

**A COMPARATIVE STUDY OF EDUCATIONAL STRESS AMONG URBAN AND RURAL GRADUATE STUDENTS**

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**ABSTRACT**

*During the teen years, a lot of biological, physical, mental and emotional changes are happening, as well as the changes in responsibility and role. In order to stabilize these changes, the students are always confronted with problem and conflicts. For some students who are not capable of dealing with it, the change will create stress and tension to them. If it is not dealing with in the early stages, the student may experience mental problems. Although there has been considerable study about educational stress, much of research has focused on adult condition. This study is intended to review stressful events in the life of college students. The study employed descriptive survey method of research. The results showed that there is no significant difference in educational stress among rural and urban graduate students”.*

**Key Words: Educational Stress, Graduate Students**

**Introduction**

People of all ages are affected by stress and anxiety. College student seem especially vulnerable to this reality. Adolescence is a time of rapid biological change, personal development, social interactions, social expectations, and peer influence. The locus of much of this phenomenon is in the college environment. For many students, college may be stressful. Students feel the effects of stress in harsh and also negative ways. Some of these effects include a sudden drop in grades, depression, general fatigue, insomnia, mood swings, temper tantrums and aggression. Studies show that stress and anxiety during adolescence may even have a negative effect on cardiovascular health of otherwise healthy teenagers. Not only does stress and anxiety affect the human body physically, it also can harm a person's emotional well being as well. Stress and anxiety levels affect the students academically and change the way the person thinks and acts during school or time spent in studying.

Stress exists from the change in an individual's thinking and their lifestyle now days. Now Individuals have changed in their perceptions and the way they interpret this life. Students in their teens are the ones who are going through the transitional phase, which is an intermediate of childhood and adulthood. Stress is believed to be caused by the various problems that exist such as problems at college, financial problems, family problems and problems in their surroundings. Adolescents also experience stress because they are sometimes trapped between making decisions which is to follow rules and orders or to be free and discover the world like they should. Adolescents in the previous days were trained for things that were suitable with their age so that they can use it to manage their lives. But now, adolescents have to follow their parents' desires which are preparing them to compete in the social system where the society is scrambling towards modernization so that they are not left behind. If it is not managed well, stress can ignite psychological disturbances among them when they are grown up. These disturbances will cause stress to the adolescents in the future if they are not overcome now.

**Stress Management**

In an increasingly pressurized, competitive and market-driven education system, this phenomenon can only become more acute: depression is virtually a built-in hazard. There are several solutions, none of which are mutually exclusive. There is a case for building some or all of them into education syllabuses

themselves - since almost by definition, the more ambitious a course, the more prone to negative outcomes for a proportion of students who lack the means to deal with the inherent stresses.

Secondly, relaxation exercises can help offset the involuntary effects of stress, bringing them to your conscious mind and allowing you put them into context.

Lastly, Cognitive behavioral therapy (CBT) enables you to examine and adjust the link between the way you think and the way you feel, allowing you to 'switch off' the automatic stress response in situation where it is not strictly warranted.

As educational requirements get more stringent in all levels of education, students everywhere experience considerable college stress. Here are some student stress relief tips and tools that students can use to learn study skills, prepare for exams and minimize their college stress levels to make learning easier, including an explanation of the importance of student stress management, and resources to help you reduce the college stress you experience.

**Manage Time Wisely:** It's important to give yourself plenty of time to work on your studies if you want to do well, and you can save yourself a lot of stress if you plan ahead with good time management skills. Setting up a schedule for study, breaking up your studies into smaller chunks, and other time management skill are essential. Here are some more time management tips you may find helpful.

- 1 Get Organized:** Have a system of organization for note-taking, keeping track of assignments, and other important papers. Being organized can bring you the peace of mind that comes from knowing where everything is, remembering deadlines and test dates, and clearing your mind of some of the mental clutter that disorganization brings.
- 2 Create a Good Study Environment:** creating a soothing environment can reduce stress and help you learn.
- 3 Know your learning Style:** did you know that we don't all learn in the same way? It's important to know whether you're a visual, kinesthetic or auditory learner, as you can tailor your study practices around your particular learning style and make success easier to attain.
- 4 Practice Visualizations:** visualizations and imagery are proven stress management techniques. You can also reduce student stress and improve test performance by imagining yourself achieving your goals.
- 5 Develop optimism:** it's been proven that optimists- those who more easily shrug off failures and multiply successes – are healthier, less stressed, and more successful. You can develop the traits of optimism and harness these benefits for yourself, and do better in your studies as a result.
- 6 Get Enough Sleep:** If you want your performance to be optimum you need to be well rested. Research shows that those who are sleep – deprived have more trouble learning and remembering, and perform more poorly in many areas.
- 7 Use Stress Management Techniques:** Chronic stress can actually impair your ability to learn and remember facts as well, stress management is one of the most important and most overlooked college necessities.
- 8 Learn Study Skills:** here are some more specific study skills and techniques that can help you improve your performance. The more prepared you are, the less stressed you'll be!

#### **Justification of the Study**

Although there has been considerable study about educational stress, much of research has focused on adult condition. This study is intended to review stressful events in the life of college students. As our society is dynamic and progressive there has been a considerable change in the socio-economic status, college environment and home environment of students. So this study also intends to testify the previous researches that educational stress is gender specific i.e. females are more stressful behavior among students in India and all over the world, so there is a need to study in this field from time to time.

The study is necessary not only to study the behavior but also helps to know what intervention strategies should be used for the adjustment of stressful behavior in college students.

#### Definition Of Key Terms Used In The Study

##### Stress:

Stress is defined as an organism's total response to environmental demands or pressures.

##### Educational Stress:

A force that causes a change in physical or mental health of the students because of college environment and their study habits.

##### Objectives of the study:

- To compare the educational stress among urban and rural graduate students
- To compare the educational stress among urban and rural graduate boys.
- To compare the educational stress among urban and rural graduate girls.
- To compare the educational stress between boys and girls of rural graduate college.
- To compare the educational stress between boys and girls of Urban graduate college

##### Hypotheses :

- There is no significant difference of educational stress among urban and rural graduate students.

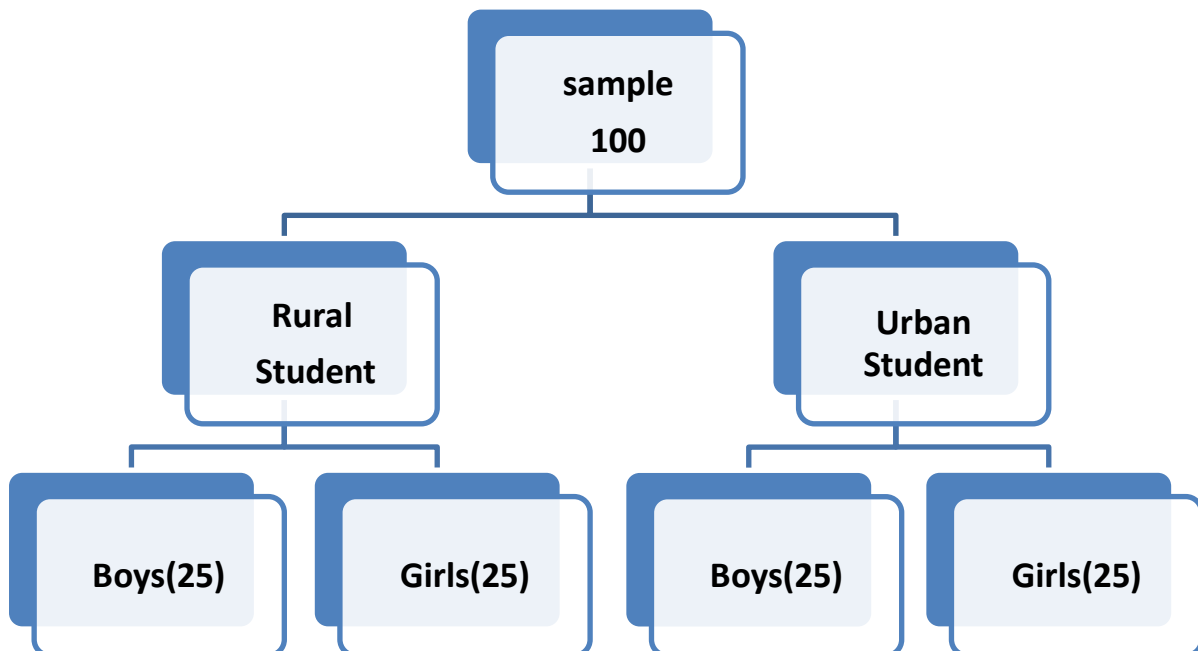
##### Method And Procedure :

The study employed descriptive survey method of research it is commonly used in educational research to study existing conditions and practice at present time.

##### Sample Of The Study :

The sample of this study consist of 100 rural and urban boys and girls from randomly selected government and private college from the Rohtak and Mahem city.

#### Sample Design



##### Variables Involved In The Study :

##### Dependent variable :

Educational stress

**Independent Variables :**

Urban and Rural Graduate Students

**Tool Used :**

Student Stress Scale prepared by Dr.Zaki Akhtar was used in this research.

**Statistical Techniques Used :**

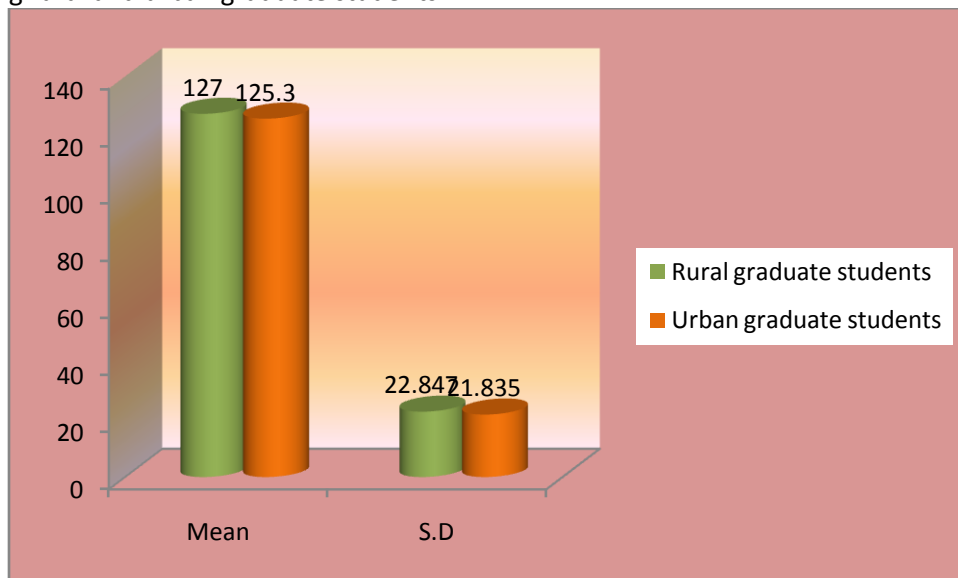
For the analysis of data following Statistical Techniques are applied for the analysis of the data of values such as Mean, Standard Deviation, S.D and t-value.

**Findings And Results:****Table 1****Comparison of Educational stress between Rural and Urban Graduate students**

Group	N	Mean	S.D	't' ratio
Rural Graduate Students	50	127	22.847	0.39 N.S
Urban Graduate Students	50	125.3	21.835	

**Note:** N.S = not significant

As per the table 1 Mean and S.D of rural graduate students is 127 and 22.847, while for urban graduate students is 125.3 and 21.835. The 't' calculated is 0.39 which is found not significant at .05 level of significance. Hence the hypothesis is accepted that "there is no significant difference in educational stress among rural and urban graduate students".

**Figure 1 showing mean & S.D. of urban and rural graduate students in relation to educational stress.****Table 2****Comparison of Educational stress between Rural and Urban Graduate Boys.**

Group	N	Mean	S.D	't' ratio
Rural Graduate boys	25	121.04	22.05	0.27 N.S
Urban Graduate boys	25	124.72	20.48	

**Note:** N.S = not significant

As per the table 2 Mean and S.D of rural graduate boys is 121.04 and 22.05 while for urban graduate boys is 124.72 and 20.48. The 't' calculated is 0.27 which is found not significant at .05 level of significance. Hence the hypothesis is accepted that "there is no significant difference in educational stress among rural and urban graduate boys".

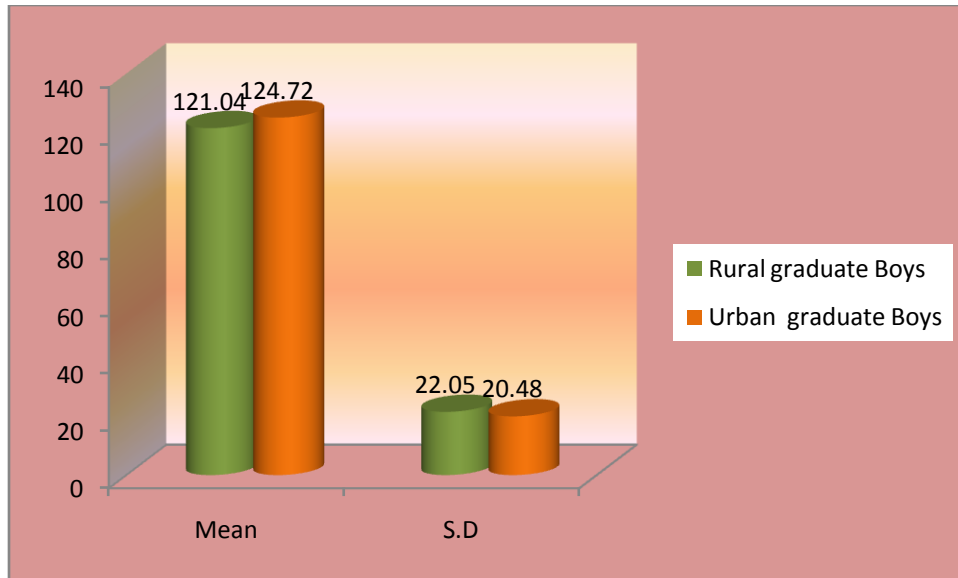


Figure 2 showing mean & S.D. of urban and rural graduate boys in relation to educational stress.

Table 3

Comparison of Educational stress between Rural and Urban Graduate Girls

Group	N	Mean	S.D	't' ratio
Rural Graduate Girls	25	132.96	22.48	0.41 N.S
Urban Graduate Girls	25	131.6	20.24	

**Note:** N.S = not significant

As per the table 3 Mean and S.D of rural graduate girls is 132.96 and 22.48 while for urban graduate girls is 131.6 and 20.24. The 't' calculated is 0.41 which is found not significant at .05 level of significance. Hence the hypothesis is accepted that "there is no significant difference in educational stress among rural and urban graduate girls".

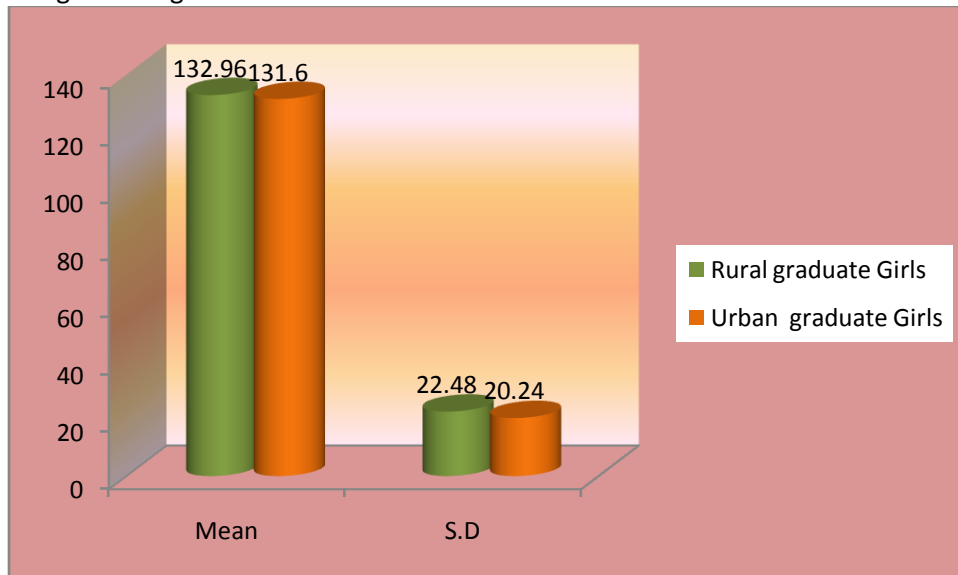


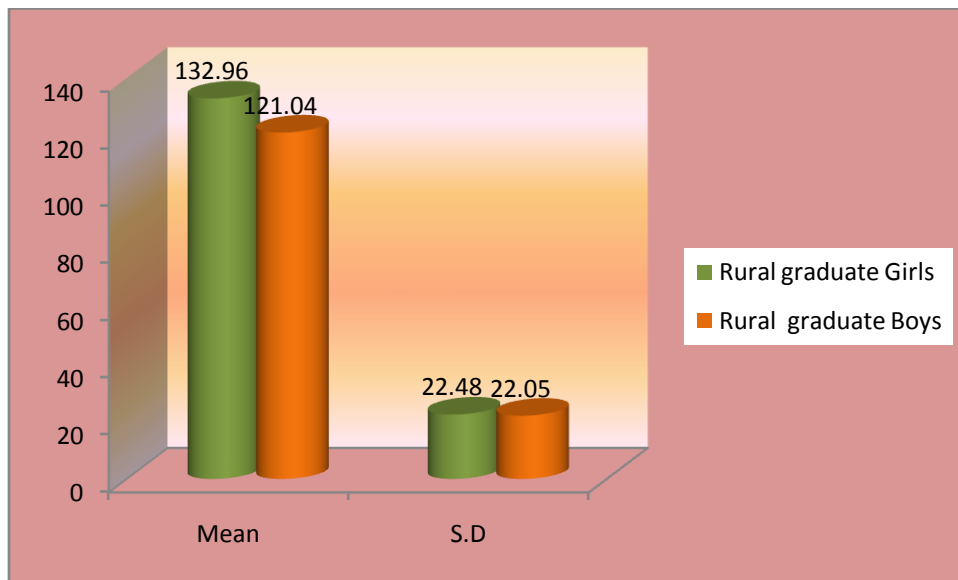
Figure 3 showing mean & S.D of urban and rural graduate girls in relation to educational stress.

**Table 4****Comparison of Educational stress between Rural Graduate boys and girls.**

Group	N	Mean	S.D	't' ratio
Rural Graduate Girls	25	132.96	22.48	0.03 N.S
Rural Graduate boys	25	121.04	22.05	

**Note: N.S = not significant**

As per the table 4 Mean and S.D of rural graduate girls is 132.96 and 22.48 while for rural graduate boys is 121.04 and 22.05. The 't' calculated is which is found not significant even at .05 level of significance. Hence the hypothesis is accepted that "there is no significant difference in educational stress among rural graduate girls and boys".

**Figure 5 showing Mean & S.D. of rural graduate girls and boys in relation to educational stress.****Table 5****Comparison of Educational stress between urban Graduate boys and girls.**

Group	N	Mean	S.D	't' ratio
Urban Graduate Girls	25	131.6	20.24	0.11N.S
Urban Graduate boys	25	124.72	20.48	

**Note: N.S = not significant**

As per the table 5 Mean and S.D of rural graduate girls is 131.6 and 20.24 while for rural graduate boys is 124.72 and 20.48. The 't' calculated is which is found not significant even at .05 level of significance. Hence the hypothesis is accepted that "there is no significant difference in educational stress among urban graduate girls and boys".

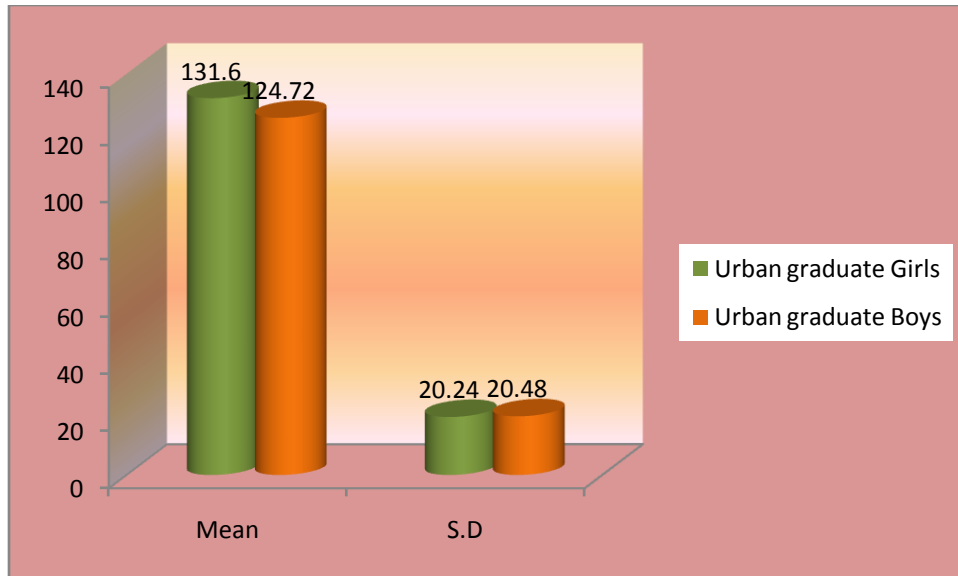


Figure 5 showing Mean & S.D. of urban graduate girls and boys in relation to educational stress.

### Major Findings :

The main aim of the present study was to analyze the extent of Educational stress among rural and urban college students. In the previous chapter we have described the results on which findings are obtained as the outcome of the analysis of the data. Analysis fulfils the requirements of the objectives. The following inferences have been found on the analysis of the data.

1. The mean for rural college students was and that for urban college students were slightly less though it was not statistically significant. Although there was no difference on educational stress for both the groups there was normal educational stress across both the groups.
2. The study reveals that there is no significant difference between rural and urban college boys. The stress might not also be significant due to that fact that boys are defensive in declaring stressful symptoms.
3. The study indicates that there is no significant difference between rural and urban college girls. But over the mean scores of the girls in both the groups were higher which shows that girls showed a comparatively high educational stressing both the groups.
4. The study also reveals that there is significant difference between boys and girls student of Rural College. The result testifies the previous research that girls are more stressful as compared to boys (Gadzella Dan Baloglu, 2011) in this research boys students experience less stress compared to girls students, this might be a result from the fact that boys' students reach maturity later than girls' students. Another reason may be that girls are more emotional and sensitive towards what is happening in their surroundings.

### Educational Implications:

The findings of such research can give new direction to establish the field of examination system which could really help in reducing the educational stress.

1. As a whole, this research has produced important information about educational stress according to factors such as gender of students. It is proposed that this information is to be looked by students in facing anything that are considered to them as stressful. This information shall also give benefit for parents and teachers in helping students to manage stress and coping anxiety in the right way.

2. College leaders should give concerted attention to helping students cope with factors causing stress at college.
3. A planned effort to provide assistance and support to students should include opportunities for meaningful and direct communication, professional counseling services, the enhancement of the worth and dignity of all individuals through democratic practice and personal recognition of all students for their contributions to success of the college and its programs.

#### Suggestions For Further Research :

1. Educational stress has direct relationship with other life stressors; another study can be conducted with major focus on multiple life stressors, and their relationship with educational stress. This aspect remained unexplored in this present study.
2. Due to lack of time and resources this study is conducted in college within the territorial boundary of Rohtak and Meham cities. The research can be done for whole district as well as other cities.
3. In present study only rural and urban college were selected as sample. Further research can be conducted by including different areas as well.

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