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An experimental study to assess the effectiveness of stress coping technique among high school and intermediate school students studying in the selected schools of Uttar Pradesh

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Abstract

Background of the study: Stress is common among the students, but when this stress is in excess, it can adversely affect the board exam preparation of the students. The high-stress level can hamper the efficiency of the students resulting in under-performance during board exams. When students are stressed out about board examinations, they must consider how it's impacting their performance stress has two impacts on the students, it can either enhance or degrade their performance stress isn't useful if it's making their school and learning more difficult. Students must try to get rid of anything that makes studying more difficult.

Aims: The aim of the study is find out the average number of students suffering from stress because of their board exam and to educate them about the proper stress coping techniques which helps them to cope up with their stress and able to score good marks in examination.

Materials and Methods: Research approach involves the description of the plan to investigate the phenomenon under study. It is an important element of research design. The research approach used in the study is Quantitative pre-experimental research approach.

Results: Out of 100 sample, the pre-test mean value score 23.19 where as the standard deviation value for pre-test is 11.54. The individual pre-test score is mention in the master data sheet. The mean value is the average score of the students in the post-test. There will be significant association between pre-test and post-test level of stress score with the selected demographic variable regarding stress coping technique among high school and intermediate school students. Hypothesis was tested at 0.05 levels. The t value of mean difference between pre-test and post-test stress score was ($t=27.90$).

Keywords: Stress, stress coping technique, effectiveness, high school, intermediate students

Introduction

Many students feel pressured due to expectations from family members or teachers. Parents expect their children to score high marks in the exam. This pressure to do well increases the stress among the students. Sometimes the pressure is not built by family or teachers instead, developed within the students. If the students want to score well in exams then poor performance can be a fear for them. This can lead to anxiety and tension. As we discussed above students may have stress because of board exams. Meditation and relaxation therapy is one of the best stress coping techniques that we can apply on the students. This will help students to remove stress from their mind and perform well in the examination. Meditation promotes mental and emotional wellbeing. When we meditate, we focus on the present moment and detox our mind and lift our mood. Performance anxiety is common feelings among student during the preparation and writing board exams. Exam anxiety hinders learning and impairs working memory. Almost every student experience some level of stress throughout an exam but some students may have significant anxiety that negatively impacts their exam performance.

Objectives

1. To assess the level of stress among the students appearing for board exam.
2. To check the effectiveness of stress coping techniques among students appearing for board exam.

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Materials and Methods

Quantitative pre-experimental research approach was adopted.

Results

Among 100 samples, age of 15 to 16 years was 22%, age of 16 to 17 was 34%, and age of 17 to 18 was 26% and 18% were the above of 18 years. Among 100 samples, 54% were male and 46% was female. Among 100 samples, 46% were Hindu, 38% were Muslims, 10% were Christian and 6% others. Among 100 samples, 38% were lived in joint family, 46% were lived in nuclear family whereas 16% of population were lived in extended family. Among 100 samples, 27% student’s father belongs to private sector, 32% were from government jobs whereas 41% were self-employed. Among 100 samples, 9% population’s family

incomes were from 10,000-25,000, 43% were from 26,000-50,000, and 40% were from 51,000-75,000, whereas 8% were from 75,000 above. Among 100 samples, 1% was following vegan diet, 24% of population was vegetarian whereas 75% were non-vegetarian. Among 100 samples, 43% of population were unable to sleep properly due to exam stress, 36% of population were not sure about this whereas 21% of population were able to sleep proper.

Table 1: Frequency and percentage distribution of the study sample by the severity level of stress in pre-test

S. No.	Level	Frequency [f]	Percentage [%]
1.	Mild	12	12%
2.	Moderate	36	36%
3.	Severe	52	52%

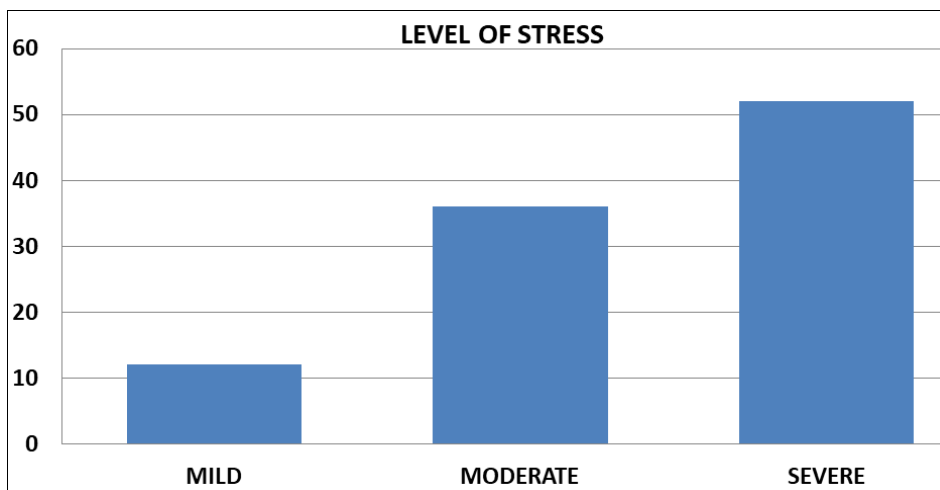


Fig 1: Bar diagram showing frequency and percentage distribution of level of stress among samples in pre-test

Table 2: Frequency and percentage distribution of the study sample by the severity level of stress in post-test

S. No.	Level of stress	Frequency (f)	Percentage (%)
1.	Mild	34	34%
2.	Moderate	44	44%
3.	Severe	22	22%

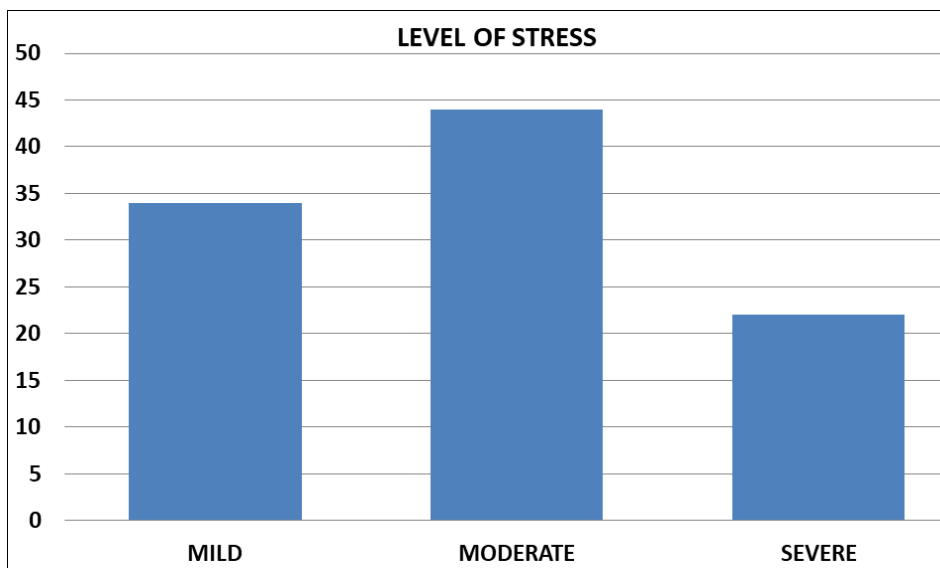


Fig 2: Bar diagram showing frequency and percentage distribution of level of stress among samples in post-test

Table 3: Finding on association between the levels of stress among students appearing for board exam with selected demographic variable in pre-test.

Demographic Variable	Mild	Moderate	Severe	Chi Square Value	d.f	Remark
Age				4.4845	6	S
15 to 16 years	3	8	11			
16 to 17 years	4	12	18			
17 to 18 years	2	7	17			
18 above	3	9	6			
Religion				13.5859	6	S
Hindu	7	11	28			
Muslim	3	18	17			
Christian	1	2	7			
Others	1	5	0			
Gender				2.3838	2	S
Male	8	16	30			
Female	4	20	22			
Type of family				6.419	4	S
Joint family	5	11	22			
Nuclear family	5	15	26			
Extented family	2	10	4			
Father's occupation				8.074	4	S
Private job	5	7	15			
Government job	5	8	19			
Self employed	2	21	18			
Family monthly income				3.01076	6	S
10,000-25,000	2	3	4			
26,000-50,000	5	15	23			
51,000-75,000	3	15	22			
75,000 above	2	3	5			
Dietary pattern				10.6752	4	S
Vegan diet	0	0	1			
Vegetarian diet	1	4	19			
Non-vegetarian	11	32	32			
Disturbed sleeping pattern				8.3181	4	S
Yes	6	12	25			
May be / not sure	1	15	20			
No	5	9	7			

Table 4: Comparison between the pre-test and post- test score

Pre-test			Post-test		
Mild	Moderate	Severe	Mild	Moderate	Severe
12	36	52	34	44	22

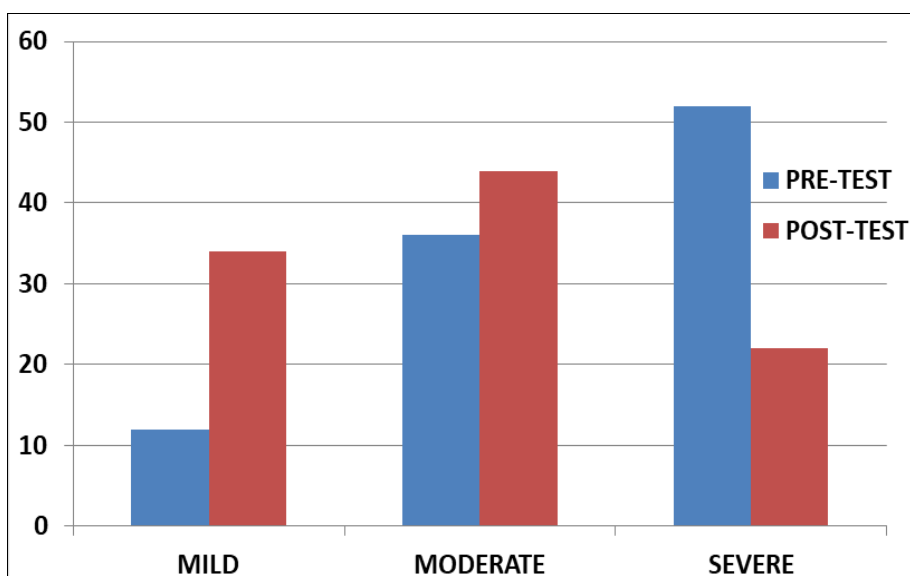


Fig 3: Bar diagram showing the comparison between the pre-test and post-test

Conclusion

The result of the study revealed that intervention was effective in reducing the stress among board exam students.

Recommendation

On the basis of finding of the study following recommendation are made for future research:

1. An experimental to assess the effectiveness of stress coping technique can also be done on primary class students.
2. A similar study on a large sample and different schools can be done for making broad generalization.

Conflict of Interest

Not available

Financial Support

Not available

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