

**Comparative Study**

## **A Comparative Study of Academic Stress Among Government and Private Undergraduate Students**

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### **ABSTRACT**

Academic Stress is defined as anxiety and stress that occurs because of schooling and education. Under-Graduate (UG) students are usually stressed while pursuing their academic qualification. The study aimed to understand the level of academic stress among government and private undergraduate students. The research was conducted on 120 samples where 60 students were from private college and 60 students were from Govt. College. The required data was collected in a classroom setting and the age limit was from 18-23. The level of Academic stress was assessed using Academic Stress Inventory (ASI) for students, developed at universities and colleges of technology of Ying Ming Lin & Farn Shing Chen. To analyse the data, statistical techniques such as Mean and Standard Deviation (SD), t-test and ANOVA were applied (Inchara Chamaiah Swamy, 2021). The results shows that there is a significant difference in the level of Academic Stress among female and male students, where in female mean score was higher, it shows that female students had greater academic stress than males. However private college students face more academic stress than Government college students. There was no significant relation between Academic Stress and domicile of the students and also there was no significant relation between the level of Academic Stress and Stream of study.

**Keywords:** *Academic Stress, Govt. & Private colleges, UG students, ASI.*

**S**tress happens to anyone regardless of time and place. Stress mainly occurs when there are unpleasant situations that are unaccounted for in their daily life. Stress is a very common thing in everyone's life. Anything that expects a higher demand on us leads to the occurring of stress. Academic Stress defines as anxiety and stress that occurs because of schooling and education or academic bases. There are always students who face stress when they are pursuing an education. Every year before the board exam most of the students tend to become nervous and fail to perform as expected of them. They feel stressed and low. In the education environment, across the world students faces various stress, especially in academic achievements. The students at very tender ages may experiences psychopathologies such as anxiety and depression stem because of pressures from teachers and parents to attain a higher level in academic stages. Stress is a lifestyle that appears

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regardless of their developmental stages. Education system plays a very important role in increasing stress levels in the life of students. Parents and educators persistently install the fear of failure in students which affects their self-confidence and self-esteem. The higher expectation is also a cause for stress. Euphemistically speaking, people should have higher expectations. But bluntly speaking, the higher the expectations, the higher the disappointment which is what most of the students are afraid of.

Mishra and Michelle (2000) also found evidence suggesting time management behaviours had an elevated buffering effect on academic stress than leisure satisfaction activities and significant gender differences existed among all the measures. Another study conducted by Kaplan (2005) supported the hypothesis that early adolescent school-related stress both independently and in interaction with high academic expectations negatively affected academic performance gradually. Husain, Kumar and Husain (2008) explored the level of academic stress and overall adjustment among Public and Government high school students and also to see the relationship between the two variables academic stress and adjustments. Razia (2016) observed that adolescents of private schools have more academic stress than their counterparts in government schools.

### **METHODOLOGY**

The sample consists of 120 Undergraduate Students of which 60 of them are from government college Students (in them 30 are female and 30 are male) and 60 of them are from private college Students (among them 30 are female and 30 are male). The samples are taken from Government College, Manthavady and Don Bosco College, Bathery, Wayanad. The sample for the present study were in the age group of 18 to 23. Undergraduate students of this age group were randomly chosen (Chandrakanth.J and Inchara. C. S, 2020).

#### ***Objectives***

- To understand the level of academic stress among females and male undergraduate students.
- To understand the level of academic stress among private and government colleges.
- To understand the level of academic stress among different stream of study in undergraduate students.
- To understand the level of academic stress among undergraduate students who reside in urban, rural, and semi-rural areas.
- To understand the level of academic stress among different dimensions of Academic Stress among male and female undergraduate students.

#### ***Hypothesis***

- There is a significant difference in the level of academic stress among males and females' undergraduate students.
- There is a significant difference in the level of academic stress among government and private undergraduate college.
- There is no significant difference in the level of academic stress among stream of study in undergraduate students
- There is no significant difference in academic stress levels among undergraduate students residing in urban, rural, semi-rural areas.
- There is a significant difference in the level of academic stress among different dimensions of Academic Stress among male and female undergraduate students.

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### *Procedure*

The research study aims to understand the differences in academic stress in Male and females' students of Private and Government College. The study was conducted on 120 samples where 60 are students from private college and 60 are students from Government College. The required data has collected in a classroom setting. The age limit is from 18-23. A good rapport was maintained with the individuals and then the questionnaire was given. A brief introduction about the project was been explained to the individuals. Then they were instructed as: This is a personal information schedule. There are some sets of questions in the questionnaire where you should answer them correctly. The information given by you will be used only for research purposes and will be kept strictly confidential. Please feel free to ask for any clarification. With these instructions, the data has collected, and further scoring was done. The test was administered very carefully.

### *Tools Used*

The tool used in the study was chosen on the basis of objectivity, validity and reliability of the tool. In the current study, following results was analysed using Academic Stress Inventory (ASI) for students developed at universities and colleges of technology of Ying Ming Lin & Farn Shing Chen.

### *Scoring*

The academic stress inventory is divided into seven factors, with a total of 34 questions. Likert's five-point scale was used, ranging from 5 completely agree, to 1 completely disagree. The higher the points for each factor, the higher is the degree of stress produced by this factor.

According to the various reliability and validity tests referred to above, the academic stress pre-test inventory of this research showed good results. After exploratory factor analysis, seven factors were obtained that must be given a denomination. The researcher requested five experts to retouch, correct and obtain the names of the various factors, such as teachers' stress, results stress, tests stress, studying in groups stress, peer stress, time management stress and self-inflicted stress.

### *Statistical techniques used in analysing the data*

To analyse the data, statistical techniques such as Mean and Standard Deviation (SD), t-test and ANOVA were applied.

## **RESULTS AND DISSCUSSION**

In this section, the researcher has tried to assess the level of Academic stress among private and government undergraduate students using Academic stress inventory scale.

The data obtained was analysed as below:

*Table No.1: Level of Academic Stress among Female and Male students.*

GROUP	GENDER	
	MALE	FEMALE
Mean	100.90	112.23
Standard Deviation	22.132	17.755
SEM	2.857	2.292
N	60	60
t-value	3.094	
p-value	.007	

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Table 1 reveals the level of Academic Stress among male and female students. The mean scores of the level Of Academic Stress among male and female students were 100.90 and 112.23, respectively. This score indicates a slightly lower scores for males than females, which indicates that out of the samples taken, females have greater stress than males. Also, it is very evident that there is a significant difference in the level of Academic Stress of the students based on gender. Previous Research studies suggests that female students scored higher than Male students in terms of academic stress [9].

**Table No.2: Level of Academic Stress of students-based on Institution**

GROUP	INSTITUTION	
	PRIVATE	GOVERNMENT
Mean	112.48	100.65
Standard Deviation	19.477	20.490
SEM	2.514	2.645
N	60	60
t-value	3.242	
p-value	.384	

Table 2 reveals the level of Academic stress of students of private and government institution. The mean score of the academic stress based on the institution were 112.48 for private institution and 100.65 for government institution respectively. From the table, the mean score is greater for students of private institution. Also, it is very evident that there is a significant difference in the level of Academic Stress of students of private and government institutions [5].

**Table No.3: Level of Academic Stress of students based on Domicile**

GROUP	DOMICILE		
	URBAN	RURAL	SEMI-RURAL
Mean	108.85	105.29	107.24
Standard Deviation	26.099	19.409	20.989
SEM	7.238	2.692	2.830
N	13	52	55
t-value	.203		
p-value	.817		

Table 3 reveals the level of Academic Stress among the students living in urban, rural, semi-rural areas. The mean score of the Academic Stress based on the student's domicile were 108.85 for urban, 105.29 for rural and 107.24 for semi- rural, respectively. From the table, it is clear that the mean score is silently more for the students coming from the urban areas. Also, it is very evident that there is no significant difference in the level of Academic Stress of the students living in urban, rural and semi- rural areas.

**Table No. 4: Level of Academic Stress of students based on Stream**

GROUP	STREAM OF STUDY		
	ARTS	COMMERCE AND MANAGEMENT	SCIENCE
Mean	109.97	104.10	110.74
Standard Deviation	22.590	20.484	18.511
SEM	4.195	2.414	4.247
N	29	72	19
t-value	1.286		
p-value	.280		

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Table 4 reveals the level of Academic Stress among the students based on streams of their studies. The mean score of the Academic Stress based on the student's stream were 109.97 for Arts, 104.10 for Commerce and Management and 110.74 for science, respectively. From the above table, it's clear that the mean score is silently more for the students belong to science. Also, it is very evident that there is no significant difference in the level of Academic Stress of the students based on stream.

**Table No.5: Level of Academic Stress among male and female students different dimensions of the Academic Stress Scale.**

GROUP	DIMENSIONS													
	Academic Stress from Teachers		Academic Stress from Results		Academic Stress from Tests		Academic Stress in Group study		Academic Stress In Peer groups		Academic Stress in Time management		Academic Stress in Self inflicted	
	F	M	F	M	F	M	F	M	F	M	F	M	F	M
Mean	28.73	28.77	19.07	17.22	12.43	12.28	17.82	15.23	12.90	12.67	9.93	10.08	13.70	13.12
Standard Deviation	5.44	6.58	3.05	3.86	2.65	2.77	3.40	3.65	3.05	2.84	2.26	2.24	2.62	2.61
SEM	.703	.850	.395	.499	.343	.358	.439	.472	.394	.367	.293	.289	.339	.337
N	60	60	60	60	60	60	60	60	60	60	60	60	60	60
t - value	-.030		2.907		.302		4.007		.433		-.364		1.220	
p - value	.629		.067		.608		.357		.638		.845		.710	

Table 5 reveals relation between the level of Academic Stress among male and female students across different dimensions of the Academic Stress scale. For Academic Stress from Teachers, the mean score for Female and Male students were 28.73 and 28.77. For Academic Stress from Results, the mean score for Female and Male students were 19.07 and 17.22. For Academic Stress from Tests, the mean score for Female and Male were 12.43 and 12.28. For Academic Stress in Group Study, the mean score for Female and Male students were 17.82 and 15.23. For Academic Stress in Peer Groups, the mean score for Female and Male students were 12.90 and 12.67. For Academic Stress in Time Management, the mean score for Female and Male were 9.93 and 10.08. For Academic Stress in Self Inflicted, the mean score for Female and Male students were 13.70 and 13.12, respectively. It is evident from the table that there is no significant difference in Academic Stress level of gender relating to the dimensions in the Academic Stress Scale.

Table No. 6: Level of Academic Stress in private and government institution across different dimensions of the Academic Stress Scale.

GRO UP	DIMENSIONS													
	Academic Stress from Teachers		Academic Stress from Results		Academic Stress from Tests		Academic Stress in Group study		Academic Stress In Peer groups		Academic Stress in Time managemement		Academic Stress in Self inflicted	
	Pvt .	Go vt.	Pvt .	Go vt.	Pvt .	Go vt.	Pvt .	Go vt.	Pvt .	Go vt.	Pvt .	Go vt.	Pvt .	Go vt.
Mean	29.45	28.05	18.23	18.05	13.13	11.58	17.17	15.88	13.38	12.18	10.20	9.82	13.60	13.22
Stand ar d Deviat ion	5.74	6.24	3.78	3.41	2.81	2.37	3.64	3.76	3.03	2.73	2.26	2.23	2.45	2.78
SEM	.74	.80	.48	.44	.36	.30	.47	.48	.39	.35	.29	.28	.31	.36
N	60	60	60	60	60	60	60	60	60	60	60	60	60	60
t - value	1.27		.27		3.262		1.896		2.275		.934		.799	
p - value	.372		.589		.142		.528		.691		.612		.251	

Table 6 reveals the level of Academic Stress in private and government institution across different dimensions of the Academic Stress Scale. For Academic Stress from Teachers, the mean score for Private and Government college students were 29.45 and 28.05. For the Academic Stress from Results, the mean score for Private and Government college students were 18.23 and 18.05. For Academic Stress from Tests, the mean score for Private and Government college students were 13.13 and 11.58. For Academic Stress in Group Study, the mean score for Private and Government college students were 17.17 and 15.88. For Academic Stress in Peer Group, the mean score for Private and Government college students were 13.38 and 12.18. For Academic Stress in Time Management, the mean score for Private and Government college students were 10.20 and 9.82. For Academic Stress in Self Inflicted, the mean score for Private and Government college students were 13.60 and 13.22, respectively. It is evident from the table that there is no significant difference in Academic Stress level of intuition relating to the dimensions in the Academic Stress Scale.

## DISCUSSION

The study aimed at the level of Academic Stress among government and private undergraduate students, the results shows that there is a significant difference in the level of Academic Stress among female and male students, but female mean score is higher, it shows that female students were affected than males when it comes to academic stress. The above results are supported by the studies done by Eun-Jun [9], Matud [15], Misra and Mckean [16], Sulaiman et al [21], The results of the mean applied to each group reflects that neither female nor male differ significantly in the level of Academic Stress and from the tables the values found to be non-significant.

Academic Stress among government and private undergraduate students, the results shows that there is a significant difference in the level of Academic Stress among Private and Government college students. Although, Private and Government college students did not significantly differ in the perception of academic stress in general, Private college still scored higher. This only shows that Private College students were the more affected when it

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comes to academic stress. This assumption was reliable with the findings of other studies of B. Razia [5].

The outcome of the current study is correlated with the previous study conducted by Akeela. P and H.S Ashok [3], Sonal Sharma [20], who observed that there are a significant difference between the institution.

In another study, S. Menaga and V. Chandrasekaran [16] truly observed that there is no significant difference in the level of Academic Stress between the streams.

Henceforth, the research study findings that there is a significant difference in Academic Stress among Female and Male and also there is a significant difference among Private and Government college students. Looking at the results, is complimentary to the previous studies.

### CONCLUSION

- Females have more academic stress than male.
- Private college students face more academic stress than Government college students.
- There is no significant difference between Academic Stress and domicile of the students.
- There is no significant relation between the level of Academic Stress and Stream.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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