

# Academic Stress among Adolescents of Muzaffarpur District of Bihar

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## *ABSTRACT*

Academic Stress refers to the stress experienced by academicians and students during the learning and teaching process. It is the most relevant and important concept in the field of Psychology. It is a significant concern among students affecting their mental health and academic performance. This study investigates the level of academic stress among adolescents of different colleges of Muzaffarpur Districts using the academic stress scale developed by Dr. Vikas S. Kamble. The aim of this study was to explore the extent of academic stress among adolescents in Muzaffarpur and identify the significant differences between male and female adolescents, rural and urban adolescents and hindu and muslim adolescents. A total of 100 adolescents participated were selected from Muzaffarpur district of Bihar by using random cum purposive sampling techniques in this study. The collected data were analyzed by using appropriate statistical tools. This study shows that there is no any significant difference between male and female adolescents, rural and urban adolescents and hindu and muslim adolescents, that means both gender group, both residential group and both religious groups adolescents having similar level of academic stress.

**Keywords: Academic Stress and Adolescent psychological development**

## **Introduction**

As we know that college life is one of the greatest periods of human life. In this period adolescents are experiencing very hard competition for their academic achievement as well as economical achievement. Hence very high level of academic stress seems very common in college adolescent's life. If the stress is prolonged and perceived as uncontrollable, this experience cause physical, mental and emotional imbalance among adolescents, which badly affects the academic achievement and academic performance. So, it is highly relevant and important concept in the field of Psychology.

Academic Stress refers to the stress experienced by academicians and students during the learning and teaching process. According to MacGeorg, Samter and Gillihan (2005), 'Academic stress viewed as a

chronic stress due to the nature of academic demands associated with negative health outcomes of depression and physical illness.' Wilks (2008) define Academic stress in another way, 'Academic stress is the product of a combination of academic related demands that exceed the adaptive resources available to an individual.'

This study investigates the academic stress levels among adolescents in Muzaffarpur district of Bihar. Adolescents means a person who is no longer a child and not yet an adult, between the ages of about 13 years and 17 years. The world Health Organization (WHO) defines adolescents as any person between ages 10 years and 19 years. It means it is a transitional stage of physical and psychological development and it is the period between puberty to adulthood. In

human life it a critical stage in human development shaping future behavior, belief and relationship and often involves challenges and opportunities for personal growth and exploration.

### **Review of literature:**

Academic stress is a significant concern among adolescents, particularly in regions with competitive educational environments. Adolescents face various stressors including academic pressure, parental expectations and peer competition, which can adversely affect their mental health and academic performance. Understanding the levels and sources of academic stress can help educators, parents and policymakers to develop the targeted interventions to support adolescents in managing stress effectively. This research contributes to the existing literature by providing insights into the academic stress experienced by adolescents in a specific geographical context especially in muzaffarpur.

There are so many studies conducted by the researcher on academic stress. Some important researches and their findings are discussed here. Jitesh Pillai, Soumya Josh, Bijumon Velukutty, Riyaz (2023) conducted a study on the topic i.e., Academic stress and coping in high school adolescents and found that most of the children studying in high school have minimal to moderate stress. Aswartha Reddy & Lalitha (2021) conducted study on the topic i.e., Academic stress among adolescents in government and corporate colleges and explores the academic stress experienced by adolescents in government and corporate colleges in India. The research highlights that academic stress is a significant issue affecting the mental health of students, particularly in the adolescent age group. The study examines various factors contributing to academic stress, such as high parental expectations, competitive academic environments and the pressure to perform well in exams. The findings suggest that academic stress can lead to a decline in students' mental health, including symptoms of anxiety and depression. The study emphasizes the need for effective stress management strategies and interventions to support students in managing their academic stress. R. K. Gupta (2020) conducted a

study on the topic i.e., 'Academic stress and mental health among adolescent students.'

This study highlights that academic learning is a significant source of stress for adolescents and it is associated with various mental health problems. The study aims to identify the determinants of academic stress to better understanding the risk factors influencing it. It concludes that while some level of stress can be beneficial for performance, excessive academic stress negatively impacts the students' mental health and overall well-being. S. Pathak (2020) investigates the relationship between academic stress, self-efficacy and study habits among adolescents. The research highlights that the study habits, which encompass various methods, activities and practices adopted by adolescents in their schoolwork play a crucial role in managing academic stress. The study also emphasizes the importance of self-efficacy or the belief in one's ability to succeed in specific situations in helping adolescents cope with academic stress. The findings suggest that the higher levels of self-efficacy are associated with better study habits and lower levels of academic stress.

The study underscores the need for teachers and parents to understand the nature of these relationships to provide better support and guidance to adolescents during this critical developmental period. Kaur & Sharma (2014) investigates the relationship between academic stress and depression among adolescents. The research involved a sample of 200 adolescents studying in the 11th grade. The Beck Depression Inventory-II and the Scale of Academic Stress were used to collect data. The results indicated that a significant positive correlation between academic stress and depression. Specifically, higher levels of academic stress were associated with increased symptoms of depression. The study highlights the importance of addressing academic stress to improve the mental health of adolescents.

The above scenario clearly indicates that very few studies were carried out on this topic, so this study investigates the academic stress levels among adolescents in Muzaffarpur district of Bihar with the help of reliable tools.

**Hypotheses of the study:**

The hypotheses of this study are given below:

- H<sup>1</sup>. There is significant difference in academic stress level between male and female adolescents in Muzaffarpur district of Bihar.
- H<sup>2</sup>. There is significant difference in academic stress level between Rural and Urban adolescents in Muzaffarpur district of Bihar.
- H<sup>3</sup>. There is significant difference in academic stress level between Hindu and Muslim adolescents of Muzaffarpur district of Bihar.

**Objective of the study:**

In the above context, the present study proposed to examine the following research objectives:

1. To study the impact of gender i.e, male and female on Academic Stress among Adolescents.
2. To study the impact of residence i.e, Rural and Urban on Academic Stress among Adolescents.
3. To study the impact of religion i.e, hindu and muslim on Academic Stress among adolescents.

**Methodology:**

This study uses the quantitative analysis of the data collected from adolescents of Muzaffarpur district of Bihar. A cross sectional study was carried out after taking permission from college administration and convenient sampling procedure was followed to select the participants was taken before the study.

**A. Research Design:**

The research design of this study was quantitative research design.

**B. Sample:**

In this study total 100 adolescents were selected from different colleges of Muzaffarpur district of Bihar by using random cum purposive sampling techniques. The sample is divided two gender groups i.e., Male and Female and each group represented by 50 adolescents. The male and female has been further subdivided into two residential groups i.e., Rural and Urban and each group represented by 50 adolescents. Again further subdivided into two religious groups i.e., Hindu and Muslim and each group represented by 50 adolescents.

**C. Inclusion Criteria:**

1. Age between 15-20 years was included.
2. Minimum educational qualification of sample was intermediate and graduate.
3. Hindu and muslim students by religion was included.

**D. Exclusion Criteria:**

1. Age below 15 Years and above 20 years excluded.
2. Education qualification below intermediate and above post graduate excluded.
3. Sikh and Christians by religion was excluded.

**E. Tools:****1. Personal Data Questionnaire (PDQ):**

This PDQ was prepared by researchers himself for collecting the detailed information regarding participants including their name, age, gender, religion, residence, qualification, name of college, name of father and address etc.

**2 Academic Stress Scale for College Students (ASSCS):** This scale is developed by Dr. Vikas S. Kamble. It is a self-administering scale and it is designed to measure the level of academic stress of college students in the whole academic year due to various sources viz. Personal Inadequacy, Interactions with Peers and Teachers, Fear of Examination, Inadequate Facilities at College and Parents Expectations and SES. This scale consists of 66 multiple choice items, like five point Likert-type scale with response option ranging from strongly agree to strongly disagree. High score on scale denote extremely high academic stress with low score shows very low academic stress. The ASSCS has been administered on an individual as well as in group both. The ASSCS can normally be completed in about 10 to 15 minutes. The reliability of this scale is 0.73.

**E. Procedure:**

Data were collected through self-administered questionnaires. After contacting the prospective participants and taking their consent, the Academic Stress Scale along with Personal data questionnaire

were given to adolescents of Muzaffarpur district. The purpose of the study was explained and proper information was given to them. The students gave their responses separately. After the screening the procedure was completed.

#### F. Ethics:

The participants were assured of confidentiality and anonymity.

#### G. Statistical Analysis:

The collected data were analyzed by using statistics tools like- mean, median, mode, standard deviation and t-test.

#### Result and discussion

The finding of the study has been tabulated in table- I, II & III respectively

**Table –1**

#### Comparison between male and female adolescents on Academic Stress Scale scores

	N	M	SD	t	<P
Male	50	220.64	36.20	0.47	NS
Female	50	223.10	8.20		

Table- I shows that Academic Stress of Male and female adolescents. The N, M and SD score of male adolescents are 50, 220.64, 36.20 and the N, M and SD score of female adolescents are 50, 223.10, 8.20 respectively. The difference between both means score are found no significant at any level.

Thus, the hypothesis i.e., ‘There is significant difference in academic stress level between male and female adolescents in Muzaffarpur district of Bihar’ is not supported by the findings. This finding indicates that there is no any difference between both male and female adolescents on their academic scores.

**Table – 2**

#### Comparison between Rural and Urban adolescents on academic stress

	N	M	SD	t	<P
Rural	50	218.54	47.42	0.48	NS
Urban	50	213.96	47.43		

Table- II shows that Academic Stress of Rural and Urban adolescents. The N, M and SD score of Rural adolescents are 50, 218.54, 47.42 and the N, M and SD score of Urban adolescents are 50, 213.96, 47.43 respectively. The difference between both means score are found no significant at any level.

Thus, the hypothesis i.e., ‘There is significant difference in academic stress level between Rural and Urban adolescents in Muzaffarpur district of Bihar’ is not supported by the findings. This finding indicates that there is no any difference between both urban and rural adolescents on their academic scores.

**Table- 3**

#### Comparison between Hindu and Muslim adolescents on academic stress

	N	M	SD	t	<P
Hindu	50	209.88	30.69	0.96	NS
Muslim	50	217.70	48.90		

Table-III shows that Academic Stress of Hindu and Muslim adolescents. The N, M and SD score of Hindu adolescents are 50, 209.88, 30.69 and the N, M and SD score of Muslim adolescents are 50, 217.70, 48.90 respectively. The difference between both means score are found no significant at any level.

Thus, the hypothesis i.e., ‘There is significant difference in academic stress level between Hindu and Muslim adolescents of Muzaffarpur district of Bihar’ is not supported by the findings. This finding indicates that there is no any difference between both hindu and muslim adolescents on their academic scores.

#### Findings of the study

The findings of this study are as follows:

1. Both male and female adolescents having a similar level of Academic Stress.
2. Both rural and urban adolescents having a similar level of Academic Stress.
3. Both hindu and muslim adolescents having a similar level of Academic Stress.

## Conclusion:

The findings indicate that the academic stress is common among adolescents in Muzaffarpur with no significant difference between male and female adolescents, rural and urban adolescents and hindu and muslim adolescents at any level. Academic stress is not affected by the gender, residence and religion. Further research could explore the factors contributing to academic stress and develop strategies to mitigate its impact.

## Limitations and suggestion

This study was conducted to the best of the researcher's quality and ability. The researchers take small size of sample, so extensive research should be conducted in future studies in this field and generalised the obtained results in large population. This study can be done by data collection from another district and state for universal acceptance.

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