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Original Research Article

To Assess the Stressors among Secondary School Students

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ABSTRACT

The students of 8th and 9th standards belong to adolescents age group. Adolescence could be a bridge between childhood and adulthood. It is the time of rapid growth and maturity, discovering self, defining values. Objectives- To assess the stressors. To assess the level of stressors. To find out the association between stressors among secondary school students with selected demographic variables. Methodology- Quantitative approach and cross-sectional descriptive study design was used for this study. The study was conducted in English medium secondary schools on 600 secondary school students from selected schools of Karad city. Non probability convenient sampling technique was used. The self prepared likert scale consisting of 40 structured items were used for data collection. Content validity of the tool was done by experts. The reliability of the tool was calculated to be 0.985 for stressors scale indicating degree of stability. Results- Result shows that secondary school students face stressors at moderate to high level. There was significant association between academic, intrapersonal, learning and teaching, group social-related stressors and education of father. Academic, interpersonal, intrapersonal learning and teaching, group social-related stressors and habits of father and age of child at 1% level of significance. Interpersonal-related stressors and religion of child, habits of father at 5% level of significance. There was correlation between sub-scales of stressors perceived by secondary school students at 1% level of significance. Conclusion- Secondary school students were facing stressors. They have Academic, Interpersonal, Intrapersonal, Learning and Teaching, Group Social -Related stressors at moderate to high level.

Keywords: Stressors, secondary school, students, assess, level.

INTRODUCTION

The students of 8th and 9th standards belong to adolescence age group. Adolescents could be a bridge between childhood and adulthood. It is the time of rapid growth and maturity, discovering self, defining values. The physical changes occur most rapidly from age 12 to 14 in the girls and 13 to 15 in the boys in adolescent period. According to the World Health Organization (WHO) definition an adolescent is a person between 10 and 19 age group.

Adolescence is a period with specific health and developmental needs and rights. [1] In this period development of knowledge and skills is seen, they learn to manage emotions and relationships, and acquire some attributes and abilities for

enjoying the adolescent years, and assuming adult roles. [2,3]

Stressors are additional seemingly to have an effect on a human health after they are "chronic, extremely turbulent, or perceived as uncontrollable" [4]

Stress isn't the external event itself, however rather associate degree interpretation and response to the potential threat. [5]

Literature Survey:

A survey was carried out on five hundred and eighty eight school students to assess the academic stress and adolescent distress in Chennai, India by Rao AS. Study was the combination of qualitative and quantitative approach to assess the stress and adolescent distress. The study was stressed on Academic stress and adolescent distress. The result indicated that 94.6% were stressed by the coming school year and rates of anxiety and depression were very high in the same sample. The same data was used to understand the role of parents in the study. The findings was showed 83% of students face high stress and tension due to parental expectations, whereas only 17% of students had stress due to their self-expectations. The author concluded that, the parents were involved in their child's education in five ways, they had specific expectations for achievements, they put pressure on students, they controlled the study environment, and they were supportive of their children. [6]

A study of Hussain A, Kumar A, on Academic stress and adjustment on school students was conducted to know the academic stress and adjustment among hundred school students, and fifty students were taken from both government and public School. Tool used was Sinha and Sinha scale to measure the magnitude of stress. Another tool; Sinha and Singh Adjustment Inventory for school students were used to examine level of adjustment among the students. The findings of the study showed that, the magnitude of academic stress among high school students was found to be high predominantly among the public school students as the mean scores were 22.44 and 16.90 respectively for public school and private school students. Thus, they emphasized that the academic load and school environment of public school might be contributing towards enhancement of stress among students.

The level of overall adjustment among school students revealed that overall adjustment of public school students was poor than the government school students as the mean scores for adjustment were found to be 26.24 and 18.08 respectively for the public and private school students. The investigator concluded that, private school students suffer a lot from higher level of academic stress than their government school counterpart. Even their level of adjustment was also much poor than the government school students. [7]

METHODS / APPROACH

Research approach

The research approach adopted for this study was quantitative approach.

Research design

Cross sectional descriptive study design was employed.

Variables

Independent variables - Secondary school students.

Dependent variables- Stressors, level of stress & coping strategies.

Research setting

The study was conducted in English medium schools of Karad city, Holly family English medium school, Krishna English medium school and S.M.S English medium school.

Population

The population of the study was secondary school student of 13-14 age groups studying in 8th and 9th standard.

Sampling technique

Non probability convenient sampling technique was used.

Sample size

600 secondary school students were selected from selected schools of Karad city.

Data collection tool

Criteria for sample selection

Inclusion criteria:-

Children who are,

- Studying in S.S.C board
- The age group of 13-14 years

Exclusion criteria:-

- Children who are not, physically & mentally sound.

RESULTS / DISCUSSION

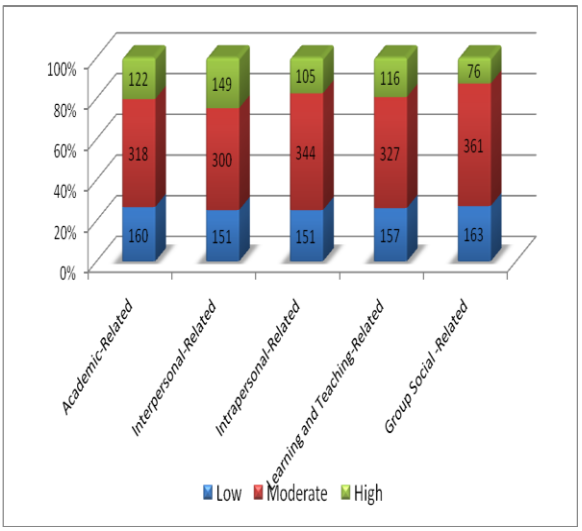

Figure 1 Frequency distribution of children according to levels of stressors N= 600

Figure 1 shows that frequency distribution of secondary school students according to levels of stressors in the present study 160(26.7%) children were faced Academic-Related stressors at low level, 318(53.0%) children were faced Academic-Related stressors at moderate level, 122(20.3%) were faced Academic-Related stressors at high level.

151(25.2%) children were faced Interpersonal-Related stressors at low level, 300(50.0%) children were faced Interpersonal-Related stressors at moderate level, 149(24.8%) children were faced Interpersonal-Related stressors at high level.

151(25.2%) children were faced Intrapersonal-Related stressors at low level, 344(57.3%) children were faced Intrapersonal-Related stressors at moderate level, 105(17.5%) children were faced Intrapersonal-Related stressors at high level.

157(26.2%) children were faced Learning and Teaching-Related stressors at low level, 327(54.5%) children were faced Learning and Teaching-Related stressors at moderate level, 116(19.3%) children were faced Learning and Teaching-Related stressors at high level.

163(27.2%) children were faced Group Social -Related stressors at low level, 361(60.2%) children were faced Group Social -Related stressors at moderate level, 76(12.7%) children were faced Group Social -Related stressors at high level.

Table 1: Cross tabulation and chi-square test of association between academic-related stressors and some selected demographic variables of the secondary school students N=600

Demographic Variable	Academic-Related Stressors			Total (600)	Pearson Chi-Square test value	P-value
	Low (160)	Moderate (318)	High (122)			
Education of Mother						
No formal education	5 (3.1)	2 (0.6)	2 (1.6)	9	14.009	0.173
Primary	7 (4.4)	10 (3.1)	5 (4.1)	22		
Secondary	18 (11.3)	65 (20.4)	28 (23.0)	111		
Higher secondary	41 (25.6)	75 (23.6)	25 (20.5)	141		
Graduate	66 (41.3)	116 (36.5)	48 (39.3)	230		
Post graduate	23 (14.4)	50 (15.7)	14 (11.5)	87		
Education of Father						
No formal education	4 (2.5)	0 (0.0)	1 (0.8)	5	27.512	0.002**
Primary	4 (2.5)	11 (3.5)	3 (2.5)	18		
Secondary	13 (8.1)	49 (15.4)	24 (19.7)	86		
Higher secondary	41 (25.6)	70 (22.0)	33 (27.0)	144		
Graduate	51 (31.9)	131 (41.2)	40 (32.8)	222		
Post graduate	47 (29.4)	57 (17.9)	21 (17.2)	125		
Occupation of Mother						
Housewife	114 (71.3)	241 (75.8)	92 (75.4)	447	2.733	0.950
Farmer	0 (0.0)	1 (0.3)	0 (0.0)	1		
Private service	25 (15.6)	43 (13.5)	18 (14.8)	86		
Government service	12 (7.5)	21 (6.6)	7 (5.7)	40		
Business	9 (5.6)	12 (3.8)	5 (4.1)	26		

Table 1: to be continued…						
Occupation of Father						
Laborer	0 (0.0)	1 (0.3)	1 (0.8)	2	5.247	0.731
Farmer	17 (10.6)	38 (11.9)	15 (12.3)	70		
Private service	37 (23.1)	64 (20.1)	31 (25.4)	132		
Government service	40 (25.0)	70 (22.0)	21 (17.2)	131		
Business	66 (41.3)	145 (45.6)	54 (44.3)	265		
Monthly Family Income						
Rs 1000 to Rs 5000	6 (3.8)	20 (6.3)	8 (6.6)	34	5.602	0.692
Rs 5001 to Rs 10000	19 (11.9)	39 (12.3)	14 (11.5)	72		
Rs 10001 to Rs 15000	21 (13.1)	37 (11.6)	21 (17.2)	79		
Rs 15001 to Rs 20000	26 (16.3)	64 (20.1)	23 (18.9)	113		
Rs 20001 and above	88 (55.0)	158 (49.7)	56 (45.9)	302		
Habits of Father						
No habit	142 (88.8)	257 (80.8)	107 (87.7)	506	30.136	0.001**
Alcohol consumption	2 (1.3)	4 (1.3)	1 (0.8)	7		
Tobacco	14 (8.8)	19 (6.0)	13 (10.7)	46		
Gutka	0 (0.0)	1 (0.3)	0 (0.0)	1		
Substance abuse	0 (0.0)	6 (1.9)	0 (0.0)	6		
Other	2 (1.3)	31 (9.7)	1 (0.8)	34		
Age of Child						
13 Years	33 (20.6)	161 (50.6)	55 (45.1)	249	40.280	< 0.001**
14 Years	127 (79.4)	157 (49.4)	67 (54.9)	351		
Sex of Child						
Male	104 (65.0)	193 (60.7)	77 (63.1)	374	0.881	0.644
Female	56 (35.0)	125 (39.3)	45 (36.9)	226		
Birth Order of Child						
First	85 (53.1)	180 (56.6)	62 (50.8)	327	3.368	0.761
Second	59 (36.9)	106 (33.3)	48 (39.3)	213		
Third	11 (6.9)	27 (8.5)	10 (8.2)	48		
Forth	5 (3.1)	5 (1.6)	2 (1.6)	12		
Type of Family						
Nuclear	96 (60.0)	194 (61.0)	75 (61.5)	365	8.809	0.066
Joint	63 (39.4)	112 (35.2)	47 (38.5)	222		
Extended	1 (0.6)	12 (3.8)	0 (0.0)	13		
Religion						
Hindu	124 (77.5)	266 (83.6)	101 (82.8)	491	12.643	0.049
Muslim	14 (8.8)	27 (8.5)	13 (10.7)	54		
Christian	5 (3.1)	1 (0.3)	0 (0.0)	6		
Other	17 (10.6)	24 (7.5)	8 (6.6)	49		

**Significant at 1% level of significance.

From, Table 1, it is concluded that, there was significant association between academic-related stressors and education of father, habits of father and age of child at 1% level of significance.

There was no significant association between academic-related stressors and education of mother, monthly family income, occupation of mother, occupation of father, monthly family income, sex of child, birth order of child, type of family, religion of secondary school students.

From, Table 2, it was concluded that, there was significant association between interpersonal-related stressors and habit of father, age of child at 1% level of significance and religion of child at 5% level of significance of secondary school students.

There was no significant association between interpersonal-related stressors and education of mother, education of father, monthly family income, occupation of mother, occupation of father, sex of child, birth order of child, type of family of secondary school students.

From, Table 3, it was concluded that, there was significant association between intrapersonal-related stressors and education of father and age of child at 1% level of significance and habits of father at 5% level of significance of secondary school students.

There was no significant association between intrapersonal-related stressors and education of mother, monthly family income, occupation of mother, occupation of father, sex of child, birth order of child,

type of family, religion of secondary school students.

Table 2 Cross tabulation and chi-square test of association between interpersonal-related stressors and some selected demographic variables of the secondary school students N=600

Demographic Variable	Interpersonal-Related Stressors			Total (600)	Pearson Chi-Square test value	P-value
	Low (151)	Moderate (300)	High (149)			
Education of Mother						
No formal education	3 (2.0)	4 (1.3)	2 (1.3)	9	13.294	0.208
Primary	8 (5.3)	9 (3.0)	5 (3.4)	22		
Secondary	16 (10.6)	64 (21.3)	31 (20.8)	111		
Higher secondary	41 (27.2)	73 (24.3)	27 (18.1)	141		
Graduate	58 (38.4)	108 (36.0)	64 (43.0)	230		
Post graduate	25 (16.6)	42 (14.0)	20 (13.4)	87		
Education of Father						
No formal education	2 (1.3)	2 (0.7)	1 (0.7)	5	16.704	0.081
Primary	5 (3.3)	9 (3.0)	4 (2.7)	18		
Secondary	12 (7.9)	52 (17.3)	22 (14.8)	86		
Higher secondary	43 (28.5)	64 (21.3)	37 (24.8)	144		
Graduate	47 (31.1)	121 (40.3)	54 (36.2)	222		
Post graduate	42 (27.8)	52 (17.3)	31 (20.8)	125		
Occupation of Mother						
Housewife	112 (74.2)	225 (75.0)	110 (73.8)	447	3.760	0.878
Farmer	0 (0.0)	1 (0.3)	0 (0.0)	1		
Private service	20 (13.2)	43 (14.3)	23 (15.4)	86		
Government service	10 (6.6)	18 (6.0)	12 (8.1)	40		
Business	9 (6.0)	13 (4.3)	4 (2.7)	26		
Occupation of Father						
Laborer	0 (0.0)	1 (0.3)	1 (0.7)	2	4.212	0.838
Farmer	17 (11.3)	39 (13.0)	14 (9.4)	70		
Private service	33 (21.9)	62 (20.7)	37 (24.8)	132		
Government service	33 (21.9)	70 (23.3)	28 (18.8)	131		
Business	68 (45.0)	128 (42.7)	69 (46.3)	265		
Monthly Family Income						
Rs 1000 to Rs 5000	4 (2.6)	19 (6.3)	11 (7.4)	34	8.242	0.410
Rs 5001 to Rs 10000	19 (12.6)	36 (12.0)	17 (11.4)	72		
Rs 10001 to Rs 15000	23 (15.2)	42 (14.0)	14 (9.4)	79		
Rs 15001 to Rs 20000	30 (19.9)	49 (16.3)	34 (22.8)	113		
Rs 20001 and above	75 (49.7)	154 (51.3)	73 (49.0)	302		
Habits of Father						
No habit	139 (92.1)	242 (80.7)	125 (83.9)	506	37.120	< 0.001**
Alcohol consumption	2 (1.3)	1 (0.3)	4 (2.7)	7		
Tobacco	9 (6.0)	20 (6.7)	17 (11.4)	46		
Gutka	0 (0.0)	1 (0.3)	0 (0.0)	1		
Substance abuse	0 (0.0)	6 (2.0)	0 (0.0)	6		
Other	1 (0.6)	30 (10.0)	3 (2.0)	34		
Age of Child						
13 Years	41 (27.2)	133 (44.3)	75 (50.3)	249	18.587	< 0.001**
14 Years	110 (72.8)	167 (55.7)	74 (49.7)	351		
Sex of Child						
Male	96 (63.6)	188 (62.7)	90 (60.4)	374	0.350	0.848
Female	55 (36.4)	112 (37.3)	59 (39.6)	226		
Birth Order of Child						
First	81 (53.6)	169 (56.3)	77 (51.7)	327	1.651	0.949
Second	56 (37.1)	101 (33.7)	56 (37.6)	213		
Third	11 (7.3)	25 (8.3)	12 (8.1)	48		
Forth	3 (2.0)	5 (1.7)	4 (2.7)	12		
Type of Family						
Nuclear	90 (59.6)	185 (61.7)	90 (60.4)	365	1.050	0.902
Joint	59 (39.1)	108 (36.0)	55 (36.9)	222		
Extended	2 (1.3)	7 (2.3)	4 (2.7)	13		
Religion						
Hindu	124 (82.1)	249 (83.0)	118 (79.2)	491	15.713	0.015*
Muslim	10 (6.6)	31 (10.3)	13 (8.7)	54		
Christian	5 (3.3)	0 (0.0)	1 (0.7)	6		
Other	12 (7.9)	20 (6.7)	17 (11.4)	49		

*Significant at 5% level of significance, **Significant at 1% level of significance.

Table 3 Cross tabulation and chi-square test of association between intrapersonal-related stressors and some selected demographic variables of the secondary school students N=600

Demographic Variable	Intrapersonal-Related Stressors			Total (600)	Pearson Chi-Square test value	P-value
	Low (151)	Moderate (344)	High (105)			
Education of Mother						
No formal education	3 (2.0)	5 (1.5)	1 (1.0)	9	11.511	0.319
Primary	6 (4.0)	11 (3.2)	5 (4.8)	22		
Secondary	16 (10.6)	72 (20.9)	23 (21.9)	111		
Higher secondary	35 (23.2)	78 (22.7)	28 (26.7)	141		
Graduate	66 (43.7)	131 (38.1)	33 (31.4)	230		
Post graduate	25 (16.6)	47 (13.7)	15 (14.3)	87		
Education of Father						
No formal education	1 (0.7)	4 (1.2)	0 (0.0)	5	26.199	0.003**
Primary	3 (2.0)	11 (3.2)	4 (3.8)	18		
Secondary	11 (7.3)	52 (15.1)	23 (21.9)	86		
Higher secondary	44 (29.1)	77 (22.4)	23 (21.9)	144		
Graduate	46 (30.5)	140 (40.7)	36 (34.3)	222		
Post graduate	46 (30.5)	60 (17.4)	19 (18.1)	125		
Occupation of Mother						
Housewife	102 (67.5)	264 (76.7)	81 (77.2)	447	9.974	0.267
Farmer	0 (0.0)	1 (0.3)	0 (0.0)	1		
Private service	26 (17.2)	48 (14.0)	12 (11.4)	86		
Government service	12 (7.9)	22 (6.4)	6 (5.7)	40		
Business	11 (7.3)	9 (2.6)	6 (5.7)	26		
Occupation of Father						
Laborer	0 (0.0)	1 (0.3)	1 (1.0)	2	3.738	0.880
Farmer	16 (10.6)	42 (12.2)	12 (11.4)	70		
Private service	37 (24.5)	72 (20.9)	23 (21.9)	132		
Government service	36 (23.8)	75 (21.8)	20 (19.0)	131		
Business	62 (41.1)	154 (44.8)	49 (46.7)	265		
Monthly Family Income						
Rs 1000 to Rs 5000	5 (3.3)	23 (6.7)	6 (5.7)	34	3.164	0.924
Rs 5001 to Rs 10000	20 (13.2)	39 (11.3)	13 (12.4)	72		
Rs 10001 to Rs 15000	21 (13.9)	46 (13.4)	12 (11.4)	79		
Rs 15001 to Rs 20000	27 (17.9)	64 (18.6)	22 (21.0)	113		
Rs 20001 and above	78 (51.7)	172 (50.0)	52 (49.5)	302		
Habits of Father						
No habit	136 (90.1)	281 (81.7)	89 (84.8)	506	19.636	0.033*
Alcohol consumption	2 (1.3)	4 (1.2)	1 (1.0)	7		
Tobacco	12 (7.9)	23 (6.7)	11 (10.5)	46		
Gutka	0 (0.0)	1 (0.3)	0 (0.0)	1		
Substance abuse	0 (0.0)	6 (1.7)	0 (0.0)	6		
Other	1 (0.7)	29 (8.4)	4 (3.8)	34		
Age of Child						
13 Years	36 (23.8)	169 (49.1)	44 (41.9)	249	27.647	< 0.001**
14 Years	115 (76.2)	175 (50.9)	61 (58.1)	351		
Sex of Child						
Male	94 (62.3)	205 (59.6)	75 (71.4)	374	4.800	0.091
Female	57 (37.7)	139 (40.4)	30 (28.6)	226		
Birth Order of Child						
First	82 (54.3)	200 (58.1)	45 (42.9)	327	9.999	0.125
Second	56 (37.1)	113 (32.8)	44 (41.9)	213		
Third	10 (6.6)	24 (7.0)	14 (13.3)	48		
Forth	3 (2.0)	7 (2.0)	2 (1.9)	12		
Type of Family						
Nuclear	93 (61.6)	208 (60.5)	64 (61.0)	365	4.331	0.363
Joint	56 (37.1)	130 (37.8)	36 (34.3)	222		
Extended	2 (1.3)	6 (1.7)	5 (4.8)	13		
Religion						
Hindu	121 (80.1)	287 (83.4)	83 (79.0)	491	13.398	0.037
Muslim	11 (7.3)	32 (9.3)	11 (10.5)	54		
Christian	5 (3.3)	1 (0.3)	0 (0.0)	6		
Other	14 (9.3)	24 (7.0)	11 (10.5)	49		

*Significant at 5% level of significance, **Significant at 1% level of significance.

Table 4 Cross tabulation and chi-square test of association between learning and teaching-related stressors and some selected demographic variables of the secondary school students N=600

Demographic Variable	Learning and Teaching-Related Stressors			Total (600)	Pearson Chi-Square test value	P-value
	Low (157)	Moderate (327)	High (116)			
Education of Mother						
No formal education	4 (2.5)	2 (0.6)	3 (2.6)	9	14.772	0.141
Primary	7 (4.5)	12 (3.7)	3 (2.6)	22		
Secondary	18 (11.5)	64 (19.6)	29 (25.0)	111		
Higher secondary	37 (23.6)	82 (25.1)	22 (19.0)	141		
Graduate	66 (42.0)	124 (37.9)	40 (34.5)	230		
Post graduate	25 (15.9)	43 (13.1)	19 (16.4)	87		
Education of Father						
No formal education	2 (1.3)	1 (0.3)	2 (1.7)	5	34.129	< 0.001**
Primary	4 (2.5)	12 (3.7)	2 (1.7)	18		
Secondary	12 (7.6)	48 (14.7)	26 (22.4)	86		
Higher secondary	46 (29.3)	69 (21.1)	29 (25.0)	144		
Graduate	45 (28.7)	141 (43.1)	36 (31.0)	222		
Post graduate	48 (30.6)	56 (17.1)	21 (18.1)	125		
Occupation of Mother						
Housewife	110 (70.1)	247 (75.5)	90 (77.7)	447	5.535	0.699
Farmer	0 (0.0)	1 (0.3)	0 (0.0)	1		
Private service	24 (15.3)	47 (14.4)	15 (12.9)	86		
Government service	12 (7.6)	21 (6.4)	7 (6.0)	40		
Business	11 (7.0)	11 (3.4)	4 (3.4)	26		
Occupation of Father						
Laborer	0 (0.0)	2 (0.6)	0 (0.0)	2	7.712	0.462
Farmer	15 (9.6)	43 (13.1)	12 (10.3)	70		
Private service	38 (24.2)	69 (21.1)	25 (21.6)	132		
Government service	39 (24.8)	73 (22.3)	19 (16.4)	131		
Business	65 (41.4)	140 (42.8)	60 (51.7)	265		
Monthly Family Income						
Rs 1000 to Rs 5000	4 (2.5)	26 (8.0)	4 (3.4)	34	14.097	0.079
Rs 5001 to Rs 10000	20 (12.7)	38 (11.6)	14 (12.1)	72		
Rs 10001 to Rs 15000	23 (14.6)	42 (12.8)	14 (12.1)	79		
Rs 15001 to Rs 20000	26 (16.6)	55 (16.8)	32 (27.6)	113		
Rs 20001 and above	84 (53.5)	166 (50.8)	52 (44.8)	302		
Habits of Father						
No habit	141 (89.8)	265 (81.0)	100 (86.2)	506	36.731	< 0.001**
Alcohol consumption	2 (1.3)	3 (0.9)	2 (1.7)	7		
Tobacco	13 (8.3)	19 (5.8)	14 (12.1)	46		
Gutka	0 (0.0)	1 (0.3)	0 (0.0)	1		
Substance abuse	0 (0.0)	6 (1.8)	0 (0.0)	6		
Other	1 (0.6)	33 (10.1)	0 (0.0)	34		
Age of Child						
13 Years	32 (20.4)	146 (44.6)	71 (61.2)	249	48.731	< 0.001**
14 Years	125 (79.6)	181 (55.4)	45 (38.8)	351		
Sex of Child						
Male	101 (64.3)	193 (59.0)	80 (69.0)	374	3.968	0.138
Female	56 (35.7)	134 (41.0)	36 (31.0)	226		
Birth Order of Child						
First	85 (54.1)	184 (56.3)	58 (50.0)	327	5.090	0.532
Second	57 (36.3)	114 (34.9)	42 (36.2)	213		
Third	13 (8.3)	24 (7.3)	11 (9.5)	48		
Forth	2 (1.3)	5 (1.5)	5 (4.3)	12		
Type of Family						
Nuclear	96 (61.1)	205 (62.7)	64 (55.2)	365	2.252	0.689
Joint	57 (36.3)	116 (35.5)	49 (42.2)	222		
Extended	4 (2.5)	6 (1.8)	3 (2.6)	13		
Religion						
Hindu	126 (80.3)	269 (82.3)	96 (82.8)	491	7.958	0.241
Muslim	11 (7.0)	33 (10.1)	10 (8.6)	54		
Christian	4 (2.5)	2 (0.6)	0 (0.0)	6		
Other	16 (10.2)	23 (7.0)	10 (8.6)	49		

**Significant at 1% level of significance.

From, Table 4, it was observed that there was significant association between learning and teaching-related stressors and education of father, habits of father and age of child at 1% level of significance of secondary school students.

There was no significant association between learning and teaching-related stressors and education of mother, monthly family income, occupation of mother, occupation of father, sex of child, birth order of child, type of family, religion of secondary school students.

Table 5 Cross tabulation and chi-square test of association between group social-related stressors and some selected demographic variables of the secondary school students N=600

Demographic Variable	Group Social -Related Stressors			Total (600)	Pearson Chi-Square test value	P-value
	Low (163)	Moderate (361)	High (76)			
Education of Mother						
No formal education	4 (2.5)	4 (1.1)	1 (1.3)	9	10.696	0.382
Primary	7 (4.3)	12 (3.3)	3 (3.9)	22		
Secondary	18 (11.0)	74 (20.5)	19 (25.0)	111		
Higher secondary	39 (23.9)	85 (23.5)	17 (22.4)	141		
Graduate	68 (41.7)	136 (37.7)	26 (34.2)	230		
Post graduate	27 (16.6)	50 (13.9)	10 (13.2)	87		
Education of Father						
No formal education	2 (1.2)	2 (0.6)	1 (1.3)	5	27.293	0.002**
Primary	4 (2.5)	13 (3.6)	1 (1.3)	18		
Secondary	13 (8.0)	56 (15.5)	17 (22.4)	86		
Higher secondary	48 (29.4)	79 (21.9)	17 (22.4)	144		
Graduate	47 (28.8)	145 (40.2)	30 (39.5)	222		
Post graduate	49 (30.1)	66 (18.3)	10 (13.2)	125		
Occupation of Mother						
Housewife	115 (70.6)	274 (75.9)	58 (76.3)	447	5.881	0.661
Farmer	0 (0.0)	1 (0.3)	0 (0.0)	1		
Private service	24 (14.7)	50 (13.9)	12 (15.8)	86		
Government service	13 (8.0)	22 (6.1)	5 (6.6)	40		
Business	11 (6.7)	14 (3.9)	1 (1.3)	26		
Occupation of Father						
Laborer	0 (0.0)	0 (0.0)	2 (2.6)	2	17.731	0.023
Farmer	18 (11.0)	43 (11.9)	9 (11.8)	70		
Private service	40 (24.5)	74 (20.5)	18 (23.7)	132		
Government service	41 (25.2)	74 (20.5)	16 (21.1)	131		
Business	64 (39.3)	170 (47.1)	31 (40.8)	265		
Monthly Family Income						
Rs 1000 to Rs 5000	5 (3.1)	25 (6.9)	4 (5.3)	34	7.999	0.434
Rs 5001 to Rs 10000	21 (12.9)	45 (12.5)	6 (7.9)	72		
Rs 10001 to Rs 15000	25 (15.3)	42 (11.6)	12 (15.8)	79		
Rs 15001 to Rs 20000	28 (17.2)	66 (18.3)	19 (25.0)	113		
Rs 20001 and above	84 (51.3)	183 (50.7)	35 (46.1)	302		
Habits of Father						
No habit	145 (89.0)	298 (82.5)	63 (82.9)	506	33.531	< 0.001**
Alcohol consumption	2 (1.2)	2 (0.6)	3 (3.9)	7		
Tobacco	15 (9.2)	24 (6.6)	7 (9.2)	46		
Gutka	0 (0.0)	0 (0.0)	1 (1.3)	1		
Substance abuse	0 (0.0)	5 (1.4)	1 (1.3)	6		
Other	1 (0.6)	32 (8.9)	1 (1.3)	34		
Age of Child						
13 Years	35 (21.5)	172 (47.6)	42 (55.3)	249	38.476	< 0.001**
14 Years	128 (78.5)	189 (52.4)	34 (44.7)	351		
Sex of Child						
Male	101 (62.0)	218 (60.4)	55 (72.4)	374	3.851	0.146
Female	62 (38.0)	143 (39.6)	21 (27.6)	226		
Birth Order of Child						
First	89 (54.6)	191 (52.9)	47 (61.8)	327	5.559	0.474
Second	59 (36.2)	135 (37.4)	19 (25.0)	213		
Third	12 (7.4)	29 (8.0)	7 (9.2)	48		
Forth	3 (1.8)	6 (1.7)	3 (3.9)	12		
Type of Family						
Nuclear	103 (63.2)	213 (59.0)	49 (64.5)	365	10.619	0.031
Joint	57 (35.0)	143 (39.6)	22 (28.9)	222		
Extended	3 (1.8)	5 (1.4)	5 (6.6)	13		
Religion						
Hindu	131 (80.4)	299 (82.8)	61 (80.3)	491	8.821	0.184
Muslim	12 (7.4)	36 (10.0)	6 (7.9)	54		
Christian	4 (2.5)	2 (0.6)	0 (0.0)	6		
Other	16 (9.8)	24 (6.6)	9 (11.8)	49		

**Significant at 1% level of significance.

From, Table 5, it was observed that there was significant association between group social-related stressors and education of father, habits of father and age of child at 1% level of significance of secondary school students.

There was no significant association between group social-related stressors and education of mother, monthly family income, occupation of mother, occupation of father, sex of child, birth order of child, type of family, religion of secondary school students.

Table 6 Pearson Correlation coefficient (r) between sub-scales of stressors perceived by secondary school students

Stressors		Academic-Related	Interpersonal-Related	Intrapersonal-Related	Learning and Teaching-Related	Group Social -Related
Academic-Related	R	1	0.672**	0.616**	0.628**	0.578**
	P-value		< 0.001	< 0.001	< 0.001	< 0.001
	N	600	600	600	600	600
Interpersonal-Related	R	0.672**	1	0.621**	0.681**	0.626**
	P-value	< 0.001		< 0.001	< 0.001	< 0.001
	N	600	600	600	600	600
Intrapersonal-Related	R	0.611**	0.621**	1	0.697**	0.733**
	P-value	< 0.001	< 0.001		< 0.001	< 0.001
	N	600	600	600	600	600
Learning and Teaching-Related	R	0.628**	0.681**	0.697**	1	0.668**
	P-value	< 0.001	< 0.001	< 0.001		< 0.001
	N	600	600	600	600	600
Group Social -Related	R	0.578**	0.626**	0.733**	0.668**	1
	P-value	< 0.001	< 0.001	< 0.001	< 0.001	
	N	600	600	600	600	600

** Correlation is significant at 1% level of significance (2-tailed).

There was correlation between sub-scales of stressors perceived by secondary school students at 1% level of significance.

DISCUSSION

In present study the secondary school students were facing stressors. The stressors explored were Academic, Interpersonal, Intrapersonal, Learning and Teaching, Group Social -Related stressors at moderate to high level.

These results were supported by Supatida Sripong Wiwat [8] et al explored and identified six different learning stressors faced by the school students were academic interpersonal, intrapersonal, learning and teaching, teacher, group social-related and their influences on different groups of students.

Similarly A study supported by J. A. Akande, [9] et al in the Federal Capital Territory (FCT) Abuja shows the stressors like academic, intra-personal and environmental.

Similarly A survey was carried out to assess the academic stress in Chennai, India. The findings were showed 83% of students face parental expectations stressors, whereas only 17% of students had self-expectations stressors. [10]

In this study there is significant association between academic-related stressors and education of father, habits of father and age of child at 1% level of significance.

These results are supported by Sibnath Deb et al revealed in their study that in Kolkata student face academic pressure – with no significant differences across gender, age, grade, and numerous other demographic variables. Specifically, students' fathers possessing a lower education level were found to be more likely to perceive pressure for better academic performance. [10]

CONCLUSION

The conclusion drawn from the findings of the study were as follows:

Secondary school students were facing stressors. They have Academic-Related, Interpersonal-Related, Intrapersonal-Related, Learning and Teaching-Related, Group Social -Related stressors at moderate to high level.

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