

STUDY ON PSYCHOLOGICAL IMPACT OF HIGHER SECONDARY EXAMINATION WITH REFERENCE TO DELTA DISTRICTS

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ABSTRACT

Modern life is full of stress. Stress on individuals ranges from personal day-to-day life to their regular activities. In this changing environment, participation, interaction, transaction, planning and regulation have become key issues, each with its own frustrations attached. In the present scenario both father and mother are busy bees in their work. They are unable to spend time with their children either studies or entertainments. Further the teacher student relationship also only focused on getting high marks in the examination. There is no possibility for the teachers to guide and council the students. Stress leads the following illness, tense muscles that lead to headache, neck-ache, jaw-ache, back-ache, stomach pain, indigestion, ulcers, nervousness, tension, helplessness, chest pain, lack of concentration, boredom, confusion.

This attempt is made to focus on the extent of physiological and psychological changes during the public examination in the student community. Also suggest better ways and means to reduce stress level with the plus two students.

KEYWORDS: Frustrations, Management, Physiological, Psychological and Stress.

INTRODUCTION

Stress is defined as the physical pressure and strain that result from demands or changes in the environment. Stress arises whenever we have to readjust. Conflict, frustration and anxiety can all lead to stress. But any kind of change, even a positive one, causes stress, because we must adapt to a new environment. Modern life is full of stress. Stress on individuals ranges from personal day-to-day life to their regular activities. Therefore attempt should be understand stress, its causes and impact, and adopting strategies for minimizing its impact. Stress is basically the impact of one object on another. There are three terms which are used synonymously to denote this phenomenon: stress, strain and pressure.

In the present scenario both father and mother are busy bees in their work. They are unable to spend time with their children either studies or entertainments. Further the teacher student relationship also only focused on getting high marks in the examination. There is no possibility for the teachers to guide and council the students. Stress leads the following illness, Tense

muscles that lead to headache, neck-ache, jaw-ache, back-ache, stomach pain, indigestion, ulcers, nervousness, tension, helplessness, chest pain, lack of concentration, boredom, confusion.

Everyday, in every walk of life, we come across stress. As such a people wish for stress free life. Stress is a part and parcel of our lives. Contemporary stress tends to be even more pervasive, persistent and insidious. The recent statistics reveal that, 'Stress is now the number one reason behind sickness from work'. (Gee publishing Survey). "More than two-thirds of people are suffering from work related stress." (ICM Research

PSYCHOLOGICAL STRESSORS FOR HIGH SCHOOL STUDENTS

LIFE EVENT	STRESS POINT
Death of parent	119
Divorce of parent	98
Death of close family member	92
Expulsion from school	795
Failing grade at school	54
Trouble with parent	37
Change in school	35
Trouble with teachers	29

Source: Event and stress points adapted from the work of M.A.Miller and R.H.Rahe, "Life changes scaling for the 1990s," Journal of psychosomatic Research 43 (1997): 279-292

1.2 STATEMENT OF THE PROBLEM

In recent times, there has been increasing interest in distinguishing the effect of physical and psychosocial workplace stressors on the study of work related health disorders. Generally people are prone to either internal or external stressors, and both types have physical or psychological origins.

The present study focus is on the extent of physiological and psychological changes during the public examination in the student community. High level of stress affects the individuals directly and through them, their families also affected. Therefore, efforts should be made to overcome the negative consequences of high stress. Further, the following problems are focused in the study that prevail in Stress management

1. Are the parent and teacher part of responsibility in stress management is a major factor?
- 2 To what extent the environment provide a stress less education?

3. What type of measures to be taken for the school students are required or enhanced particularly on stress management?

1.3 OBJECTIVES OF THE STUDY

- .To understand the psychological preparedness of plus two students to meet the public examination.
- To analyze various factors which influence the level of stress with the plus two students.
- To suggest better ways and means to reduce stress level with the plus two students.

1.4 RESEARCH METHODOLOGY

The validity of any research is based on the systematic method of data collection and analysis. In the present study both primary as well as secondary data are used. The primary data were collected from the plus two students in Tamilnadu. For this purpose statistics about the number of students faced forthcoming public examination was collected from web sources and District offices. . From this population the sample students were selected as respondents. The field survey technique was employed to collect the pertinent data from 35 plus two students those who are face forthcoming public examination.

A questionnaire was the main tool for collecting the data. Hence, much effort was taken to prepare the questionnaire in a systematic way by designing adequate and relevant questions to ensure better achievement of the research objective. Questionnaire was prepared with the help of the Pilot study.

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The extent of stress management by the respondents (Students) between the different types of respondents based on their age, education, income, size of the family mode of transport, hobbies, problems, level of satisfaction with the education system perceived by these respondents in public examinations was studied by means of percentages, two-way table, chi-square test and ranking methods.

1.5 ANALYSIS AND INTERPRETATION

The data were analyzed by using sample statistical tools like percentage and Chi-square test. J.P.Guilford Composite Standard Ranking Method was also employed to find out the process problems. This study followed by presentations and detailed discussions of results.

1.5.1 SIMPLE PERCENTAGE ANALYSIS

Table No.1 Gender distribution

Sex	Freq.	%
Male	10	29
Female	25	71
Total	35	100

It is lime lighted from the above table that a very good majority of the respondents (71%) are female and (29) of the respondents are male. From the analysis it is conclude that 71% of the respondents are female students.

Table No.2 School of studying

School of studying	Freq.	%
Government	22	63
Private	13	37
Total	35	100

It is clear from the above table majority of respondents (63%) are studying in the Government schools and (37%) of the respondents are studying in the private school.

Table No.3.Income level

Income level	Freq.	%
Less than Rs.10000	18	52
More than Rs.10000	17	48
Total	35	100

It is lime lighted from the above table that the respondents (52%) are below Rs.10000 income level and (48%) of the respondents are above Rs.10000 income level

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Table No.4 School distance

Distance in Km	Freq.	%
Less than 1Km	9	26
1 Km to 3 Km	10	29
Above 3 Kms.	16	45
Total	35	100

This table reveals that majority of students (45%) are travel more than 3Km to reach school, followed (29%) of the students come to the school between 1Km to 3Km and (26%) of the students travel less than 1 Km to reach the school.

Table No.5. Mode of Transport

Mode of Transport	Freq.	%
By walk	3	9
By cycle	17	48
School bus.	2	6
Corporation bus	13	37
Total	35	100

It is lime lighted from the above table that a very good majority of the respondents (48%) are travel by cycle and (37%) of the respondents are travel by corporation bus, following that (9%) of students go to school by walk and the remaining of (6%) of them are travel by school bus.

Table No.6. School Time

School time	Freq.	%
8.00 am	5	14
8.30 am	12	35
9.00am	18	51
Total	35	100

It is lime lighted from the above table that a very good majority of the respondents (51%) of their school time is 9.00 am and (35%) of the respondents school timing is 8.30 am following that (14%) of students their school timing is 8.00am.

Table No.7. Break fast

Break fast	Freq.	%
Yes	26	74
No	9	26
Total	35	100

It is lime lighted from the above table that the respondents (74%) are had their

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breakfast and (26%) of the respondents are hadn't their breakfast.

Table No.8. Tuition Time

Tuition time	Freq.	%
Before school	4	11
After school	4	11
No tuition	27	78
Total	35	100

It is lime lighted from the above table that a very good majority of the respondents (78%) of them are not go to tuition and (11%) of the respondents are go to tuition before school time following that (11%) of students are go to tuition after school timing.

Table No.9. Opinion about Playing

Playing games	Freq.	%
Yes	16	46
No	19	54
Total	35	100

This table reveals that majority of students (54%) are not playing any games in the leisure time and followed this (46%) of the students are playing games.

Table No 10. Mode of spending holidays

Spending holidays	Freq.	%
Tuition	3	10
Watching T.V.	11	31
Playing	5	14
Home work	11	31
Outing	5	14
Total	35	100

This table reveals that majority of students (31%) are spending holidays by watching and doing home work and followed (14%) of the students spending time for playing and outing and (10%) of the students spending time for tuition.

Table No 11. Opinion about cooperation of parents

opinion	Freq.	%
Full cooperation	20	57
To some extent	15	43
Total	35	100

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It is lime lighted from the above table that a very good majority of the respondents (57%) of them opined that their parents are giving full cooperation and (43) of the respondents opined that their parents are cooperate to some extent only.

Table No.12. Feeling about public examination

Feeling	Freq.	%
Happy	6	17
Tension	29	83
Total	35	100

It is lime lighted from the above table that a very good majority of the respondents (83%) of them opined that they are getting tension at the time of public examination and (17%) of the respondents opined that they are happy to face the public examination.

Table No 13. Opinion about school environment

opinion	Freq.	%
Like	34	97
Dislike	1	3
Total	35	100

It is came to know from the above table that a very good majority of the respondents (97%) of them opined that they are like the school environment and (3%) of the respondents opined that they are dislike the school environment.

Table No14. Opinion about time spent with parents

opinion	Freq.	%
Yes	17	49
No	18	51
Total	35	100

It is lime lighted from the above table that a very good majority of the respondents (51%) of them opined that they are not spend time with their parents it followed (49%) of the respondents opined that they are spend time with their parents.

Table No.15. Aim after schooling

Opinion	Freq.	%
Professional course	18	51
Arts and Science courses	17	49
Total	35	100

It is understand from the above table that a very good majority of the respondents (51%) of them opined that they want to join after plus two professional courses and the remaining (49%) of the respondents opined that they want to join arts and science courses.

Table No15. Level of satisfaction

Level of satisfaction	Freq.	%
Bad	5	14
Good	16	46
Best	14	40
Total	35	100

It is lime lighted from the above table that a very good majority of the respondents (46%) of them are opined that present education system is good and (40%) of the respondents are opined that present education system is best following that (14%) of students opined that present education system is bad.

1.5.2 CHI-SQUARE ANALYSIS

Table No 16. School of studying and level of income towards selection of school in Delta Districts (chi-square test)

Factor	Calculated X^2 value	Table value	D.F	Remarks
School	0.0422	3.84	1	Significant at 5% level

The Chi-square test reveals that the calculated chi-square value is less than that the table value and the result is significant at 5% level. Hence, the hypothesis "selection of school of studying and level of income are associated" holds good. From the analysis, it can be inferred that there is a close relationship between the school of studying and the level of income.

Table No 17. School of studying and feeling of public examinations in Delta Districts (chi-square test)

Factor	Calculated X^2 value	Table value	D.F	Remarks
School	0.0421	3.84	1	Significant at 5% level

The Chi-square test reveals that the calculated chi-square value is less than the table value and the result is significant at 5% level. Hence, the hypothesis “school of studying and feeling about public examination associated” holds good. From the analysis, it can be inferred that there is a close relationship between the school of studying and feeling about public examination.

Table No.18 Sex of the respondent and feeling about public examinations in Delta Districts (chi-square test)

Factor	Calculated χ^2 value	Table value	D.F	Remarks
School	2.83	3.84	1	Significant at 5% level

The Chi-square test reveals that the calculated chi-square value is less than the table value and the result is significant at 5% level. Hence, the hypothesis “sex of the respondent and feeling about the public examination associated” holds good. From the analysis, it can be inferred that there is a close relationship between the sex of the respondent and feeling about public examination.

1.5.3 GENERAL PROBLEMS FACED BY THE STUDENTS:

The students were requested to rank the problems faced by them. For this purpose the following factors were given in the questionnaire. Teacher student relationship, Tuition and home works, School timing, Parents involvement in the studies and Punishment. The major problems faced were ranked by using J.P.Guilford Composite Standard Ranking Method. A study of these problems becomes very important as all those problems are taken in to the consideration by the students in choosing in a particular problem.

TABLE NO.19 General problems faced by the students

	Problems faced by the students				
	A	B	C	D	E
A	2	3	17	5	8
B	9	12	9	-	5
C	4	7	5	5	9
D	14	7	4	14	2
E	11	5	-	11	11
Total Score	40	34	35	35	35
Rank order	1	3	2	2	2
Mean score	0.32	0.29	0.30	0.30	0.30

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In choosing a particular problem faced by the student, the first factor is Teacher student relationship its total score and mean score being 40 and 0.32 respectively. The second important factors are School timing, Parents involvement in the studies and Punishment, its total score and mean score is 35 and 0.30 respectively. The factors C,D and E are same rank scores (35), hence all the three problems faced by the students treated as second most important factor. The third most important problem faced by the student is Tuition and homework, its total score and mean score is 34 and 0.29 respectively.

1.6 SUMMARY OF FINDINGS, SUGGESTIONS AND CONCLUSION

1.6.1 FINDINGS

In this chapter, an attempt has been made to recapitulate the key findings of the present study based on these findings and a few suggestions have been offered.

1. It is lime lighted from the above table that a very good majority of the respondents (71%) are female
 2. It is clear from the above table majority of respondents (63%) are studying in the Government schools
 3. It is lime lighted from the above table that the respondents (52%) are below Rs.10000 income level
 4. This table reveals that majority of students (45%) are travel more than 3Km to reach school
 5. It is lime lighted from the above table that a very good majority of the respondents (48%) are travel by cycle
 6. It is lime lighted from the above table that a very good majority of the respondents (51%) of their school time is 9.00 am
 7. It is lime lighted from the above table that the respondents (74%) are had their breakfast
 8. It is lime lighted from the above table that a very good majority of the respondents (78%) of them are not go to tuition
 9. This table reveals that majority of students (54%) are not playing any games in the leisure time
 10. This table reveals that majority of students (31%) are spending holidays by watching and doing home work
 11. It is lime lighted from the above table that a very good majority of the respondents (57%) of them opined that their parents are giving full cooperation
 12. It is lime lighted from the above table that a very good majority of the respondents (83%) of them opined that they are getting tension at the time of public examination
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13. It is came to know that from the above table that a very good majority of the respondents (97%) of them opined that they are like the school environment
 14. It is lime lighted from the above table that a very good majority of the respondents (51%) of them opined that they are not spend time with their parents
 15. It is understand from the above table that a very good majority of the respondents (51%) of them opined that they want to join after plus two professional courses
 16. It is lime lighted from the above table that a very good majority of the respondents (46%) of them are opined that present education system is good
 17. From the chi-square analysis, it can be inferred that there is a close relationship between the school of studying and the level of income.

18. From the chi-square analysis, it can be inferred that there is a close relationship between the school of studying and feeling about public examination.
19. From the chi-square analysis, it can be inferred that there is a close relationship between the sex of the respondent and feeling about public examination.
20. The major problems faced by the students were ranked by using J.P.Guilford Composite Standard Ranking Method. The first factor among the five is Teacher student relationship, its total score and mean score being 40 and 0.32 respectively.

1.6.2 SUGGESTIONS

The following few suggestions may be reduce the stress level with the students those who are going to meet the public examination.

The researcher have identified number of negative aspects with the students those who are going to meet the public examination. Efforts should be made to overcome the negative consequences of high stress. Stress management is required when an individual is unable to cope with the demanding environment. Some individual strategies such as physical exercises can be both reactive and proactive, but most are geared towards helping the person who is already suffering from stress. As students, physical exercises such as walking, jogging, swimming, playing etc. are good methods of overcoming stress. The role of yoga science, a scientific technique, to keep body fit and to overcome stress.

In the present scenario both father and mother have to spend time with their children both studies and other aspects. Further the teacher student relationship also focused on moral values as well as getting high marks in the examination. Teachers are role model for each and every student. The teachers' community have very big responsibility to shape the future pillars (student) of our Indian democracy.

1.6.3 CONCLUSION

Though this study is confined to Tamilnadu region, the findings and suggestions, in the opinion of the researcher, have nation wide application. The researcher feels satisfied with him self that he has done this work on a vital social status of the Nation with regard to Stress management and that he has made some valid suggestions.

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