

## Impact of Academic Stress on Career Decision Making and Psychological Well-Being among Adolescents

Anjali Kamath<sup>1\*</sup>, Dr. Anganabha Baruah<sup>2</sup>

### ABSTRACT

The purpose of the present study is to investigate the relationship between academic stress, career decision making and psychological well-being among adolescents. The sample consists of 144 students (72 males, 72 females) aged from 18 to 25 years. Resources of this study used were the Academic stress scale given by Rajendran and Kaliappan (1970), the career decision scale given by S.H. Osipow (1970), A short version of Ryff's Psychological Well-being scale given by Carol D. Ryff (1989). Data was analyzed by using T-test, Correlation, and Regression. The finding of the study shows that the data was analyzed based on gender, it was found that there was no such significant difference between males and females in terms of. The results show the level of Academic stress in male adults ( $M = 100.20$ ,  $SD=32.94$ ) and in young female ( $M=97.43$ ,  $SD= 32.21$ ). the data was analysed based on gender, it was found that there was a significant difference between males and females in terms of career decision. The results show the level of career decision in young male ( $M = 43.47$ ,  $SD=12.59$ ) and young female ( $M=39.80$ ,  $SD=10.49$ ). when the data was analysed based on gender, it was found that there is no significant difference between males and females in terms of psychological well-being. The results show the level of psychological well-being in young female ( $M = 87.05$ ,  $SD=12.18$ ) and in young male ( $M=82.83$ ,  $SD=14.86$ ). There is a negative correlation, academic stress and psychological well-being, as indicated by the Pearson correlation of  $-.406$  is statistically significant at  $p<0.01$ . There is a positive correlation between academic stress and career decision making, as indicated by the Pearson correlation of  $.324$  is statistically significant at  $p<.001$ . By using regression, the R square was  $.192$ , Significant at  $0.00$  level. This means that career decision making, and psychological well-being impact explains  $19.2\%$  of the variance Academic stress can be explained by the career decision making and psychological well-being F- Test  $16.79$  and P-value of  $.000$  indicates that the overall model is significant.

**Keywords:** *Academic Stress, Career Decision Making, Psychological Well-Being*

Extreme academic stress can have detrimental effects on students' mental health, physical well-being, and academic performance. It may contribute to anxiety, depression, burnout, sleep disturbances, lowered motivation, and poor concentration. Students may also encounter a decrease in self-esteem and self-confidence, showing to the

<sup>1</sup>Graduate Student, Amity Institute of Psychology & Allied Sciences (AIPS), Amity University, UP, India

<sup>2</sup>Assistant Professor, Amity Institute of Psychology & Allied Sciences (AIPS) Amity University, UP, India

\*Corresponding Author

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negative impact on their prevailing psychological well-being. However, career decision making can be challenging, leading to apprehension and stress. Aspects such as societal expectations, family strains, financial crises, and the availability of chances can add to the problem of making career-related alternatives. Inadequate career decision making can result in dissatisfaction, career indecisiveness, and possible career transitions later in life, generating additional stress and affecting psychological well-being. Academic stress and career decision making can both impact psychological well-being. High levels of academic stress can negatively impact mental health and general well-being, leading to decreased satisfaction with academic accomplishments and life in general. Similarly, problems in career decision making or regarding unsatisfied with one's desired career direction can contribute to distress, dissatisfaction, and a feeling of purposelessness. It is necessary to state that managing academic stress, making educated career choices, and promoting psychological well-being are ongoing processes. Seeking help from counselors, mentors, or mental health professionals can be helpful for individuals guiding these challenges, as they can provide suggestions, strategies, and help to improve well-being and encourage successful career decision making. Well-being is also comprehended as wellness or 'quality of life' indicates that, something which is valuable to someone. the well-being of an individual is connected to what is suitable for self, and what is the self-seeking of the individual. Well-being can be both good and bad, positive well-being, is occasionally in contrast with ill-fate. The word "subjective well-being" indicates how individuals encounter and assess their lives considered concerning self-reported well-being prevail via questionnaires. Occasionally various kinds of well-being are renowned, like emotional well-being physical well-being, and mental well-being.

Zaidan Mohammed et.al (2021) conducted a study on Well-being and Career Decision-making problems among Observing the immediate impact of individual well-being resources Personal growth and Self-acceptance were demonstrated which include a significant impact on career decision-making difficulties and the components of career decision-making difficulties examined absence of willingness seems to be considered among the students.

Raymond Kuhnell et.al (2020) conducted a study Assessing the association of university stress and psychological reactivity with decision-making among students. The study examines the university psychological reactivity stress with decision-making among students. The sample was collected by salivary alpha analysis (SAA) and by examining the heart rate (HRV) from 79 male students computerized task was performed. The result suggests that higher commitment and physiological reactive have a high risk of poor decision-making.

Cole et.al (2015) did an investigation on how ego resilience and mindfulness impacted the relationship between academic stress and college students' psychological well-being. to investigate the connection between a college student's psychological health and academic stress. The sample was taken (N=431) The result shows that academic stress was related with depression and anxiety. Mindfulness was moderate in relation to anxiety and academic stress.

K M. Neeta et.al (2020) conducted a study on Academic Stress Among Higher Secondary School Students: A Critical Study. Studied the level of academic stress among school students. The sample size was of 110 students by random sampling, that data was collected

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by using academic stress scale. Result shows that high level of significant difference between males and females in academic stress.

### *Rationale of the Study*

The study on the impact of academic stress on career decision-making and psychological well-being among adolescents is important for several causes. Firstly, academic stress is an everyday experience for multiple adolescents, and it can have a significant impact on their career decision-making method and overall psychological well-being. This study can help us understand the extent to which academic stress impacts adolescents' career choices and mental health. Secondly, career decision-making is an essential phase in an adolescent's life, and it can be a source of significant stress and anxiety. By comprehending the impact of academic stress on career decision-making, we can create better methods to support adolescents in making informed career decisions and help them control their stress levels. Lastly, examining the impact of academic stress on psychological well-being can help us create effective interventions to support adolescents' mental health. Adolescence is a crucial period for mental health development, and understanding the characteristics that contribute to mental health challenges during this time can be critical in developing effective prevention and treatment strategies.

### *Objective*

- To understand the nature of Academic stress on career decision-making and psychological well-being among adolescents.
- To study the impact of Academic stress on career decision-making and psychological well-being in male and female adolescence.

### *Hypothesis*

- There will be significant relationship between the variables.
- There will be significant impact on Academic stress on career-decision making and psychological well-being among adolescents.
- There will significant gender differences in academic stress among adolescents.

## **METHODOLOGY**

### *Sample*

The study was conducted in an urban setup of Delhi-NCR. The study contains a sample size of (N=144) with both males (N= 72) and females (N=72).

For the Sampling frame: included young adults in the age group of 18- 25 years were chosen for the study. For this study, a random sampling method has been used to collect the data.

### *Tools of the Study*

- **Academic Stress Scale:** The Academic Stress Scale (ASS) it is a 40-item questionnaire devised in 1970 by kim and Indian version 1990 by Rajendran and kaliappan. eight rated items positively on a five-point Likert scale. the internal consistency reliability was determined by the cronbach's alpha coefficient, which has found to be accepted at 0.82.
- **Career Decision Making:** The Career Decision Scale (CDS) it's a 19 items questionnaire devised in 1970 by S. H. Osipow, with a co-worker. four-point Likert

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scale. the Internal consistency reliability was determined using the Cronbach's alpha coefficient, which was found to be acceptable at .90.

- Psychological Well Being:** Self-report questionnaire Ryff's psychological well-being scale It is an 18-item questionnaire that Carol D. Ryff created in 2007. On a seven-point Likert scale, 10 of the items received negative ratings, while the other eight received good ratings. Cronbach's alpha, which ranges from .93 to .86, was used to evaluate internal consistency reliability.

### *Analysis:*

It is a quantitative research and analysis was done. The data were collected, tabulated, classified, and processed using SPSS stands for Statistical Package for the Social Sciences. The acquired data is analysed using descriptive and inferential statistics.

## RESULT

### Gender differences between the variable.

*Table 1: academic stress and gender differences*

Academic stress	Gender	N	Mean	Std.	t	Df	Sig. 2 tailed
	Male	72	100.20	32.94	-.512	141.92	.610
	female	72	97.43	32.21	-.512	142	.610

In the above tables, the relationship between Academic stress and the gender differences among the participants have been investigated. It has been determined that the significance value (.610), therefore the academic stress level does not show significant difference.

Within to gender. The result shows that the level of Academic stress of Adolescent females (M=97.43, SD=32.21) is higher than of young adult males (M= 100.20, SD= 32.94).

*Table 2: career decision making and gender differences.*

Career decision making	Gender	N	Mean	Std.	t	Df	Sig. 2 tailed
	Male	72	43.47	12.59	-1.89	137.52	.060
	female	72	39.80	10.49	-1.89	142	.060

In the above tables, the relationship between Career decision making and the gender differences among the Adolescent have been investigated. It has been determined that the significance value (.060), therefore the career decision making does show significant difference.

Within to gender. The result shows that the level of career decision making of adolescent females (M=39.80, SD=10.49) is higher than of adolescent males (M= 43.47, SD= 12.59).

*Table 3: Psychological well-being and gender differences.*

Psychological well-being	Gender	N	Mean	Std.	t	Df	Sig. 2 tailed
	Male	72	82.83	14.86	1.86	136.75	.064
	female	72	87.05	12.18	1.86	142	.064

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In the above tables, the relationship between psychological well-being and the gender differences among the Adolescent have been investigated. It has been determined that the significance value (.064) is above than 0.05, therefore the psychological well-being does not show significant difference. The result shows that the level of psychological well-being adolescent females (M=87.05, SD=12.18) adolescent males (M= 82.83 SD= 14.86).

### Relationship between the variables

**Table 4: correlation between academic stress and psychological well-being**

		Academic stress	Psychological well-being
Academic stress	Pearson correlation	1	-.406**
	N	144	144
Psychological well-being	Pearson correlation	-.406**	1
	N	144	144

*\*\*correlation is significant at the 0.01 level (2tailed)*

The table shows that, there is negative correlation between Academic stress and Psychological well- being, have indicated significant relationship ( $r = -.406, p < .001$ ).

**Table 5: correlation between academic stress and career decision making.**

		Academic stress	Career decision making
Academic stress	Pearson Correlation	1	.324**
	N	144	144
Career decision making	Pearson Correlation	.324**	1
	N	144	144

*\*\*correlation is significant at the 0.01 level (2tailed)*

The table shows that Academic stress and Career decision making have a significant relationship ( $r=.324, p < .001$ ).

Furthermore, a positive relationship determined between Academic stress and Career decision.

### Regression

**Table 6: Expecting Career decision making, and psychological well-being. as covariates of academic stress**

Model Summary					
Model	R	R Square	Adjusted R Square	F	Sig.
1	.439 <sup>a</sup>	.192	.181	16.79	.000 <sup>b</sup>

a. Predictors: (Constant), Career decision making, psychological well-being.  
b. Dependent Variable: Academic stress

This table shows how much of the variance in the Academic stress is explained by using the independent variables (Career decision making, psychological well-being).

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The R square was .192, Significant at 0.00level. This means that career decision making, and psychological well-being impact explains 19.2% of the variance Academic stress can be explained by the career decision making and psychological well-being F- Test 16.79 and P-value of .000 indicates that the overall model is significant.

### DISCUSSION

The study was conducted in an urban setting, among both males and females belonging to the age group 18 years to 25 years, wherein (n=144). The questionnaire included in the study is the academic stress questionnaire for assessing evaluates an individual's efficiency of Behavioural programs in controlling academic stress in enhancing academic performance. The career decision-making scale for assessing an individual to identify the experience of undergraduate students who sought help in dealing with their incapability to decide on an academic or career goal. Also, Ryff's psychological well-being scale is used to assess the six dimensions of happiness and well-being: self-acceptance, environmental mastery, personal progress, positive relationships with others, and meaning in life. SPSS is a social sciences software package. The Pearson correlation method was used to assess the connection between teenage career decision- making and academic stress as well as the association between academic stress, career decision-making, and psychological wellbeing. The impact of academic stress, career decision making and psychological well-being among adolescents was found using multiple regression.

There is no significant difference in academic stress between male and female adolescent, T-test showed result for both the groups (Sig 2 tailed) .61 and T=-.512. for both the gender.

There is a significant difference in career decision making between male and female adolescents. T-Test result showed (sig. 2 tailed) =.60 and T= -1.89 for both genders. B. Suruchi et.al (2020) studied the gender difference in career decision making and perceived stress among adolescents. The data was collected from N=50 males, females, statistical T-Test was used, the result showed that career decision making have a significant difference in gender.

There is a potential difference is psychological well-being between males and females' adolescents T-Test result (sig 2 tailed) = .064 for both genders. However, the significant level is above the typical threshold of .05, it's not considered significant.

There is a negative correlation The correlation of.406 between adolescent psychological well- being and academic stress is statistically significant at (p 0.01) According to the correlation coefficient.324, there is a relationship between adolescent occupational decision-making and academic stress. At (p0.01), the association is statistically significant. Mahatab et al.'s (2020) research concentrated on psychological health, academic stress, and professional decision- making. The outcomes demonstrate that academic stress has a significant negative relation with well-being and a positive correlation between the two among N=200 students, both the genders in career decision making.

There is a significant relationship between academic stress, career decision making and psychological well-being among adolescents, the multiple regression result R Square .192 approximately 19% of the variance in academic stress can be explained by the career decision making and psychological well-being F-Test statics of 16.79 and P-value of .000 indicates that the overall model is significant. B.Gorgia et.al (2022) studied mental well-

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being and academic stress among college students. Participants age is between 18 to 30, total number of samples was 1,023, the result shows academic stress is significant to psychological well-being among college students.

### ***Limitations***

This study has limitations, some of which are associated with the techniques of data collection and the research chosen by the researcher. The collection of data was done online as well as offline. As a result, this does have restricted the responses to populations belonging to a specific area of Delhi-NCR. Also, there was a time constant and only a small share of the population was taken for the research.

This study used adolescents as the sample, but they characterize only one precise amount of the population. As a result, the conclusions are restricted to the particular group of the population, which does not give an extensive picture of how academic stress, career decision and psychological well-being influence adolescents.

## **CONCLUSION**

The primary purpose of this study is to examine and understand academic stress, career-decision making, and psychological well-being among adolescents. Additionally, it also analyzed the relationship between academic stress, career-decision making as well as academic stress, and psychological well-being among adolescents. The study also explored the gender difference in academic stress, career-decision making and psychological well-being. There were three scales used academic stress questionnaire for assessing an individual's efficiency of Behavioural programs in addressing academic stress in enhancing academic performance. The career decision-making questionnaire for an individual to identify the experience of undergraduate students who sought help in dealing with their incapability to decide on an academic or career goal. The six components of happiness and well-being measured by Ryff's psychological well-being scale are autonomy, environmental mastery, personal growth, positive relationships with others, purpose in life, and self-acceptance. The study was conducted on 144 participants and descriptive statistics were used to analyse the data collected. Results showed that there were no gender disparities between men and women in terms of academic stress. However, there was a gender disparity between males and females in terms of career decision-making and well-being. however, men are higher as compared to women. Secondly, academic stress and psychological well-being proved to have a negative correlation between them. Whereas academic stress and career decision-making prove to have a positive significant correlation between them. Lastly, it was found that academic stress can predict career decision-making and psychological well-being among adolescents to a certain degree.

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### ***Conflict of Interest***

The author(s) declared no conflict of interest.

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