

# The Stress Experienced by Parents of 10th Standard Students in Selected Urban and Rural Areas - A Comparative Study

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## ABSTRACT

**Background:** Parental stress affects towards their children academic performances may or may not improve the learning of their children. Mothers generally show higher parental stress than the fathers because the mothers are attached more emotionally towards the children.

**Objectives:** 1. To assess the level of stress experienced by parents of 10th standard students in rural areas. 2. To assess the level of stress experienced by parents of 10th standard students in urban areas. 3. To compare the level of stress experienced by parents of 10th standard students between urban and rural areas. 4. To correlate the level of stress experienced by parents of 10th standard students between urban and rural areas. 5. To associate the level of stress experienced by parents of 10th standard students with their demographic variables between rural and urban areas.

**Material and methods:** Descriptive approach is used in this study. Comparative design was used in the study. The study was conducted in selected urban and rural areas of Wardha district. 50 parents selected from urban areas and 50 parents selected from rural areas for the study.

**Results:** 84% of the parents from urban areas had moderate level of stress and 16% had very severe level of stress score. Minimum stress score was 41 and maximum was 82, mean stress score was  $61.18 \pm 10.02$ . 88% of the parents from rural areas had moderate level of stress and 12% had very severe level of stress scores. Minimum stress achieve 47 and utmost was 74, mean stress achieve  $62.96 \pm 6.96$ .

**Conclusion:** The urban areas parents were having more stressed than the rural areas.

**Keywords:** Depression, Anxiety, Stress, Parental expectations, Adolescent.

## INTRODUCTION

Now a days, there is increasing stress and pressure among school going student. This strength is connected to study, test, parents, teacher, or peer pressure. Tension is hard to define other use word near pass outside incentive that cause carry and destroy the resultant interior harm. In this model, stress is considering his/her ability to compact among it. Therefore, human being private assessment of natural

history of the command, of accessible resource and individual skill and of assumed outcome. This advance both recognizes and deals with person difference.

Quarrel to secondary school student ability upper force at unsurprising time every semester as of the school commitment, economic demands, and lots of occasion organization skill. This can affect health, moving state and school presentation, one time pressure has develop

into apparent unenthusiastically or have turn into extreme. The student of X values fit in to youth period of person extent life. [1] According to Bernstein, et al, (2008), the answer from this learn may be helpful for additional study on how these probable sources of pressure and the physical condition of the students. In being it is extremely ordinary to perceive sound about loss and excise in first and next location, and pressure comes in the third place of humans 'harms. Pressure is division of life no substance how powerful, well-heeled, beautiful, or joyful people strength is. Though, pressure may take dissimilar form depending on the condition. [2]

Teenage years are a middle time and it is the connection among early days and parenthood. It is the occasion of fast growth of rising to sexual adulthood, discover one's real person, defining individual worth and ruling one's professional and communal way. Age of teenage years is age of individuality configuration where instructive and personal context extend. Throughout this age communal prospect of person is radically below alteration. [3]

The educational pressures rise through essential educates students, mainly the previous two years. Though numerous parents are aware of that school great effort to keep away from fault is significant classes be able to be quiet along confused. It can be the general knowledge to mentally talented student who believe the maximum heaviness as they find themselves challenging for high score. [4]

Teenager spend the majority part of their day presence school, responsibility of homework and attractive in additional activities. School situation influence on the whole expansion from side to side the school stress of created curriculum and from side to side exposure to teacher who underline school accomplishment and self development. [5]

According to, Kaplan et al. (2005) originate that for student in elevated pressure school environment, an enlarge in educate occasion can contribute to elevate

their school associated pressure. Extremely elevated school success is the require of day to confined most compulsory way, or in addition one have to expression aggravation, embarrassment and distress. Reasonable classroom surroundings and low pressure point yield elevated total success. Adolescents' achievement in their learning activities and their broad socio-economical adjustments are unfair by a range of personal strength of intelligence and ecological experiences. [6]

Examine connection tends to be top throughout central educate years, but teenagers who do not find at least a minimal degree of acceptance at that time in their lives are likely to experience permanent cost, small confidence and pressure. One of the most controlling determinants of children's developmental way is the community background in which they survive. It has been renowned that at different points of being the personality experiences traumatic procedures which reason suffering and severe distress. The level to which the individuals are able toward administer with pressure reflects on their intelligence of self. If personality fails to manage with pressure frequently, his universal intelligence of value suffers. [7]

### Assumptions

- Parents of 10th standard students may experience some stress regarding their sons/daughters performance.
- Some parents may use adaptive coping mechanism to overcome from the stress.
- Parents of 10th standard students may have some knowledge regarding stress.

### MATERIALS AND METHODS

The researcher has adopted descriptive research approach. In the present study, the investigator has identifying the stress experienced by parents among the 10th standard students in rural and urban areas with their demographic variables. Setting refers to the physical locations and conditions in which data collection takes place in Wardha district. The researcher

collected information in the community for identifying the stress experienced by parents among 10th standard students. A purposive sampling technique was used. The tool used for the study was standardized academic stress scale applied and information collected from 50 samples from Salood (rural area) and Arvi naka (urban area) in Wardha district. The inclusion criteria for this study include parents of 10th standard students having boys and girls, available at

the time of data collection, willing to participate in the study and there was one village from urban and one village from rural.

The exclusion criteria is parents of 10th standard students working as a health care professional, parents of 10th standard students who cannot write and read Marathi, parents of 10th standard students who were suffering from any chronic diseases and step parents of 10th standard students.

## RESULTS

Table 1: Percentage wise distribution of parents of 10<sup>th</sup> standard students according to their demographic characteristics n=50+50

Demographic Variables	Urban		Rural	
	Frequency	Percentage	Frequency	Percentage
Age(yrs)				
31-40 yrs	32	(64%)	46	(92%)
41-50 yrs	18	(36%)	4	(8%)
<b>Gender</b>				
Male	23	(46%)	22	(44%)
Female	27	(54%)	28	(56%)
<b>Educational Level of father</b>				
Illiterate	1	(2%)	0	(0%)
Primary	1	(2%)	17	(34%)
Secondary	8	(16%)	25	(50%)
Higher Secondary	24	(48%)	8	(16%)
Graduate	9	(18%)	0	(0%)
Postgraduate	6	(12%)	0	(0%)
Above PV	1	(2%)	0	(0%)
<b>Educational level of mother</b>				
Illiterate	1	(2%)	0	(0%)
Primary	2	(4%)	24	(48%)
Secondary	20	(40%)	22	(44%)
Higher Secondary	14	(28%)	4	(8%)
Graduate	9	(18%)	0	(0%)
Postgraduate	3	(6%)	0	(0%)
Above PV	1	(2%)	0	(0%)
<b>Family income(Rs)</b>				
3000-5000 Rs	0	(0%)	6	(12%)
5001-7000 Rs	3	(6%)	13	(26%)
7001-9000 Rs	19	(38%)	21	(42%)
≥9001 Rs	28	(56%)	10	(20%)
<b>Religion</b>				
Hindu	50	(100%)	49	(98%)
Muslim	0	(0%)	1	(2%)
Christian	0	(0%)	0	(0%)
Other	0	(0%)	0	(0%)
<b>Type of family</b>				
Nuclear	37	(74%)	38	(76%)
Single Parent	2	(4%)	0	(0%)
Joint	8	(16%)	2	(4%)
Step	1	(2%)	0	(0%)
Grand Parent	2	(4%)	10	(20%)
<b>Employment of mother</b>				
House maker	21	(42%)	20	(40%)
Self business	13	(26%)	4	(8%)
Labourer	2	(4%)	23	(46%)
Pvt. Job	11	(22%)	3	(6%)
Govt. Job	3	(6%)	0	(0%)
<b>Employment of father</b>				
Self business	10	(20%)	9	(18%)
Labourer	4	(8%)	28	(56%)
Pvt. Job	23	(46%)	11	(22%)
Govt. Job	13	(26%)	2	(4%)

This above table deals with percentage wise distribution of parents of 10<sup>th</sup> standard students with regards to their demographic characteristics. A purposive sampling technique of 100 subjects was drawn from the study population, who were from selected urban and rural areas. The data obtained to describe the sample characteristics including age, gender, education of father and mother, family income per month, religion, type of family, area of residence, employment of mother and father respectively.

In this table, age group of 31 to 40 years is 64% from urban area and 92% in this same group from rural area. Age group of 41 to 50 year is 36% from urban area and 8% in this same group from rural area. From gender male from urban area is 46% and rural area is 44% then in female from urban area is 54% and rural area is 56%.

Educational level of father from urban area illiterate is 2% and from rural area 0%, primary education from urban area is 2% and rural area is 34%, secondary education from area is 16% and rural area is 50%, higher secondary education from urban area is 48% and rural area is 16%, graduate father from urban 18% and from rural 0%, post graduate parent's from urban is 12% and from rural is 0%.

Educational level of mother from urban area illiterate is 2% and rural area is 0%, primary education from urban is 4% and rural is 48%, secondary education from urban area 40% and rural area is 44%, higher secondary education from urban area is 28% and rural 8%, graduate mother from urban is 18% and from rural area is 0%, post graduate mother from urban area is 6% and from rural area is 0%, above post graduate mother from urban area is 2% and from rural area is 0%.

Family income 3000-5000 Rs from urban area is 0% and rural area in same income group is 12%, 5001-7000 Rs from urban area is 6% and rural area in same income group is 26%, 7001-9000 Rs from urban area is 38% and from rural area is

42%, greater than 9000 Rs from urban area is 56% and from rural area is 20%

In Hindu religion from urban area is 100% and from rural area from same religion is 98%, in Muslim religion from urban area is 0% and from rural 2%, in Christian religion from urban area is 0% and from rural area is 0%, and other religion from urban area and rural area is 0%.

In nuclear family from urban area is 74% and from rural is 76%, from single parents in urban area is 4% and rural area is 0%, and in joint family from urban area is 16% and from rural is 4%, in step parents family from urban area is 2% and rural area is 0%, and grandparents family from urban area is 4% and rural area is 20%.

Employment of mother, is in house maker from urban area 42% and rural area is 40%, self business from urban area is 26% and from rural 8%, laborer from urban 4% and from rural area 46%, private job from urban area is 22% and from rural area is 6%, government job from urban area is 6% and rural area is 0%.

Employment of father, self business from urban area is 20% and from rural 18%, laborer from urban 8% and from rural area 56%, private job from urban area is 46% and from rural area is 22%, government job from urban area is 26% and rural area is 4%.

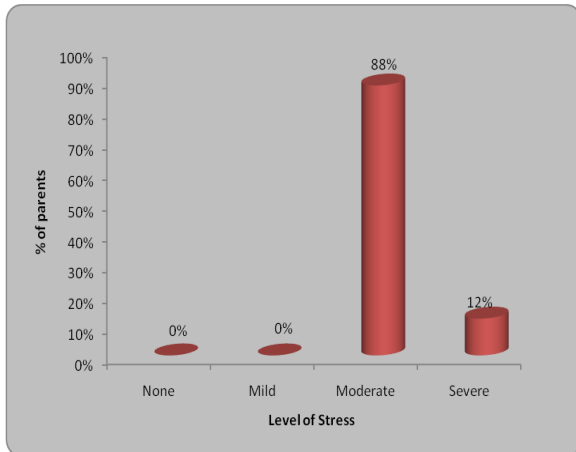
**Table 2: Level of stress among parents in urban area n = 50**

Level of stress	Score Range	Frequency	Percentage
None	0	0	0
Mild	1-30	0	0
Moderate	31-70	42	84
Severe	71-100	8	16
Minimum score		41	
Maximum score		82	
Mean stress score		61.18±10.02	

The above table shows that 84% of the parents from urban area had moderate level of stress and 16% had severe level of stress score Minimum stress score was 41 and maximum was 82, mean stress score was 61.18±10.02. Most of them were having moderate stress because the parents are more concerned about their children's study and keep track of their children all the time.

The Below graph shows that 88% of the parents from rural areas had moderate

level of stress and 12% had severe level of stress score. Minimum stress score was 47 and maximum was 74, mean stress score was  $62.96 \pm 6.96$ . The parents from rural areas are having more moderate stress than the urban areas.



Graph 1: Level of stress among parents in rural area

Table 3: Comparison between levels of stress experienced by parents of 10th standard residing in urban and rural area n = 50+50

Overall	Mean	SD	Mean Difference	t-value	p-value
Urban Area	61.18	10.02	1.78±1.72	1.03	0.63
Rural Area	62.96	6.96			NS

NS-Non significant

This table shows the comparison of level of stress among parents of 10th standard students from urban and rural areas. Mean, standard deviation and mean difference values are compared and student's unpaired 't' test is applied. The tabulated value for  $n=50+50-2$  i.e. 98 degrees of freedom was 1.98. The calculated 't' value i.e. 1.03 mean score of urban area is 61.18 and mean score of rural area is 6.96, Standard deviation of urban area is 10.02 and rural area is 6.96. Hence level of stress among parents of 10th standard students in urban area is more than the rural area because the living standard in urban area is different than the rural area. The parents from urban areas are exposed to many special classes for their children to improve their performance and they are accessed to many facilities.

Table 4: Correlation between levels of stress experienced by parents of 10th standard residing in urban and rural area n=50+50

Overall	Mean	SD	Mean Difference	r-value	p-value
Urban Area	61.18	10.02	1.78±1.72	0.009	0.950
Rural Area	62.96	6.96			NS, $p>0.05$

NS – Non significant

By using Pearson's correlation coefficient positive correlation was found between level of stress experienced by parents of 10th standard residing in urban and rural areas ( $r=0.009, p=0.950$ ).

## DISCUSSION

In this study shows that 84% of the parents from urban area and moderate level of stress and 16% had very severe level of stress score. Minimum stress score was 41 and maximum was 82, mean stress score was  $61.18 \pm 10.02$ . 88% of the parents from rural area had moderate level of stress and 12% had very severe level of stress score. Minimum stress achieve 47 and utmost was 74, mean stress achieve  $62.96 \pm 6.96$ .

According to the Clark and Rieker, (1986), Academic problems have been reported to be the most common source of stress for parents of 10th standard students observed that the most irritating daily hassles were usually school related stressors such as constant pressure of studying of child. A number of studies have explored a relationship between stress and poor academic performance. [8]

According to Dawood (1995), Stressed children show signs of, aggressive behavior, emotional disabilities, shyness, lack of interest and social phobia in otherwise enjoyable activities. In a study revealed that students' stress affects their academic performance.

Generally reaction to stressful situation is based on individual appraisals and interpretations but some situations are inherently more stressful than others. When parents interpret stressful situation which are dangerous or threatening they experience feelings of tension, worry and apprehension. [9]

## Nursing Implications



**Nursing Practice:** This study will help to identify the stress level experienced by parents among 10th standard students.

**Nursing Education:** The finding of the study indicates that the tools prepared can be used by nursing students for collecting data in future.

**Nursing Administration:** Finding of the study can be used by the nursing administrator in creating policies and plans for providing information to the parents of 10th standard student regarding stress and anxiety.

**Nursing Research:** The findings of the study could generalize more evidences and to expand existing knowledge in the nursing profession. Other researchers may utilize the suggestion and the communication for conducting further study in this field.

### **Recommendation**

Recommendation for further study, Based on the answer of the learn, the next subsequent recommendation could be made.

- A similar study can be undertaken with larger samples to generalize the sampling.
- A similar study can be carried out to finding the knowledge of parents of other districts. The study conducted with the intervention to reduce the stress level of parents among 10th standard children.

### **CONCLUSION**

The level of stress score with employment and the type of family of mothers of 10<sup>th</sup> standard students from urban areas is statistically associated with

their level of stress score. Urban areas are more advancing in education and the parents are more stressed to struggle against the society.

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