

To Study Stress and Educational Adjustment among Urban and Rural School going Children

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Abstract

Aim: The aim of the study was to assess stress and educational adjustment among urban and rural school going children. **Materials and method:** Sample of 200 school going children (100 urban and 100 rural) were selected. For data collection, Academic Stress Inventory for School Students and Educational Adjustment Inventory for School Students by Seema Rani and Dr. Basant Bahadur Singh were used. **Results:** A significant difference exists between mean scores of the variable of stress and educational adjustment of urban and rural school going children. **Conclusion:** It was concluded that urban school going children are more stressful than their rural counterpart. Rural school going children have higher level of educational adjustment than their urban counterparts.

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Introduction

Stress is defined as a negative emotional, cognitive, behavioral and physiological process that occurs when a person tries to adjust or deal with stressors (Bernstein et al., 2008). Academic stress is a situation that arises due to various academic factors. It is the feeling of distress in school or at home due to the numerous educational conflicts. It is the major reason behind the stress among school students. This stress challenges the student from all aspects. The students have to face several academic demands such as appearing for school examinations, showing positive progress in all subjects and fulfill other mandatory requirements. Educational adjustment is the process of adapting to the role of being a student and to the various aspects of the school environment. It is nowadays considered as a crucial point in the life of a child as the whole upcoming life would be based on this adjustment strategy. The educational adjustment among adolescents determines the nature of a person and his way of adjusting. Elgar et al., (2003) examined the stress and coping among rural and urban adolescents. Life event questionnaire and youth self-report were utilized for this. It was found that despite irregular patterns of socio-economic conditions, there was similar response by the rural and urban adolescents and there was no significant difference between findings in terms of residence area. Suailman et al., (2009) conducted a research to determine degree of stress among rural and urban school going students in Malaysia. Total 155 students appeared for their study and survey method by administering students- life stress inventory (SSI)