

## Comparison of Psychological Distress in CBSE and State School Students

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### ABSTRACT

Psychological distress is a term used to describe unpleasant feelings or emotions that has an impact on our level of functioning. It is a psychological discomfort that interferes with our activities of daily living. Sadness, anxiety, distraction are manifestations of psychological distress. It results in anger management problems, hallucinations, delusions and belief that our thoughts are not our own. This study is trying to find out the level of psychological distress in both CBSE and state school students studying in tenth standard. The sample will be 125 students from both CBSE and state schools. This study will be conducted using psychological distress scale (PDS). It is found that, there were no differences in psychological distress of both CBSE and State school students.

**Keywords:** *Psychological Distress, CBSE school students, State school students*

The world Health Organization defines mental health as "a state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life ,can work productively and is able to make contribution to his or her community" (WHO, 2014).

Psychological distress is a general term used to describe unpleasant feelings or emotions that impact your level of functioning. In other words, it is psychological discomfort that interferes with your activities of daily living. Psychological distress can result in negative views of the environment, others, and the self. Sadness, anxiety, distraction, and symptoms of mental illness are manifestations of psychological distress.

No two people experience one event the exact same way. Psychological distress is a subjective experience. That is, the severity of psychological distress is dependent upon the situation and how we perceive it (Williams2005).

Stress of studying and challenge of admission of plus one among high school students add greatly to the usual stressors among adolescents and might lead to a higher probability of developing psychological distress (Leonard, Gwadz, Ritchie, et al ,2015).

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Received: February 26, 2021; Revision Received: March 28, 2021; Accepted: April 25, 2021

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Stressful and demanding work schedule at the faculty, frequent exams, excessive competition, being away from home, lack of leisure time and contact with death can cause many health problems.

These pressures can easily lead to one or more of a variety of mental health disorders; all the matters of concern. Half of all health disorders in adulthood starts by age 14, but most cases are undetected and untreated. The students with psychological distress have been reported academic difficulties (Adlaf.,2001; Dyrbye ,2006) , suicidality (Nath,2012) and abuse (Haz-Yahia & Tamisha, 2001).

### *Objective*

To compare the of psychological distress among CBSE and State School students.

### *Hypothesis*

There will be a significant difference in psychological distress of both CBSE and state school students.

## **METHODOLOGY**

### *Participants*

The sample of this present study consists of 125 students each from both CBSE and state schools. Purposive sampling technique is used to select the participants.

### *Instrument*

The Psychological Distress Scale - (PDS) (Saheera & Manikandan, 2015) was given to the students to mark their response. Psychological distress scale consists of 18 items.

### *Procedure*

A group of four schools were selected purposively from the list of schools in Palakkad district, Kerala. Out of four schools selected, two were state schools and other two schools were CBSE schools.

### *Statistical Analysis*

The *t* test is one type of inferential statistics. It is used to determine whether there is a significant difference between the means of two groups. With all inferential statistics, we assume the dependent variable fits a normal distribution. (Gosset , 1905).

## **RESULTS AND DISCUSSIONS**

The analysis checked the hypothesis; there will be a significant difference in psychological distress of both CBSE and state school students.

*Table.1. Mean and Standard Deviation, Correlation Coefficient and t value of state school and CBSE school students, N=125)*

SCHOOLS	Mean	Std. Deviation	Correlation	t value
STATE	37.4400	10.63879	.243	1.170
CBSE	35.8880	10.32630	.243	1.170

Analysis of the data using the independent t-test demonstrated that, there is no significant differences in psychological distress of two stream of schools.

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There was a difference in the mean scores of psychological distress ( $M=37.44$ , for state school students and  $M=35.88$  for CBSE school students. There was a trace difference only in standard deviation of both category of school students' psychological distress ( $SD=10.63$  and  $SD=10.32$ ).

The  $t$  value is .243 for both category of schools. This value is greater than .05, and so, we can conclude that the hypothesis is rejected. Therefore, there no difference in the level of psychological distress of both CBSE and state school students studying in 10th standard.

The purpose of the current study was to know the level of psychological distress and its influence in the marks of both CBSE and state school students studying in 10th standard It was explored that there were no difference in the level of psychological distress.

Although the results may not be generalized as whole, the applied methodology may help to the studies in this field. Similar studies should be conducted to study to explore changes in coming time.

### CONCLUSION

The study is done to explore the level of psychological distress of CBSE and state school students. On the basis of the results, it can be concluded that there were no variations found in the psychological distress of both CBSE and state school students.

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### Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### Conflict of Interest

The author(s) declared no conflict of interest.

**How to cite this article:** Nishad N. (2021). Comparison of Psychological Distress in CBSE and State School Students. *International Journal of Indian Psychology*, 9(2), 58-60. DIP:18.01.008.20210902, DOI:10.25215/0902.008