Review of Literature

STRESS AMONG LOW AND HIGH ACHIEVER ADOLESCENTS IN HARYANA

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ABSTRACT

Stress can be explained in terms of sadness, worries, tension, frustration which leads to depression which is temporary or may last for long. Some of the common reasons of stress can be problems with the parents, siblings, problems in the school, problems with the studies, teachers, classmates etc. The problem starts with normal stress among the individual which can turn to distress and result in many health problems both biological and psychological. The present study was undertaken on 400 adolescents i.e., 200 males and 200 females, studying in 11th and 12th standard from BSEH and CBSE affiliated schools of all the (five) cultural zone of Haryana state. The age range was 15 to 18 years. The Perceived Stress Scale developed by Cohen et al., (1983) was used to assess the stress among adolescents. Results of the study highlighted that the high achievers perceived more stress across low achievers in all the zones and also males reported more stress than the females irrespective to their achievement level.

KEYWORDS :Stress, low and high achievers adolescents.

INTRODUCTION

Adolescence is the development period of transition between childhood and adulthood; it involves biological, cognitive and socio-emotional changes. It starts with the beginning of sexual maturity and ends with the social achievement of independent adult status. According to World Health Organization, adolescence covers 10 to 19 years of life. Adolescents form significant proportion of the

population of any nation, and the care of adolescents is the need of the hour. According to the initial figures of the 2011 census, India has the largest population of adolescents in the world, being home to 243 million individuals aged 10-19 years. This phenomenal rise in the youth population has made India the youngest nation with a demographic dividend appearing to be a reality. The rise in population percentage of any group brings many challenges with it. Due to fast growing life and hard competition at each stage of life, human being face various kind of stress.

In the present era the phenomenon of stress is not confined to adults alone but also affects children and adolescents (Katyal and Vasudeva, 1998). An adolescent is under lots of pressure from peer group, teachers, parents and the competitive environment in the school and society. Normal adolescence is viewed as a period of turmoil and stress. About 10 to 20 percent of normal adolescents experience severe emotional reactivity and disruptions in family relationships. As the adolescent matures, peer-related issues begin to grow in importance. Adolescents have a strong need to fit in with their peer group. At the same time, the adolescent is gaining independence, his or her thought process is changing and they are beginning to develop their values. Along with these changes, it is common for adolescents to experience crisis, which may affect his or her physical, social, emotional and psychological development.

METHODOLOGY

The present study was conducted in all the cultural zones (five) of Haryana state i.e. Khadar, Nardak, Bagar, Mewat and Ahirwal. From various district falling under each zone, one district city was further selected on random basis namely Sonepat, Ambala, Sirsa, Nuh and Mahendergarh, respectively. From each city, two schools, one each affiliated to Central Board of School Education (CBSE) and Board of School Education Haryana (BSEH) having 11th and 12th classes were selected on random basis. Hence, a total of 10 schools were selected. List of children studying in 11th and 12th classes of selected schools was prepared separately for each class. From each class, 10 high achievers (above 75% marks in their previous class) and ten low achievers (upto 50% marks in their previous class), equally representing both the sexes were taken randomly. Hence a sample of 40 adolescents, equally representing both sexes and achievement levels was selected from each school. The same procedure was used to draw sample from all selected schools. Therefore, total sample size was 400, i.e., 200 males and 200 females. The parents of selected children also constituted the sample to collect information on parental variables.

TOOLS

The Perceived Stress Scale (PSS) developed Cohen et al., (1983) was used to assess the stress among adolescents. The PSS consisted of 14 items (PSS-14), seven positive and seven negative. The negative element was intended to assess the lack of control and the negative affective reactions, while the positive element measured the degree of the ability to cope with the existing stressors. Each item was rated on a five-point scale from 0= never to 4= very often, covering the preceding month. The PSS scores are obtained by reversing the responses (e.g., 0=4, 1-=3, 2=2, 3=1 and 4=0) to the four positively stated items (items 4, 5, 7, and 8) and then summing across all the scale items. The scores ranged from 0 to 56, with the higher scores indicating higher levels of perceived stress and the lower scores indicating lower levels of stress.

RESULTS AND DISCUSSION
Personal profile of respondents

The results related to the personal profile of adolescents concluded that maximum respondents were of 17 -18 years in age, having second ordinal position and opting for science stream. The parental profile portrayed that maximum percentage of parents were in 38-45 years age group. Higher percentages of fathers were educated up to 12th and involved in business, whereas, mothers were primary or high school pass and homemakers. Regarding family structure it was seen that in both low as well as high achievers majority of the respondents were residing in nuclear families having medium sized structure, following healthy norms of two to three children, belonged to BC category and had income within Rs. 10,001-20,000.

Table1: Personal profile of respondents

Sr. No.	Achievement level / Variables	Low achievers (n=200) f (%)	High achievers (n=200) f (%)
1.	**Age**		
	15- <16 years	60(30.00)	48(24.00)
	16- <17 years	39(19.50)	52(26.00)
	17- <18 years	67(33.50)	52(26.00)
	18- <19 years	34(17.00)	48(24.00)
2.	**Birth order**		
	1st born	42(21.00)	66(33.00)
	2nd born	65(32.50)	68(34.00)
	3rd born	65(32.50)	45(22.50)
	4th born	28(14.00)	21(10.50)
3.	**Educational stream**		
	Arts	55(27.50)	33(16.50)
	Commerce	58(29.00)	38(19.00)
	Non-medical	42(21.00)	66(33.00)
	Medical	45(22.50)	63(31.50)
4.	**Father's age**		
	30- <37 years	48(24.00)	60(30.00)
	38- <45 years	112(56.00)	90(45.00)
	46- <53years	40(20.00)	50(25.00)
5.	**Mother's age**		
	30- <37 years	92(46.00)	106(53.00)
	38- <45 years	87(43.50)	74(37.00)
	46- <53years	21(10.50)	20(10.00)
6.	**Father's education**		
	Illiterate	16(08.00)	07(03.50)
	Primary	30(15.00)	39(19.50)
	High school	49(24.50)	42(21.00)
	10+2	53(26.50)	52(26.00)
	Graduate	38(19.00)	41(20.50)
	P.G.	14(07.00)	19(09.50)
7.	**Mother's education**		
	Illiterate	35(17.50)	16(08.00)
	Primary	42(21.00)	46(23.00)
	High school	50(25.00)	48(24.00)
	10+2	40(20.00)	43(21.50)
	Graduate	33(16.50)	33(16.50)
	P.G.	00(00.00)	14(07.00)
8.	**Father's occupation**		
	Farming	57(28.50)	45(22.50)
	Labor	37(18.50)	39(19.50)
	Business	54(27.00)	68(34.00)
	Service	52(26.00)	48(24.00)
9.	**Mother's occupation**		
	Home maker	120(60.00)	114(57.00)
	Labor	54(27.00)	42(21.00)
	Service	26(13.00)	44(22.00)

10.	**Family type**		
	Nuclear	148(74.00)	150(75.00)
	Extended	52(26.00)	50(25.00)
11.	**Family size**		
	Small	54(27.00)	56(28.00)
	Medium	89(44.50)	93(46.50)
	Large	57(28.50)	51(25.50)
12.	**Number of siblings**		
	Single child	55(27.50)	60(30.00)
	2-3	105(52.50)	100(50.00)
	4 & above	40(20.00)	40(20.00)
13.	**Caste category**		
	SC	68(34.00)	65(32.50)
	BC	74(37.00)	79(39.50)
	General	58(29.00)	56(28.00)
14.	**Income**		
	Upto Rs.10,000	67(33.50)	47(23.50)
	Rs. 10,001-20,000	73(36.50)	88(44.00)
	Rs. 20,001and above	60(30.00)	65(32.50)

STRESS AMONG LOW AND HIGH ACHIEVERS IN CULTURAL ZONES

Results of status of stress among low and high achievers in cultural zone have been exhibited in Table 2. The results disclosed that nearly half of the total respondents (47.50%) perceived moderate level of stress and equal number of respondents were in low and high (26.25%) stress category. The percentage of respondents reporting moderate stress level was highest (52.50%) in Khadar followed by Nardak, Ahirwal and Bagar (47.50%, 47.50% and 48.75% respectively) whereas, the respondents in slightly low percentage had moderate level of stress. The percentage of adolescents of Mewat reporting moderate stress was lowest (41.25%). Further, when comparative data was analyzed as per the achievement level of respondents the table depicted that the low achievers on the basis of aggregate percentage of moderate and high level of stress had comparatively low level of stress in all the zones. However, the low achievers of Mewat perceived slightly low stress (62.50%) than the low achievers of other zones. This highlighted that the high achievers perceived more stress across low achievers in all the zones. The present results are in line with Awasthy et al. (2015); Manikandan and Devi (2015) who also reported that 10.1% of adolescents had severe stress, 53% had moderate stress and 36.9% had mild stress.

Table2: Status of stress among low and high achievers in cultural zones (N=400)

Sr. No.	Stress / Zones	Low f (%)	Medium f (%)	High f (%)
1.	**Nardak**			
	Low achievers	12(30.00)	21(52.50)	07(17.50)
	High achievers	10(25.00)	17(42.50)	13(32.50)
	Total (n=80)	22(27.50)	38(47.50)	20(25.00)
2.	**Khadar**			
	Low achievers	14(35.00)	18(45.00)	08(20.00)
	High achievers	05(12.50)	24(60.00)	11(27.50)
	Total (n=80)	19(23.75)	42(52.50)	19(23.75)
3.	**Ahirwal**			
	Low achievers	10(25.00)	22(55.00)	08(20.00)
	High achievers	09(22.50)	16(40.00)	15(37.50)
	Total (n=80)	19(23.75)	38(47.50)	23(28.75)

4.	**Mewat**			
	Low achievers	15(37.50)	16(40.00)	09(22.50)
	High achievers	11(27.50)	17(42.50)	12(30.00)
	Total (n=80)	26(32.50)	33(41.25)	21(26.25)
5.	**Bagar**			
	Low achievers	12(30.00)	20(50.00)	08(20.00)
	High achievers	07(17.50)	19(47.50)	14(35.00)
	Total (n=80)	19(23.75)	39(48.75)	22(27.50)
6.	**Total**			
	Low achievers	63(31.50)	97(48.50)	40(20.00)
	High achievers	42(21.00)	93(46.50)	65(32.50)
	Total (n=400)	105(26.25)	190(47.50)	105(26.25)

STRESS AMONG LOW AND HIGH ACHIEVERS ACROSS GENDER

Perusal of results enlisted in Table 3 revealed stress among low and high achievers across gender. It was discovered that majority of low as well as in high achievers and in both male and female, reported moderate level of stress (47%, 50%, 45% and 48% respectively). Whilst, the percentage of both low and high achievers females was lower (17% and 30% respectively) across males (23% and 35% respectively) in high level of stress category. The results are in line to the findings of Joseph (2011); Pastey and Aminabhavi (2006) who concluded that prevalence of stress was found to be slightly higher among males than females.

Table3: Status of stress among low and high achievers across gender (N=400)

Sr. No.	Stress / Gender	Low f (%)	Moderate f (%)	High f (%)
1.	**Low achievers**			
	Male	30(30.00)	47(47.00)	23(23.00)
	Female	33(33.00)	50(50.00)	17(17.00)
	Total (n=200)	63(31.50)	97(48.50)	40(20.00)
2.	**High achievers**			
	Male	20(20.00)	45(45.00)	35(35.00)
	Female	22(22.00)	48(48.00)	30(30.00)
	Total (n=200)	42(21.00)	93(46.50)	65(32.50)
3.	**Male**	50(25.00)	92(46.00)	58(29.00)
4.	**Female**	55(27.50)	98(49.00)	47(23.50)

STRESS AMONG LOW AND HIGH ACHIEVERS ACROSS GENDER AND ZONE

Table 4 unveils results on comparison of respondent's stress scores across gender i.e., low, high achievers and total sample using z test and ANOVA test. Statistically significant differences existed in stress among male and female for the stress scores in high achievers as well as in total sample (z= 1.98 and 2.01 respectively), p<0.05. Mean scores revealed the fact that male adolescents reported higher stress (M= 33.14) as compared to female adolescents (M= 29.39), while, zone had non-significant effect on stress among adolescents. However, respondents of Ahirwal zone faced more stress than the adolescents of other zones.

Table4: Comparison of stress among low and high achievers across gender and cultural zones (N=400)

1.	Gender			
		Male **Mean ± S.D.**	**Female** **Mean ± S.D.**	**Z-value**
	Low achievers High achievers Total sample	28.57±13.02 37.71±12.98 33.14±13.33	25.83±12.67 32.96±13.65 29.39±13.61	1.50 1.98* 2.01*

2.	Cultural zones					
		Nardak **Mean ±S.D.**	**Khadar** **Mean ±S.D.**	**Ahirwal** **Mean ±S.D.**	**Mewat** **Mean ± S.D.**	**Bagar** **Mean ±S.D.**	**F- value**
	Low achievers High achievers Total sample	24.52^a±11.36 31.70^a±13.68 28.11^a±13.01	28.00^a±13.91 34.12^a±11.92 31.06^a±13.23	28.85^a±13.60 36.47^a±12.88 32.66^a±13.71	26.45^a±14.10 33.10^a±14.54 29.77^a±14.62	28.17^a±11.36 33.77^a±13.62 30.97^a±12.78	0.72 0.68 1.25

*Significant at 0.05 level

CONCLUSION

The results of the tables highlighted that the high achievers perceived more stress across low achievers in all the zones and males reported more stress than the females irrespective to their achievement level. Gender was found to make significant differences in stress among adolescents in high achievers and overall sample (z=1.98 and 2.01 respectively).

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