

Vol II Issue XII Jan 2013

Impact Factor : 0.2105

ISSN No : 2230-7850

---

Monthly Multidisciplinary  
Research Journal

*Indian Streams  
Research Journal*

Executive Editor

Ashok Yakkaldevi

Editor-in-chief

H.N.Jagtap

---

**IMPACT FACTOR : 0.2105**

**Welcome to ISRJ**

**RNI MAHMUL/2011/38595**

**ISSN No.2230-7850**

Indian Streams Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial Board readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

### ***International Advisory Board***

Flávio de São Pedro Filho Federal University of Rondonia, Brazil	Mohammad Hailat Dept. of Mathematical Sciences, University of South Carolina Aiken, Aiken SC 29801	Hasan Baktir English Language and Literature Department, Kayseri
Kamani Perera Regional Centre For Strategic Studies, Sri Lanka	Abdullah Sabbagh Engineering Studies, Sydney	Ghayoor Abbas Chotana Department of Chemistry, Lahore University of Management Sciences [ PK ]
Janaki Sinnasamy Librarian, University of Malaya [ Malaysia ]	Catalina Neculai University of Coventry, UK	Anna Maria Constantinovici AL. I. Cuza University, Romania
Romona Mihaila Spiru Haret University, Romania	Ecaterina Patrascu Spiru Haret University, Bucharest	Horia Patrascu Spiru Haret University, Bucharest, Romania
Delia Serbescu Spiru Haret University, Bucharest, Romania	Loredana Bosca Spiru Haret University, Romania	Ilie Pinteau, Spiru Haret University, Romania
Anurag Misra DBS College, Kanpur	Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Xiaohua Yang PhD, USA
Titus Pop	George - Calin SERITAN Postdoctoral Researcher	Nawab Ali Khan College of Business Administration

### ***Editorial Board***

Pratap Vyamktrao Naikwade ASP College Devrukh,Ratnagiri,MS India	Iresh Swami Ex - VC. Solapur University, Solapur	Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur
R. R. Patil Head Geology Department Solapur University, Solapur	N.S. Dhaygude Ex. Prin. Dayanand College, Solapur	R. R. Yaliker Director Managment Institute, Solapur
Rama Bhosale Prin. and Jt. Director Higher Education, Panvel	Narendra Kadu Jt. Director Higher Education, Pune	Umesh Rajderkar Head Humanities & Social Science YCMOU, Nashik
Salve R. N. Department of Sociology, Shivaji University, Kolhapur	K. M. Bhandarkar Praful Patel College of Education, Gondia	S. R. Pandya Head Education Dept. Mumbai University, Mumbai
Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai	Sonal Singh Vikram University, Ujjain	Alka Darshan Shrivastava Shaskiya Snatkottar Mahavidyalaya, Dhar
Chakane Sanjay Dnyaneshwar Arts, Science & Commerce College, Indapur, Pune	G. P. Patankar S. D. M. Degree College, Honavar, Karnataka	Rahul Shriram Sudke Devi Ahilya Vishwavidyalaya, Indore
Awadhesh Kumar Shirotriya Secretary, Play India Play (Trust),Meerut	Maj. S. Bakhtiar Choudhary Director,Hyderabad AP India.	S.KANNAN Ph.D , Annamalai University,TN
	S.Parvathi Devi Ph.D.-University of Allahabad	Satish Kumar Kalhotra
	Sonal Singh	

**Address:-Ashok Yakkaldevi 258/34, Raviwar Peth, Solapur - 413 005 Maharashtra, India  
Cell : 9595 359 435, Ph No: 02172372010 Email: ayisrj@yahoo.in Website: www.isrj.net**



## ACADEMIC STRESS MANAGEMENT TRAINING OF X<sup>TH</sup> CLASS STUDENTS THROUGH GROUP COUNSELING

BENITA RAPHAEL AND SHAIKH SHAKEEL ABDUL MAJEED

Research Scholar , Sant Gadge Baba Amravati University.  
Asst. Prof. of Marathwada College of Education, Aurangabad .

### Abstract:

*Academic stress is widely common among Xth Class student which when excessive can threaten one's ability to cope with the environment which in turn will affect the overall performance. Group counseling on the other hand means counseling given in group as it covers all types of two person situations in which one person, the client (the student) is helped to adjust more effectively to himself and his environment.*

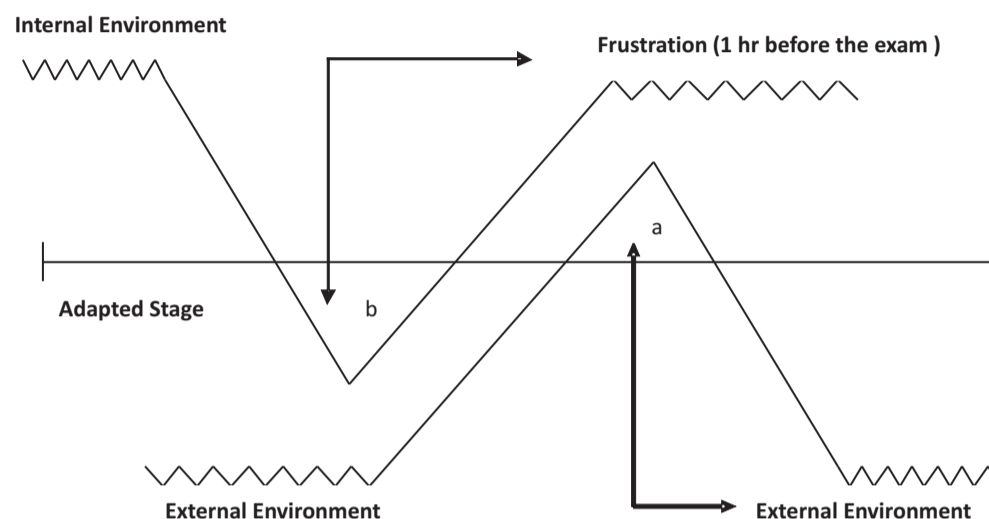
*The objective of the present research study was to find out the impact of group counseling on student who experience severe academic stress. All the students of particular school were and high academic stress later was divided into 30 students each in control and experimental group.*

*The experimental group was given group counseling by experts where as control group remained as it was. Pre-test and post-tests result of the two groups were treated statically. It was observed that group counseling has helped in the reduction of the Academic stress.*

### INTRODUCTION:

Education in India is in a state of flux. There is a lot of chaos with respect to aims, methods, curricular at the various stage of Education. Naturally the students specially of Xth class feel bewildered, frustrated, angry and feel stressful in such state of affair. A number of burden are to be handled one at the same time by them, like, expectations from parents demand of society, school academic result, school academic studies etc. which make them stressful as their future depends on the academic result, which they have to achieve. Hence they experience academic stress.

The modern world, which is said to be a world of achievement, is also a world of stress. Selye (1936) stated "Stress refers to non-specific response of body to any demand made upon it. By this term Selye meant that whatever the external or internal demand on the body, person's response to stress follows a universal pattern.



The diagram above explains the academic stress process. The students are always in the adapted state which is depicted by the straight line. The above and below zig-zag lines indicate the internal and external environment and demands which are less and more in number accordingly. Which are less and more in number accordingly? When state a and b takes place there arises frustration which gives rise to stress to students. Academic stress is widely common among Xth class students which when excessive can threaten one's ability to cope with the environment which in turn will affect the overall performance.

Group counseling is 'Counseling' given in group. Robinson says "the term Group Counseling covers all types of two person situation in which one person, the client (the students) is helped to adjust more effectively to himself and his environment. The work is to discover the problems of the client and help him to set up goals and guide him through difficulties and problems." E.G. Williamson has given emphasis to 'Directive Counseling' as it is problem centered where through the various steps of analysis, synthesis, diagnosis, prognosis, treatment of counseling and follow up, one tries to find out the root cause of the problem and take steps with the client (the student) to bring adjustment and readjustment and solve it. As 'Directive Counseling' is economical and emphasis is upon the problem and also upon the intellectual level hence it is widely applied in the case of the students to solve their problems. To some extent 'The Non-Directive Method' should also be used to remove the emotional block to help bring out the repressed thoughts on conscious level thereby reduce tension.

#### STRESS MANAGEMENT PROGRAMME:

Every person including the stress victim has a wealth of Stress Management Strategies. It is also said that 'Each individual needs a moderate amount of stress to be alert and capable of functioning.' Coping or Management refers to efforts to master conditions that tax or exceed adaptive resources (Monat and Lazarus, 1977)

Pestonjee (1989) stated that, "To overcome stress efforts may be required from both the organization and individual. Some pro-active interventions which an organization incorporates to alleviate stress must include not only strategies that reduce physical tension but also a wide variety of skills from every dimension of life. Stress affects the whole person. Just as symptoms of distress are not limited to physical realm so Stress Management approach needs to be expanded to attend to all aspects of human experience which should include, Physical, Social, Spiritual, Intellectual, Emotional and Environmental Strategies to reduce it. All six were included to some extent to reduce the academic stress which the Xth class students experience.

Misra R. Michelle (2000) compared academic stress of college students faculty wise to identify self-imposed stress, the main reason for academic stress. Bano Samina (2004) found that High IQ Adolescents under stress perform poor in academic. Sood Pratibha (2006) found significant difference in educational choice in relation to academic stress. Prasad M. (2003) imparted Stress Management training to outstation college students and found positive results. Saran K. Shrama (2006) gave descriptive theory to manage stress through dance.

The mental health of the young child not only requires warm, intimate, continuous sustained relationship with family members and society school but also continuous guidance and counseling. Since Academic stress affect the students greatly and hinders his growth and personality, the researcher felt it necessary for the Management of Academic Stress for X<sup>th</sup> class students.

**OBJECTIVE :**

To find out whether Group Counseling given to students reduces Academic Stress Level and increases Stress Control.

**HYPOTHESIS :**

There is no significant difference in the Academic Stress Level of Control and Experimental Group i.e. there is no impact of Group Counseling (intervention programme) on Management of Academic Stress.

**RESEARCH TOOLS:**

Stress Scale by D.M. Singh was used as the research tools for the study.

**SAMPLE :**

A sample of about 200 students studying in class Xth were taken for the study. After administration of Stress Scale by Dr. M. Singh the students who fall in High Stress Scale and Severe Stress Scale were selected for the Group Counseling Programme. The total sample consisted of about 60 students. Two groups of 30 students each were selected to serve as 'The Control and Experimental Group.'

**PROCEDURE :**

After selection of the two groups, (Control and Experimental) the experimental group was given an intervention programme i.e. Group Counseling to help combat the stress and manage it. A post-test for stress was administered to the two groups after six weeks.

The group counseling consisted of 5 sessions which were as follows.

- 1) Stress Management session by Dr. Satish Naib (Psychologist and expert on Stress Management)
- 2) Personality Development session by Jaycee group (Journalist A. Agrawal)
- 3) Way to improve physical and mental health through Yoga session.
- 4) A film (Nation first) by Shiv Khera which increases self-confidence and gives food for thought to become responsible and grow emotionally mature was shown.
- 5) Guidance for Time Management and how to study for various subject was given by subject expert.

Statistical Analysis and Interpretation of Result :

The results were analysed through comparing the result of the pre-test and post-test statistically through calculation of Critical Ratio (C.R.). The results are shown in the following table.

**Table No. 01**

**Results of Pre and Post test of Stress Scale for the Control Group**

Test Condition	N	Mean	SD	SEM	MD	CR	df
Pre	30	55.80	3.84	0.3	0.48	1.6	58
Post	30	56.28	3.48				

For df= 58. Minimum value of significance at 0.01 level is 2.66.  
For df= 58. Minimum value of significance at 0.05 level is 2.00.

From the above table it is quite clear that there is no significant difference between the pre-test and the post test of Stress Scale as no intervention programme of Group Counseling was given to the Control Group.

**Table No. 02**

**Results of Pre and Post test of Stress Scale for the Experimental Group**

Test Condition	N	Mean	SD	SEM	MD	CR	df
Pre	30	54.09	4.17	1.15	16.49	14.33	58
Post	30	37.60	4.83				

For df= 58. Minimum value of significance at 0.01 level is 2.66.  
For df= 58. Minimum value of significance at 0.05 level is 2.00.

From the above table for Experimental Group it is apparent that there is an impact of the intervention programme of Group Counseling since the critical ratio is significant at both level of significance. The mean of the pre-test and the post test comparatively less and as such the stress is reduced and is very well managed by the students through group counseling.

#### **DISCUSSION :**

The result of present research study clearly justifies the effect of the Group Counseling i.e. intervention programme on the Management of Academic Stress as it has helped the students of the Experimental Group not only in the reduction of stress level but also to control their stress. "Thus the hypothesis that there is not significant difference in the stress level of control and Experimental Group rejected.

The significant of the study is revealed that after identification of high sever level stress student it is necessary step either to reduced it or control it to help in its elimination. The role of applied psychology becomes important and significant. The intervention programme given should be real and of importance to the students other wise the result would be adverse.

Parents, school authority and even students feel that to have academic stress is good but at the same time they forget that it should not be serve and must be controlled and hence fails to seek help for the same. Hence all the above authority should recognize their problem and should motivate the student to participate and take benefit of intervention programme of Group Counseling before the onset of Board Exam.

The reviews of 'Prasad M. (2003) imparted Stress Management training to outstation college students and found positive results and Saran K. Sharma (2006) gave descriptive theory to manage stress through 'Dance' taken earlier too suggest the impact of training programme for stress control and special programme for management of stress.

Hence the importance of Group Counseling programme is evident from results obtained. The reduction in the stress level will help the students to develop in other areas too enhancing their academic achievement, development of positive self concept and become emotionally mature and intelligent too.

#### **CONCLUSION :**

From the above research result it may be concluded that there is a positive effect of Group Counseling (intervention programme), on Stress Management as it has helped to reduce the stress level of the Experimental Group.

**REFERENCE:**

- 1) Akbar Hussain (2004), 'Stress Behaviour Vol. I', New Delhi, Friends Publication, P. No. 221, 1.
- 2) Best John W., Kahn James V. (2003), 'Research in Education', Prentice Hall of India Pvt, Ltd., New Delhi.
- 3) Charles Gelso, Bruce Freth (2001), 'Counseling Psychology' (2nd Ed.) Wordsworth Group – Thomson Learning, Belmont CA, USA, 24002-3098.
- 4) Dr. H. L. Kaila, Dr. Satish Pat, Dr. S. Ravi Shankar, Dr. Upinder Dhar (2001), Concept Nature and Dimensions of Stress 'Stress Management Western and Indian Techniques', Himalaya Publishing House, Mumbai.
- 5) Garret, H. E. (1967), 'Statistics in Psychology and Education', Bombay, Vakils Feffer and Simons Pvt. Ltd. Fourth Edition.

## Publish Research Article International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished research paper.Summary of Research Project,Theses,Books and Books Review of publication,you will be pleased to know that our journals are

### Associated and Indexed,India

- \* International Scientific Journal Consortium Scientific
- \* OPEN J-GATE

### Associated and Indexed,USA

- Google Scholar
- EBSCO
- DOAJ
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Databse
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database

Indian Streams Research Journal  
258/34 Raviwar Peth Solapur-413005,Maharashtra  
Contact-9595359435  
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com  
Website : www.isrj.net