



RESEARCH ARTICLE

A STUDY ON LEVEL OF STRESS AMONG STUDENTS' OF BACHELOR OF EDUCATION (B.ED) COURSE

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ABSTRACT

Stress is significantly impacting the mental health, physical health, cognitive functions and academic and work performances among individuals. The academic pressure, financial pressure, social and interpersonal relationships also affects the level of stress among the learners. In the present study the investigator has made an attempt to know the level of stress among the learners by using Student's Stress Scale designed by Dr. Zaki Akhtar, and it was found that male students showed extremely high level of stress.

Keywords: MISSING

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INTRODUCTION

Today's world is well known as the age of stress and anxiety. Stress is both men and women irrespectively and people of all ages experience stress in different levels. Individuals irrespective of their age, religion, caste and region etc may experience extremely high stress, some may experience stress in moderate, some may experience low stress and few may experience extremely low stress. According to Akinboye (1985), the poor academic performance has attributed to lack of adequate teaching facilities, unqualified teachers, students poor study habits, psychological adjustment problems such as anxiety and depression. According to Reddy (1989) conducted research to find out the adjustment in the school. Result showed the most of the problems concentrated on academic anxiety regarding their future. Howard and Medway (2004) found in their study that adolescence is a stressful time for many youth and these stresses can potentially lead to serious disorders. Studies revealed that any event or happening in the student life has a potential to be a stressor or a major cause of stress. According to Akhtar (2004) intelligent students are effective and vigilant in managing the potential in their lives. They either want to rust out or burnt out. Rust out is associated with being under stimulated, lethargic and lacking challenges, Where as burnt out is associated with being over stimulated, distressed, emotionally exhausted and distancing themselves from others. Bhansali and Trivedi (2008) studies that the academic anxiety among boys is considerably low when compared to girls.

Need and Significance of the study: The Students Stress Scale (SSS), designed by Dr.Zaki Akhtar is used to know the level of stress among the adolescents aged between 13 to 19 years hence to measure

the level of stress among boys and girls of B.Ed course the SSS was adopted. The students are also affected by academic stress, pressure and are coping up with academic anxiety regard to their future and thus stress affecting the performance of students. It was also observed that the students who perceived anxiety were found to be with more stress. Today the stress is affecting almost all individuals no matter a man or a woman everyone are affected by stress. An attempt is made here to study whether the Students Stress Scale by Dr. Zaki Akhtar, has an impact on students apart from the adolescent group and who are aged between 21years to 24years and to know the effectiveness of Student's Stress Scale the test was conducted to the students of B.Ed first year.

Objectives of the study

- To know the level of Stress among the students of a B.Ed college.
- To know whether the level of stress is more in male or female students.

Hypothesis

There is significant difference in the level of stress among male when compared to female students of a B.Ed college.

METHODOLOGY

The methodology adopted for the study is descriptive survey. The Students Stress Scale used in the study has been constructed by Dr.Zaki Akhtar. The Scale consists of 51 items. The items are named as positive and negative according to their serial number. There are 41 positive items and 10 negative items.

| Types of Item | Always | Often | Sometimes | Rarely | Never |
|---------------|--------|-------|-----------|--------|-------|
| Positive | 5 | 4 | 3 | 2 | 1 |
| Negative | 1 | 2 | 3 | 4 | 5 |

The study was conducted on a sample of 99 students of First year B.Ed course from Mysore. The response system was decided on a five point alternative Likert Type viz., Always, Often, Sometimes, Rarely and Never.

Data Analysis

The Z-Score Norms for Stress Scale for Boys and Girls are given as given by Dr.Zaki Akhtar

Mean= 159.27, SD= 26.77 and N=350 for Boys

Mean=178.11, SD=23.00 and N=350 for Girls.

The norms for interpretation of the Level of Students Stress for boys and girls is individually given as

Norms for interpretation of the Level of Students' Stress

| Sl. No | Raw Scores Range | | z-Score Range | Grade | Level of Stress |
|--------|------------------|-------------|----------------|-------|------------------------|
| | BOYS | GIRLS | | | |
| 1 | 214 & above | 225 & above | +2.01 & above | A | Extremely High |
| 2 | 193 to 213 | 208 & 224 | +1.26 to 2.00 | B | High |
| 3 | 173 to 192 | 190 to 207 | +0.51 to +1.25 | C | Above Average |
| 4 | 146 to 172 | 167 to 189 | -0.50 to +0.50 | D | Average/ Moderately |
| 5 | 126 to 145 | 149 to 166 | -1.25 to -0.51 | E | Below Average |
| 6 | 106 to 125 | 132 to 148 | -2.00 to -1.26 | F | Low |
| 7 | 105 & below | 131 & below | -2.01 & below | G | Extremely Low |

Interpretation of the Study: The Students Stress Scale was adapted in the present study on first year students of a B.Ed course. On a total of 99 students it was observed that 19 students were boys and 81 were girls and the level of stress among boys and girls was observed to be as follows it was observed that among 18 boys, 7 students had extremely high level of stress and 2 students had high stress, 3 had above average stress, 3 had below average stress, 1 student had low stress and 2 students had extremely low level of stress. It was observed that 73 girl students exhibited moderate stress and only 2 students exhibited extremely high level of stress and 6 of the girls showed extremely low level of stress

RESULT AND DISCUSSION

It is observed from the present study that male students have higher level of stress when compared to female students. It can be observed from a study conducted by Pramod (1996) in his study with reference to Indian culture that boys manifested more futuristic orientation than girls and therefore boys have more academic anxiety than girls. In a study conducted by Ojiha and Trivedi (2005) found in their study that boys have higher academic anxiety as compared to girls. It can be observed that even in the students who are aged between 21 and 24 showcased the stress and hence the tool Students Stress Scale can be used to the students who exceed the adolescent age group.

CONCLUSION

The Student Stress Scale is one of the predominant scales used to measure the level of stress among the learners. It was found that male students had significantly high stress when compared to the female students. This test can also be used to the students above the adolescents who are age between 21 years and 24 years thus the manual for Student's Stress Scale (SSS) by Dr.Zaki Akhtar is measured to know the level of stress among the learners.

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