

Academic stress among polytechnic college students of Kashmir

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ABSTRACT

The aim of the study was to assess the academic stress among the polytechnic college students. The total sample taken for the research was 400 polytechnic college students out of which 200 were male and 200 female students. The sample was further distributed equally as per the rural and urban dichotomy. Academic Stress Scale developed by Dr. Poorva Jain and Neelam Dikshit (2016) was used to measure the academic stress among the polytechnic college students. The findings of the study shows that male and female polytechnic college students show insignificant difference on Academic Stress. The two group's viz, rural polytechnic college students and urban polytechnic college students show insignificant difference on academic stress.

1. Introduction

Today education has been assigned as an industry for human resource development for different walks of life. The students constitute the heart of the education system and they are the most affected ones by the strengths and weakness as of the education system. The students form an identical subgroup compared to others in society. Some of the most common risks faced by a student during his/her college days are psychological, emotional, social, academic and career risks. Stress is a very familiar condition faced by the students when they are unable to bear the risks involved in higher education. The main sources of stress are academic and time concerns, fear of failure, classroom interactions, and economic issues. Apart from this, the parental system also affects a lot to these students. The parents have unlimited expectations from their children and therefore they impose their own desires on them. The impact of these influences results in a number of students reporting emotional problems, anxiety, stress and other neurotic problems. They often found in frightening, abusive, depressing, threatening, competitive, unpredictable and confusing situations. The percentage of suicides is more among the college students compared to the other ones.

"Academic Stress can be conceptualized as a student's cognitive appraisal of and coping with the academic-related stressors and psychological or physiological response to the stressor". Having knowledge about the cause of academic stress among students will make the educational administrator know how to monitor and control the stress factors that are responsible for causing academic stress. (Murphy & Archer 1996) found in their research that when stress becomes extensive and negative, students experience psychological impairment and physical fatigue. Academic Stress affects the social life of students within the institute as well as outside the institute. The goals pertaining to student's life gets highly affected in terms of the commitments made by the student in fulfilling or achieving those goals. Altbach (1970) states that graduate students often feel that faculty exert power over their lives and they feel that their own life is powerless. The other stress which students feel is difficulty in achieving social

intimacy. Stress is the product of modern life style, all over the world. Stress causes psychological and physiological changes in individuals. Disturbances in the structure of function of bodily mechanisms and cognitive spheres may be brought through creating changes in physical or psychological environment. Stress, in fact is the outcome of the demands made on an individual beyond the capacity of this potential to cope with the situation. Stress and coping both, therefore, go side by side (Janak kumari 2009). Mediating role of cognitive Stress is one of the most dreaded diseases these days in the Society. It is a part of our lives. It is especially likely to happen when we are experiencing changes- either happy or upset. It has spread to all parts of Society and to people from all walks of life. Stress is defined as the sum of the body's reactions to adverse influences. It is accompanied by an activation of the sympathetic nervous system. In addition, while the academic work load requires that students face a series of fall periods such as mid terms and finals, there is a relatively constant pressure to complete non upcoming assignment. The transition to college creates a situation where regular contact with traditional supports, e.g. friends from high school and family, may be reduced. The ability of such social supports to mediate the process in psychological stress is well known yet the relationship between the cognitive process, adaptive behaviour and psychological outcome. College marks not very clear stressful. Research had shown that events which might otherwise serve to reduce stress. Stress is an individualized phenomenal unique to each person and setting. Fearlin (1989) has suggested that there are two major types of stressors. Life events research considers the extent to which the accumulations of a series of experiences can create a stressful impact. Role conflict is a common part of the college experience. College students must learn to balance the competing demands of academics, developing new social contacts and being responsible for their personal daily needs e.g. nutrition and clean clothing. It is the State manifested by a specific syndrome, which consists of all the non-specifically induced changes within a biologic system. At the one point or the other, everybody suffers from stress. Relationship demands, physical as well as mental health problems,

pressure at workplaces. Traffic snarls, meeting deadlines growing up tensions. All of these conditions and situations are valid causes of stress. Too much stress on our mind and body can make us feel miserable, worried, sad and ill contrary to popular belief. It is the product of modern life style, all over the world. Stress is experienced when a potential stimulus perceived as threatening and it leads to a physiological and psychological change in the person, like an increase in the person, like an increase in the level of arousal, a feeling of frustration due to thwarting of goal attainment, etc. Stress can be positive and negative, depending on the person under focus and the situational context. Too much stress on our mind and body can make us feel miserable, worried, sad and ill contrary to popular belief. It is the product of modern life style, all over the world. Stress causes physiological and psychological changes in individuals. Stress can be positive and negative, depending on the person under focus and the situational context. Stress is defined as the sum of the body's reactions to adverse influences. It is accompanied by the activation of the sympathetic nervous system.

2. Objectives of the Study

The following objectives have been formulated for the present investigation:

- To study academic stress of Polytechnic Colleges students of Kashmir.
- To compare male and female Polytechnic College students of Kashmir on academic stress.
- To compare rural and urban Polytechnic College students of Kashmir on academic stress.

3. Hypotheses

Following hypothesis have been formulated for the present study.

- Male and Female Polytechnic College students do not differ significantly on academic stress.
- Rural and Urban Polytechnic College students do not differ significantly on academic stress.

4. Operational Definition of Variables

- **Academic Stress:** Academic Stress for the present study refers to the scores obtained by subjects on Academic Stress Scale developed by Dr. Poorva Jain and Neelam Dikshit (2016). This scale consists of 28 items.
- **Polytechnic college students:** Students of polytechnic colleges refer to the students enrolled in different Govt. Polytechnic colleges of Kashmir.

5. Tools Used

The following tools were used for the present study:

- **Academic Stress Scale** developed by Dr. Poorva Jain and Neelam Dikshit (2016).

6. Sample

The total sample taken for the research study consisted of 400 polytechnic college students, the sample was divided into different groups based on sex and rural urban dichotomy.

7. Analysis and Interpretation

Table 1: Showing the mean comparison between Male and Female Polytechnic College Students on Academic Stress

Gender	N	Mean	Std. Deviation	t-value	Level of Sig.
MPCS	200	96.18	20.248	0.649	Insignificant
FPCS	200	94.95	17.544		

MPCS. = Male Polytechnic College Students;
FPCS. = Female Polytechnic College Students

The above table reveals the mean comparison between Male and Female Polytechnic College Students on Academic Stress. It is evident from the table that t-value $0.649 \leq 0.01$. The two groups viz Male and Female Polytechnic College Students show insignificant difference on academic Stress. The table shows that the two groups have similar level of academic stress.

Therefore the hypothesis No.1, which reads as, "Male and Female Polytechnic College students do not differ significantly on academic stress" stands accepted.

Table 2: Showing the mean comparison between Rural and Urban Polytechnic College Students on Academic Stress

Variable	Group	N	Mean	Std. Deviation	t-value	Level of Sig.
Academic Stress	RPCS	200	95.57	19.145	0.005	Insignificant
	UPCS	200	95.56	18.762		

RPCS = Rural Polytechnic College Students;
UPCS = Urban Polytechnic College Students

The above table shows the mean comparison between rural and urban polytechnic College Students on Academic Stress. The table shows that (t-value $0.005 \leq 0.01$). The calculated t-value is less than the tabulated value which means that the two groups viz rural polytechnic college students and urban polytechnic college students show insignificant difference on academic stress.

Therefore the hypothesis No. 2, which reads as, "Rural and Urban Polytechnic College students do not differ significantly on academic stress", stands accepted.

8. Discussion

The data has been analysed by applying percentage statistics to check the frequency levels of polytechnic college students in Kashmir. The data has been analysed by using mean, S.D and t-test to check the significance level. On comparing male and female polytechnic college students on academic stress. The researcher found that both male and female polytechnic college students show insignificant difference which determines both male and female polytechnic college students have similar level of academic stress. Both the groups have academic stress because they have the similar burden of academic activities. The researcher also compared rural and urban polytechnic college students on academic stress respectively. Mean favours both the groups viz rural and urban polytechnic college students. Therefore, both the groups have similar level of academic stress

9. Conclusion

- Male and female polytechnic college students on academic stress show insignificant difference on

academic stress. So it was found that both male and female polytechnic college students have similar level of academic stress.

- The two groups rural and urban polytechnic college students show insignificant difference on academic stress.

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