higher than the mean score of boys stress level

Table No.2

Medium of instruction average score of stress level

Medium	N	S.D	t-Value	Significance level	S/N.S
English	50	90.14	3.2909	0.01	S
Gujarati	50	85.53			

Hence, the hypothesis "There will be no significant difference between of Stress in context to Medium of instruction of student studying in higher secondary school Ahmedabad city." will be rejected we can conclude that there is a significant difference between the mean score of English medium and Gujarati medium school student stress.

The average mean score of stress level of Gujarati medium school student stress level were significantly higher than the mean score of English medium school student stress level.

## 11. Finding

The researcher has presented findings after interpreting data getting through the information according to the collected data, which were as under

1 There has been significant difference between the average score of Stress level in context to Gender of higher secondary school student of Ahmedabad city in which average score of stress level of girls were seen higher than that boys.

2 There has been significant difference between the average score of Stress level in context to Medium of instruction of higher secondary school student of Ahmedabad city in which average score of stress level of Gujarati medium school student stress level were seen higher than that English medium school student stress level.

## 12. Conclusions

In the present study the researcher has tries to know the stress level of the student styding in higher secondary school so the programme should be done at school level for presenting for all classes of the student.

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