STRESS ON HIGH SCHOOL STUDENTS: A COMPARATIVE STUDY

-Author-

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ABSTRACT

Objective: The objective of this study was to compare the stress level of high school children of rural and urban areas of Pauri district, U. K. Methodology: The sample consisted of 120 (60 urban & 60 rural) high school students of Pauri district (U. K.); average age of the student is 15 years. All subjects were randomly selected on the basis of their availability and presence in the school. Miller & Allen Stress Inventory was used as a tool which has made for high school students. Results: To compare the level of stress independent t-test was used. The test showed that there is significant difference between rural and urban high school students in relation to stress as ‘t’ value was found significant (3.32), whereas required value was (1.98) at 0.05 level of significance. Conclusion: Within the limitations of the present study, it was concluded that there is significant difference found on stress level in rural high school students and urban high school students.

INTRODUCTION

The future of a nation depends upon the future of its children. Proper upbringing of the children goes a long way in the development and well-being of a nation, for children are the precious source to a rich and prosperous future of nation, in each and every aspect of development, will depend, directly or indirectly. In today’s age of automation, advanced technology and high competition, man has great dreams of a luxurious living and enjoys at the thought of experiencing it. The idea is to help them slow down and cope with their problems in an overpacked, 24-7 world, where many students stay up late to finish homework and fall asleep with their cellphones in their hands. Every age has its monsters, this century is no exception. “Stress is one
of the biggest monsters of the present century. Stress has revalued with man since the dawn of civilization and shows no signs of ever becoming extinct. Although most individuals pass through adolescence without excessively high levels of "storm and stress," many do experience difficulty. Why? Is there something unique about this developmental period that puts adolescents at risk for difficulty?

Objective of the study

The objective of this study was to compare the stress level of high school children of rural and urban areas of Pauri district, U. K.

METHODOLOGY

The sample consisted of 120 (60 urban & 60 rural) high school students of Pauri district (U. K.); average age of the student is 15 years the data were collected in the month of October 2013. All subjects were randomly selected on the basis of their availability and presence in the school. For this study purpose the Pauri and Srinagar were considered as urban population and for rural area four villages of Pauri district were taken. To measure the stress on high school children, Miller & Allen Stress Inventory was used as a tool which has made for high school students.

Results

Table - 1 Descriptive statistics

<table>
<thead>
<tr>
<th>Groups</th>
<th>N</th>
<th>Mean</th>
<th>S. D.</th>
<th>DM</th>
<th>t value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural</td>
<td>60</td>
<td>8.72</td>
<td>4.82</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Urban</td>
<td>60</td>
<td>14.84</td>
<td>3.18</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

6.12 3.32*  

* Significant at .05 level

\[ t_{.05} = 1.98 \]
From table-1, it is evident that there is significant difference between rural and urban high school students on stress, test means on the stress where the calculated t ratio was 3.32, which was greater than tabulated t value 1.98 at .05 level.

To compare the level of stress independent t-test was used. The mean and standard deviation of Rural and Urban high school students were 8.72 & 14.84 and 4.82 & 3.18 respectively. The test showed that there is significant difference between rural and urban high school students in relation to stress as ‘t’ value was found significant (3.32), whereas required value was (1.98) at 0.05 level of significance.

Discussion
There is significant difference on stress of rural and urban high students and the urban high school students have more stress as compared to rural high school students. It may be due to that physical education programme which prevails on both the place that is rural and urban, physical education programme should applied in the urban school have influence on stress to reduce the stress level in urban school. There are other factors like social status, economic status, daily routine habits etc are more or less similar or close to similar in modern time.

Conclusion
Within the limitations of the present study, it was concluded that there is significant difference found on stress level in rural high school students and urban high school students. The urban high school students have more stress as compared to rural high school students.

References
The following references were taken under the consideration.
Peer Reviewed Research Journal

- Moffett, M.A., “Implications of Job Stressors are Perceived by Summer Faculty at the University of Iowa (Doctoral Dissertation, University of Iowa, 1983), Dissertation Abstracts International 44 (1983) : 3611-A.

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