Effect of Stress On Academic Achievement of Undergraduate Students in Tripura

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ABSTRACT

Stress among the undergraduate students has become an important topic for many years. The concept of stress may be discussed from different perspective such as physiological, psychological, educational and so on. In this study educational stress is defined as the type of stress realized by the undergraduate students of due to their educational setting. Academic achievement refers to the marks of university examination obtained by the undergraduate students. The objectives of the study were included:

- To assess the stress and academic achievement of undergraduate students in Tripura.
- To study the effect of group, stream and gender on stress and academic achievement.
- To explore the relationship between the stress and academic achievement.
- To develop the predictive model and to study selected cases qualitatively

In this study the researcher used both quantitative and qualitative method. In quantitative research descriptive method was used. This research design is a factorial one. The study included four hundred (N=400) undergraduate students of 1st year of different colleges of Tripura. Stratified random sampling was adapted to collect data. The student’s stress scale developed by Dr. P.k.Chakraborty and Ranjita Dutta (2004) was used. In qualitative research case study approach was used and 40 undergraduate students were selected as cases. Open-ended questions were provided. A semi-structured interview was used with each undergraduate student. The interview data explored the perceptions of the student. The analysis of the study was done from quantitative and qualitative approach.

The qualitative findings showed that stress was not associated with academic achievement. Result of the study also showed that there was no significant relationship between the stress and academic achievement of undergraduate students of Tripura.

From the qualitative findings it was found that parents do not like to put pressure on students. Students do not feel the pressures related to education as stress. Much of the stressors that students experience are stimulating. Moderate stress helps them to pay attention in the study. So, stressors do not affect the academic achievement.

Key words: Stress, Academic achievement, Undergraduate students.