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# A Study of Reasons Leading to Academic Stress Among the IXth Standard Students

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### Abstract

The present study aims to identify the academic stress among IX<sup>th</sup> Standard students of Parag English School. Results of the study reveal that more than 50% students are academically stressed due to various factors including online classes, school environment, family background and economic background.

**Keywords:** Academic Stress, Students, School Environment, Family Background, Economic Background

### INTRODUCTION

School education is a very important part in an individual's life and is also a turning point in their academic life. At this stage, the academic performance of a student plays a crucial role in deciding the next stage of their education, which in turn shapes their career. An excess of academic stress during this stage can result in adverse effects that are far-reaching and prolonged. Academic stress involves mental distress regarding anticipated academic challenges or failure or even the fear of the possibility of academic failure.

Academic stressors show themselves in many aspects in the students' environment: at school, home, in their peer relations and even in their neighbourhood. Students face various academic problems including exam stress, disinterest in attending classes and the inability to understand a subject. Parental pressure for better academic performance is found to be mostly responsible for academic stress. Due to the constant pushing of the student by the parents in order to perform better in both academics and extra-curricular activities, some children develop deep-rooted nervous disorders during their childhood.

### NEED OF THE RESEARCH:

The researcher has taken the topic of Academic stress among IX<sup>th</sup> standard students. The students find it difficult to cope up with their studies. Because of the 'No Detention Policy' pupils didn't have to worry about their exams. But now as they have entered the IX<sup>th</sup> standard they have to pass the exams on their own. They also have to do projects, assignments, homework and extracurricular activities.

There are many potential causes of academic stress like achievement anxiety. It refers to a fear of failure in an academic setting. It sometimes occurs if a student fails to meet academic expectations set by parents, peers, teachers, or even the students themselves. There's also sleep deprivation. Insomnia has been shown to initiate the body's defence mechanisms, causing heart palpitations, tension, and other symptoms that contribute to stress. Also upcoming tests. Students worried about finding time to study or getting a good grade may experience stress in the days and hours leading up to a test.

Academic stress is common among students. Children of IX<sup>th</sup> and 10<sup>th</sup> grade are the most affected as they have to study harder from the previous year.

### STATEMENT OF THE AIM:

"A Study of Academic Stress among the IX<sup>th</sup> Standard Students of Parag English School."

**VARIABLES:** Academic stress, Students, School environment, Family background, Economic background

### OPERATIONAL DEFINITION:

- **Academic:** Academic means academic stress among IX<sup>th</sup> standard students.
- **Stress:** Stress means academic stress due to economic background, school environment, family background and online lectures among IX<sup>th</sup> standard.
- **Students:** Students means IX<sup>th</sup> standard students of Parag English School.

### OBJECTIVES:

- To study the academic stress of IX<sup>th</sup> Standard students.
- To study the difference between academic stress among boys and girls of IX<sup>th</sup> standard students.
- To study the academic stress due to online lectures in IX<sup>th</sup> standard students.
- To study the academic stress due to school environment in IX<sup>th</sup> standard students.
- To study the academic stress due to family background in IX<sup>th</sup> Standard students.

➤ To study the academic stress due to economic background in IX<sup>th</sup> standard students.

the purpose of the research. A total of 35 students filled the form.

**METHODOLOGY**

Survey method of research was adopted for the study. The researcher selected the topic of ‘Academic stress’ among IX<sup>th</sup> standard students. The researcher searched the internet and read about academic stress and the factors that can affect the mental health of the children. On 2<sup>nd</sup> February 2026, the researcher made the Google form using a rating scale tool. On 14<sup>th</sup> February, the researcher took the teacher’s permission to conduct the research during a proxy lecture. On 15<sup>th</sup> February, the researcher explained

**SAMPLE FOR THE STUDY**

The sample of study is the students of class IX A of Parag English School. The sample size is 35.

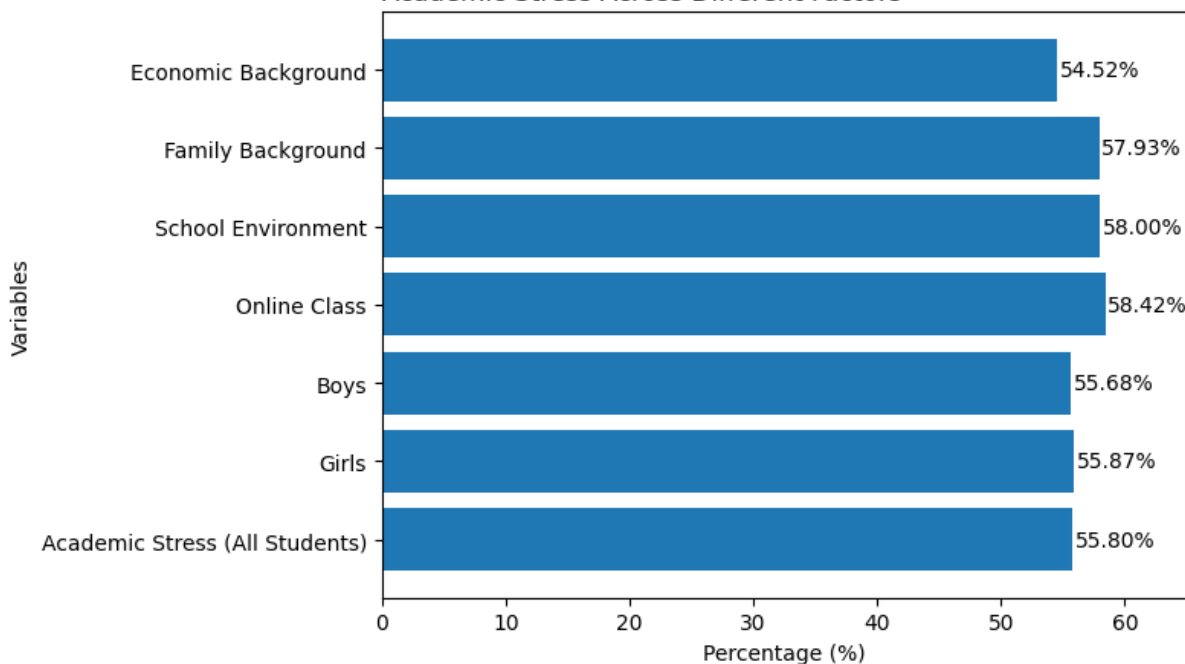
**TOOLS USED**

For the present study, the researcher used the personal information of the student (name and gender). The tools used here was a rating scale – Strongly Disagree, Disagree, Agree and Strongly Agree – prepared and validated by the researcher.

**ANALYSIS AND INTERPRETATION**

Sr. No	Variable	Type	Marks Obtained	Total Marks	Percentage
1	Academic Stress	All Students	1797	3220	55.80%
2	Academic Stress among Girls	Girls	1131	2024	55.87%
	Academic Stress among Boys	Boys	666	1196	55.68%
3	Academic Stress due to Online Class	All Students	409	700	58.42%
4	Academic Stress due to School Environment	All Students	406	700	58%
5	Academic Stress due to Family Background	All Students	730	1260	57.93%
6	Academic Stress due to Economic Background	All Students	229	420	54.52%

Figure 1  
Academic Stress Across Different Factors



**1. Interpretation-**

Table 10.1 shows the academic stress among IX<sup>th</sup> Standard students. The marks obtained are 1797 out of 3220. The overall percentage is 55.80%. The percentage indicates that the score is above average.

**Analysis-**

These figures indicate that more than average students of Standard IX<sup>th</sup> are academically stressed.

**2. Interpretation-**

Table 10.2 shows the academic stress among girls and boys of IX<sup>th</sup> standard students. The marks obtained by girls are 1131 out of 2024 and boys obtained 666 out of 1196. The overall percentage of girls is 55.87% and overall percentage of boys is 55.68%.

**Analysis-**

These figures indicate that there is a minute difference in the academic stress among girls and boys.

**3. Interpretation-**

Table 10.3 shows the academic stress due to online class of IX<sup>th</sup> Standard students. The marks obtained are 409 out of 700. The overall percentage is 58.42%. The percentage indicates that the score is above average.

**Analysis-**

These figures indicate that the students of Standard IX<sup>th</sup> are academically stressed due to online class.

**4. Interpretation-**

Table 10.4 shows the academic stress due to school environment among IX<sup>th</sup> Standard students. The marks obtained are 406 out of 700. The overall percentage is 58%. The percentage indicates that the score is above average.

**Analysis-**

These figures indicate that the students of Standard IX<sup>th</sup> are academically stressed due to school environment.

**5. Interpretation-**

Table 10.5 shows the academic stress due to family background of IX<sup>th</sup> Standard students. The marks obtained are 730 out of 1260. The overall percentage is 57.93%. The percentage indicates that the score is above average.

**Analysis-**

These figures indicate that the students of Standard IX<sup>th</sup> are academically stressed due to family background.

**6. Interpretation-**

Table 10.6 shows the academic stress due to economic background of IX<sup>th</sup> Standard students. The marks obtained are 229 out of 420. The overall percentage is 54.52%. The percentage indicates that the score is above average.

**Analysis-**

These figures indicate that more than 50% students of Standard IX<sup>th</sup> are academically stressed due to economic background.

**FINDINGS**

- 55.80% students of standard IX<sup>th</sup> are academically stressed.
- 55.87% girls and 55.68% boys are academically stressed.
- 58.42% students of standard IX<sup>th</sup> are academically stressed due to online class.
- 58% students of standard IX<sup>th</sup> are academically stressed due to school environment.
- 57.93% students of Standard IX<sup>th</sup> are academically stressed due to family background.
- 54.52% students of Standard IX<sup>th</sup> are academically stressed due to economic background.

**CONCLUSION**

1. More than 50% students are having academic stress. They are facing stress due to constant pressure from teachers and parents to do well in exams. The key factors for academic stress are family background, online class, school environment and economic background.
2. There is a minute difference between boys and girls in academic stress. Both girls and boys are facing a similar situation in family background, online class, school environment and economic background.

3. More than 50% students are having academic stress due to online class. They are stressed because they cannot understand the concept clearly. They also have technical difficulties which make it difficult to follow the lesson as they may have missed out some points.
4. Majority 50% of students are having academic stress due to school environment. They are stressed because of lack of attention in the classroom. They have too much to study and the teacher tends to compare them with other students.
5. More than 50% of students are having academic stress due to family background as their families are unable to help them with their studies. Parents often compare them to their siblings who perform better academically. Many students find it uninteresting as they are often coerced by their parents.
6. Majority 50% of students are having academic stress due to economic background as the family cannot afford to buy a laptop or computer to complete the projects and assignments. They are also not happy with their noisy surroundings/environment as it may distract them from studying.

**SUGGESTIONS:****Students:**

- Students have to find efficient ways to make studies interesting and exciting.
- Students have to manage their time resourcefully so that they can have some free time for themselves. Time management is vital.
- Students need to ask doubts if the concept is not clear to them.
- Students should communicate with their teachers about what concept or subject gives them stress.

**Teachers:**

- Teachers should not always use the traditional method of teaching as it can make the concept boring; rather, teachers can use activity-based teaching so that the concept is clear and interesting.
- Teachers can incorporate some fun and creativity while teaching the subject.
- Teachers should always motivate their students by giving positive reinforcement.
- Teachers should guide students if they are stressed because of studies.

**Principal:**

- The principal can conduct some fun extra-curricular activities that the students can enjoy during their school time.
- Organising a seminar on mental stress caused by studies as well as how to manage them.
- The principal can also conduct activities where both teachers and students can actively participate so that there is better interaction and understanding between them.

**Parents:**

- Parents should openly communicate with their children on what might be the problem or what concept stresses them the most.
- They should not coerce their children to study; rather, help them to make studying/learning interesting.
- Parents should allow children to have some leisure time alone or with their friends.

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