

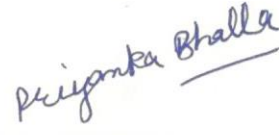
**A Comparative Study on Academic Stress of CBSE
and JKBOSE Secondary Students**



**A
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SUPERVISOR
Dr. Rajinder Kour
Associate Professor


INVESTIGATOR
Priyanka Bhalla
M.Ed. Student
Roll No.12-GCE-12

**GOVT. COLLEGE OF EDUCATION CANAL ROAD,
JAMMU-180006
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SUMMARY

Present study was just an effort to compare state and centre board high school students on only one variable i. e. Academic Stress. In addition we also tried to find any significant gender difference for the same variable. Further we compared male and female students of state board with centre board for assessing any significant difference. In below section we mentioned all the results found.

With the permissions of availed from the principals or heads of schools students were met in their free periods where they were introduced about the research programmes. They were also requested to co-operate only if they are interested. All the basic and necessary information about the research programme was given to the interested students in all the schools from where the samples were collected. Only then the scales were distributed among the students who were the participants and instructions were read and clarified the doubts each time the data were collected or scales were administered. After data collections coring was done and data were tabulated to make them meaningful. After data tabulation data analysis was done. With the help of inferential statistical tool; t-test data were analyzed and results were composed in the section results and discussion. These results are briefed below.

Mean score obtained by total sample of CBSE students is 95, whereas female students' sample of CBSE obtained the average score of 98 and male sample of CBSE students obtained an average score of 94. On the other hand total sample of JKBOSE students obtained the average score of 90, male sample obtained an average score of 90 and female students' average or mean score is 96. In addition to it total sample of male students of both boards obtained the mean score of 93 whereas that of female sample obtained the mean score of 95. We can see the slight differences which are found non-significant.

Now we will discuss each hypothesis one by one:

- i) As for our first hypothesis is concerned, two samples of each board; CBSE and JKBOSE were compared with the help of t-test. The mean score of academic stress obtained by CBSE students is 95 whereas JKBOSE students obtained the mean score of 98. We also calculated Standard Deviation for both samples which came 23.30 for CBSE students and 22.90 for JKBOSE students' sample. Each of the sample constituted of 120 students out of which 60 were male and 60 were female. We used t-test of significance and obtained t-ratio is 1.67 which was quite smaller than 1.96 so there is no significant difference between centre and state board students' level of academic stress even at 0.05 level of significance. Thus defined hypothesis of no difference was supported and not rejected. Present scenario is world of competition wherein parents are becoming more involved with their children's education. The reason behind it may include explosion of awareness through new channels of information.
- ii) For testing second we divided the participants in two samples, one consisted only male students and another consisted only female students. Size of both samples was 120 each. Again we used t-test to test the significance of difference where mean score of male sample was 93 and that of female sample was 95. In addition to it calculated standard deviations are 23.56 for total male sample and 24.87 for female stotal female sample. Calculated t-ratio or Critical Ratio (CR) was 1.08 which was quite smaller than 1.96 so the designed null hypothesis of no difference is accepted and thus there is no significant difference in the level of academic stress of male and female students. One thing that is important to mention is that both samples were mixture of students from both boards. So we did not compared gender across the boards so further research can do so.

- iii) In case of third null hypothesis both sample were female students of each board. This time each sample was having 60 participants. Mean score of CBSE female students was 98 and mean score of JKBOSE female students was 96 and Standard Deviation for female sample of CBSE is 21.22 and for JKBOSE female sample is 22.55. Calculated t-ratio was 1.24 which is smaller than 1.96 thus null hypothesis of no difference was accepted. However, mean score of female sample of CBSE board is 98 which was slightly greater than 90 the mean score of JKBOSE female students. It indicates that female students of CBSE boards might have more demands than the females of JKBOSE female students. On the other hand we must not forget that the samples involved in the study were not enough large to generalize the results. So for better understanding of the phenomenon we must have larger study sample only than we can reach to a reasonable conclusion.
- iv) Two male samples one from CBSE and one from JKBOSE board consisting 60 participants each were used to test fourth null hypothesis of no difference. Mean score of CBSE sample was 94 and that of JKBOSE sample was 90 along with Standard deviations of 24.00 and 24.44 respectively. Further obtained t-ratio for these two samples is 1.34 which is also smaller than 1.96 so null hypothesis of no difference is accepted at 0.05 level of significance.