



ISSN (E): 2277-7695
ISSN (P): 2349-8242
NAAS Rating: 5.23
TPI 2022; SP-11(1): 1013-1014
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www.thepharmajournal.com

Received: 11-11-2021

Accepted: 16-12-2021

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Academic stress among post graduate students from agricultural family

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Abstract

The study was conducted to know the academic stress among post graduate students from agricultural family. Academic stress is defined as the body's response to academic-related demands that exceed adaptive capabilities of students (Wilks, 2008). It is estimated that 10-30% of students experience some degree of academic stress during their academic career (Johnson, 1979). The students who came from agricultural family are more prone to academic stress when compared to other students due to the financial situations of their families. The present study was undertaken to find out the association between academic stress with the age, income and education among post graduate students from agricultural family. The study was conducted in the state of Andhra Pradesh with the sample of 30 students pursuing post graduate in arts, science and agriculture. Purposive sampling test was adopted for the study. The academic stress among post graduates students was measured using academic stress scale developed by Dalia Bedewy and Adel Gabriele (2015). Chi-square test was used for the study. The study revealed that there was no significant association between age, education and income with academic stress among post graduate students from agricultural family.

Keywords: Hernia, buffalo bull, umbilical, herniorrhaphy

Introduction

Stress is a state of mental or emotional strain or suspense and is a number of normal, mental, emotional and physiological reactions of the body designed for self-preservation (Shaikh *et al.*, 2004). Academic stress is defined as the body's response to academic-related demands that exceed adaptive capabilities of students (Wilks, 2008) [4]. It is estimated that 10-30% of students experience some degree of academic stress during their academic career (Johnson, 1979) [2]. The occurrence of stress depends on the presence of stressors which is defined as anything that challenges the adaptability of individual's body or mentality. In college life the students experience stress related to changes in lifestyle, increased workload, new responsibilities and financial management. In student's life academic stress is generally an emotional inequity. University time is enjoyable phase in student's life. But it is also accompanied by emotional troubles, psychological distress, relationship issues, settle on occupation and look for individual and professional goals. Post graduate students often deal with pressure with a specific end goal to procure great positions and to get a top of the line degree. Academic stress demands an extra ability to cope, often with something that is new and different in academics. Competition in studies, deprived study tendencies and not sufficiently having time to manage college different needs are taking a toll on the student. Further, unrealistic expectation and demands of teachers and parents lead to enormous stress. Financial difficulties and worry of future career are also stress inducers (Mazumdar *et al.*, 2012) [3]. It is a burning issue affecting students of all grades and levels across the world. Suicidal tendency is also on the increase among university students. Suicides among students are mostly associated with fear of academic failure or under achievement (WHO, 2012). Post graduate studies are stressful and challenging that may effect the academic performance, physical and mental wellbeing of students. The students who came from agricultural family are more prone to academic stress when compared to other students due to the financial situations of their families. The study was undertaken to assess the academic stress among post graduate students from agricultural family.

Methodology

The present study was undertaken to find out the association between academic stress and age, income and education of postgraduate students from agricultural family.

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The study was conducted in the state of Andhra Pradesh. Purposive sampling test was adopted. The sample of 30 students pursuing post graduate in arts, science and agriculture. Academic stress scale developed by Dalia Bedewy and Adel Gabriele (2015) [1] was used to measure the academic stress of the respondents. The scale consisted of 18 statements related to academic stress with three options such as never, sometimes and always scores 1, 2, 3 were allotted for never, something, and always respectively. Chi-square test were used to test the association between age, education, income and academic stress.

Table 1: Distribution of sample by age and its association with academic stress

Age	Frequency F(n=30)	Percentage %	Chi square test value	Significance at 5% level
22	6	20	5.12	NS
23	17	56.6		
24	7	23.3		
Total	30	100		

The age of 56.6 percent of the sample was 23 years, the age of 1/5th of the sample 22 years and remaining 23.3 percent of the sample were 24 years old age.

Results and Discussion

The data was collected, coded, tabulated and analyzed using appropriate statistical methods and are presented under the following heading.

Age: The age of the post graduate students selected for the study was between 22 and 24 years.

Null hypothesis: There exists no significant association between academic stress and age of post graduate students.

Distribution of sample by Education and its association with academic stress

Null hypothesis: There exists no significant association between academic stress and education of post graduate students.

Table 2: Distribution of sample by Education and its association with academic stress

Education	Frequency n=30	Percentage (%)	Chi square test value	Significance at 5% level
Home science	10	33.3	9.13	NS
Psychology	10	33.3		
Agricultural	10	33.3		
Total	30	100%		

The above table shows that education and its association with academic stress equally distributed for home science 33.3 percent, psychology (33.3%) and agriculture (33.3%). The chi square value was found to be non-significant. The chi square value was found to be non-significant.

Distribution of sample by Income and its association with academic stress

Null hypothesis: There exists no significant association between income and academic stress of post graduate students.

Table 3: Distribution of sample by Income and its association with academic stress

Income	Frequency n=30	Percentage (%)	Chi square test value	Significance at 5% level
35k-55k	13	43.3	0.32	NS
56k-75k	10	33.3		
76k-95k	7	23.3		
Total	30	100		

Majority of the respondents family income was between 35-55k per annum (43.3%), followed by (33.3%) and (23.3%) of the respondent were between the 56k-95k per annum towards income and its association with academic stress. The chi square value was found to be non-significant.

Conclusion

The study revealed that there was no significant association between age, education and income with academic stress among post graduate students from agricultural family.

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