



Adolescent Stress And Achievement Motivation With Reference To Academic Achievement Of Senior Secondary School Students

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ABSTRACT

Adolescent stress affects the academic achievement of Senior Secondary students. The late adolescents who are in Senior Secondary level are in the clutches of the stress. Unless the adolescents manage stress and achieve academically, they will be in doll drums. of late media had exposed many incidents of suicides among Senior Secondary students. The causes of the suicides among Senior Secondary students were found to be either academic pressure, parental pressure self-identity crisis, relationships with peers. Losing the future productive students through suicides is a shame to the society which needs to be curtailed. It can be controlled and students can be protected and developed to be a fruitful citizen. Though there are studies on Adolescence, the researcher was unable to locate studies on the inter relationship between Academic Achievement, Achievement Motivation and Adolescent stress which motivated the researcher to study on the same. Academic achievement at Senior Secondary stage is the deciding factor for their future settlement. The adolescent stress created due to the adolescence, if not managed properly the academic achievement will be affected. Hence Achievement Motivation will have an impact on the Academic Achievement. Studies are required to find the level of adolescent stress and achievement motivation of Senior Secondary students. Hence the researcher attempts to throw light on this important current burning issue.

Introduction

The term Adolescence means to grow to maturity||. Adolescence is a period of bio social transition between childhood and adult hood. During this period the body grows very rapidly: as a result the movements, the voice, the feelings etc., turn awkward. Adolescence period is also called as "Terrible teens|| According to Erikson 1963 the chief task of the adolescent is to develop a sense of personal identity. The important theme in adolescence is the rediscovery of one's own self.

During adolescence an individual undergoes his/her physiological, social and psychological changes. These changes affect the behavior of the adolescent. Sometimes adolescent feels afraid and ashamed of his rapid bodily changes and hoarse voice and this feeling taxes his mind so he feels bored and fatigued. An adolescent may have full of fear, shame and boredom finds that society doesn't grant him/her the privileges of an adult.

Adolescence is a period of physical, emotional and mental development. And during this period the adolescent sets high ideals but finds unable to achieve those ideals. So an individual loses self confidence and this leads to feeling of personal inadequacy. The education system in India is highly competitive, hence the children face competition at the entry level of pre-primary education, and thereafter at the end of every year, Students undergo stress during assignments, mid-term exams, etc. which is driving many students to stress and frustration. Academic stress has increased more with the increasing awareness of education in Parents leads increasing of Academic pressure to the students of Senior Secondary in improving Academic Achievement in order to reach their expectations in attaining educational and vocational goal settings.

The stage involves lots of physiological, psychological, sociological transitions. One of the significant concerns of the society is to develop the adolescents as a responsible, useful, able beings The adolescents in the higher secondary stage.(Senior Secondary college) face dual stress. One is the Adolescent stress, the other one is Academic stress.

Achievement motivation is the foundation for a good life. People who are oriented towards achievement, in general, enjoy life. people are dynamic and self-respected as being motivated. Achievement motivation is learned motive to complete and to strive for success. Achievement motivation is a pattern of planning of actions and of feeling connected with hard efforts to achieve some internalized standard of excellence. It involves a fundamental assumption that the desire to achieve something of excellence is inherent in all being.

Academic achievement is the outcome of training imparted to a student by the teacher in school or college situation. Academic achievement of an individual is so far considered to be influenced in part by his ability to make adjust to his/her environment, in part by his/her special abilities, aptitude and intelligence, which are integral part of his personality and in part by the intensity of drives and motives which serves as the impelling for his activities. Thus academic achievement refers to the degree or level of success and that of proficiency attained in some specific area concerning scholastic and academic work.

Though there are studies on Adolescence, the researcher was unable to locate studies on the inter relationship between Academic Achievement, Achievement Motivation and Adolescent stress which motivated the researcher to study on the same. Academic achievement at Senior Secondary stage is the deciding factor for their future settlement. The adolescent stress created due to the adolescence, if not managed properly the academic achievement will be affected. Hence Achievement Motivation will have an impact on the Academic Achievement. Studies are required to find the level of adolescent stress and achievement motivation of Senior Secondary students. Hence the researcher attempts to throw light on this important current burning issue.

Objective

- To study the Adolescent stress, Parental Pressure, Peer pressure, Physical look and Health, Social Media Attraction Achievement Motivation and Academic

Achievement with reference to Year of study among senior secondary school students.

Hypothesis

- There would be no significant difference in the Total adolescent stress, Parental Pressure, Peer pressure, Physical look and Health, Social Media Attraction Achievement Motivation and Academic Achievement with reference to Year of study

Methodology

Tool

To collect the data for the study, the following tools were used.

- a) Adolescent Stress Scale developed by the researcher.
- b) Achievement Motivation scale by Prof.Prathibha Deo and Dr.Asha Mohan adapted by the researcher.
- c) Academic Achievement data got from Senior Secondary Students Board of Examination.

Population

The total population of senior secondary students in Government and Private Junior colleges were 85,069. From the total population of students, 100 were taken for first try out of the tool and 300 students selected conveniently for pilot study in the second try out. For the main study a sample of 1000 were selected from the remaining 84,669 students of the total population of the students in Chittoor district of Andhra Pradesh. The Private managed colleges were other than corporate colleges as permission was not given by corporate colleges.

Sample size

It has been decided to take an ideal sample of 1000 Senior Secondary students studying in various Government and Private Junior colleges at Chittoor district of Andhra Pradesh.

Table Adolescent stress, Achievement Motivation and Academic Achievement of Junior and Senior Intermediate students

Variable	Year of study	N	Mean	Std. Deviation	t-value
Academic Achievement	Junior	500	64.760	15.199	5.726**
	Senior	500	70.290	15.377	
Parental pressure	Junior	500	35.930	6.632	5.124**
	Senior	500	33.840	6.262	
Peer pressure	Junior	500	33.550	7.179	3.071**

	Senior	500	32.210	6.587	
Physical look and Health	Junior	500	32.390	7.254	2.606**
	Senior	500	31.180	7.358	
Academic Pressure	Junior	500	36.150	7.619	0.664@
	Senior	500	36.460	7.329	
Social Media Attraction	Junior	500	34.310	6.915	4.178**
	Senior	500	32.440	7.191	
Stress in total	Junior	500	172.290	23.047	4.606**
	Senior	500	165.630	22.637	
Achievement Motivation	Junior	500	157.940	26.955	2.727**
	Senior	500	153.430	25.415	

From the above table it projects that the t-value for Parental Pressure (5.124), Peer Pressure (3.071) Physical look and Health (2.606), Social Media Attraction (4.178), Total Adolescent Stress (4.606), Achievement Motivation (2.727) and Academic Achievement (5.726) indicated significant difference between Junior and Senior Secondary students. Hence, the stated hypothesis “There would be no significant difference in the Total adolescent stress, Parental Pressure, Peer pressure, Physical look and Health ,Social Media Attraction, Achievement Motivation and Academic Achievement with reference to Year of study was rejected. The t-value was not significant for the stressor Academic Pressure (0.664). Hence, “There would be no significant difference between Junior and Senior Secondary students in Academic Pressure with reference to Year of study” was accepted.

The mean scores of Academic Achievement for Junior and senior Secondary students were (64.760 and 70.290). The Senior Secondary students had more academic Achievement than Junior Senior Secondary students. The mean scores for Adolescent Stress in total, in the stressors of Parental Pressure, Peer pressure, Physical look and health, Social media Attraction and Achievement Motivation of Junior Senior Secondary students were more than Senior Secondary students. Whereas for Academic Pressure and Academic Achievement Senior Secondary students had more than Junior Senior Secondary students. This can be concluded that Junior Senior Secondary students had more Adolescent Stress and had more Achievement Motivation where as Senior Secondary students had more Academic Achievement

Findings

- The mean scores reveal that higher academic achievement of the senior inter students than junior inter students.
- It was found that more number of Senior Secondary students were experiencing Moderate level of Total Adolescent stress and in all stressors. The sequential order of Adolescent stressors from high to low were, Parental Pressure, Academic Pressure, Physical look and Health, Peer Pressure and Social Media Attraction.
- It was observed that more students exhibited high Achievement Motivation.

Conclusions

The study made an attempt to find out the influence of Adolescent Stress and Achievement Motivation on Academic Achievement. The findings of the research revealed that Adolescent stress was more among Junior Senior Secondary students than Senior Secondary students. The findings also revealed that among the Adolescent stressors, The junior Senior Secondary students felt more of Parental Pressure where the senior Secondary students felt more of Academic Pressure. The Junior Senior Secondary student had higher Achievement Motivation than senior Secondary students. Similarly, the Senior Secondary students were observed to have Scattered Academic Achievement from 'A' Grade to 'D' Grade with very little difference among each.

The current study is found to have an inter correlation among Academic Achievement, Achievement Motivation and Adolescent Stress. Hence it is concluded that for improving Academic Achievement and Achievement Motivation must be boosted among the Senior Secondary students by reducing Adolescent stress.

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