

Comparative Study of Academic Stress between Humanities & Science Stream Students

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Abstract

An attempt has been made to study the comparison of academic stress between humanities & science stream undergraduate students. For this purpose 'Academic Stress Scale' by Dr. Taresh Bhatia & Dr. Madhuri Rawat was administered on 200 humanities and 200 science stream students of Lucknow areas. The Mean, Standard Deviation (S.D.) and Critical Ratio were calculated of different subareas of academic stress. The results showed that the science stream college students have significantly high overall academic stress and high academic pressure than humanities stream students at 0.01 level. The science students have also significantly high academic conflicts & frustration than humanities stream students at 0.05 level. Although there is no significant difference of family problems & financial stress between humanities and science stream students at 0.05 level.

Keywords : Academic Stress, Humanities & Science Stream Students.

Introduction

Academic stress has become a significant concern among college students due to increasing competition, performance pressure, and career uncertainties. It is a psychological state that arises when students perceive academic demands as exceeding their ability to cope. Academic stress can manifest in various forms, including pressure to perform well, conflicts with peers and teachers, frustration due to high expectations, and financial or family-related concerns.

Among college students, the level of academic stress may vary based on their chosen field of study. Humanities and Science students often experience different types and intensities of academic stress due to variations in curriculum structure, assessment methods, and future career prospects. Science students typically deal with rigorous coursework, practical experiments, and technical problem-solving, which may lead to high levels of cognitive load and stress. On the other hand, Humanities students may face stress due to extensive reading, subjective grading systems, and career uncertainties.

Several factors contribute to academic stress, such as gender, coping strategies, parental expectations, financial background, and peer competition. Additionally, the teaching methodologies and evaluation systems in different academic disciplines further influence stress

levels among students.

The present study aims to compare the academic stress levels between Humanities and Science students by analyzing various stressors, including academic pressure, academic conflicts, frustration, and financial or family-related stress. Understanding these differences can help educators, policymakers, and mental health professionals develop effective intervention strategies to support students in managing academic stress.

The Objective of study

To study the significant difference of academic stress between humanities and science stream students

The Hypothesis of study

There is no significant difference of academic stress between humanities and science stream students.

Research Methodology

Sample

200 humanities & 200 Sciences stream student of Lucknow areas selected through stratified random sampling technique.

Tool Used

Academic Stress Scale

By Dr. Taresh Bhatia & Dr. Madhuri Rawat

Results & Discussion

An attempt has been made to study and compare the academic stress of humanities and science stream students. For this purpose 'Academic Stress Scale' by Dr. Taresh Bhatia and Dr. Madhuri Rawat was administered on 200 humanities and 200 science stream college students. The table exhibited the Mean, Standard Deviation (S.D.) and Critical Ratio of different areas of academic stress-

Table : Showing Mean, S.D. and Critical Ratio of academic stress between humanities and science stream college students

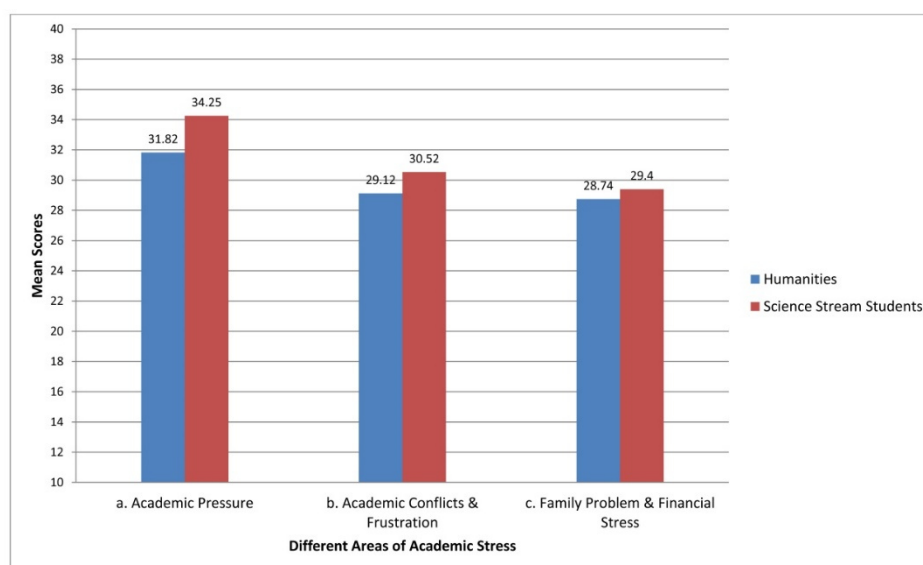
Different Areas of Academic Stress	Type of Stream				Critical Ratio
	Humanities N=200		Science N=200		
	Mean	S.D.	Mean	S.D.	
a) Academic Pressure	31.82	5.29	34.25	4.71	4.86<0.01
b) Academic Conflict & Frustration	29.12	6.32	30.52	5.25	2.41<0.05
c) Family Problems & Financial Stress	28.74	6.16	29.40	6.38	1.05>0.05
Total	89.68	14.61	94.17	13.32	3.21<0.01

Significant Level 0.05 → 197

0.01 → 2.59

The Table shows that science stream college students have more academic stress (mean 94.17), while humanities stream college students have relatively less academic stress (mean 89.68). The science stream college students have more academic pressure (mean 34.25), academic conflict & frustration (Mean 30.52) and more family problems & financial stress (mean 29.40) than humanities stream students. The humanities stream college students have less academic pressure (mean 31.82), less academic conflict & frustration (mean 29.12) and also less family problems & financial stress (mean 28.74) than science stream students. The **Bar Diagram** is also showing the above results.

Bar Diagram : Showing mean scores of the different areas of Academic Stress between Humanities and Science Stream Students.



To study the significant difference of academic stress between humanities and science stream students, the Critical Ratio was calculated. The Critical Ratio value required to be significant at 0.01 level 2.59 and at 0.05 level 1.97 with degree of freedom 398. It is revealed in **table** that the obtained value of critical ratio for academic stress is 3.21, which is significant at 0.01 level. There is significant difference of academic stress between humanities and science stream college student at 0.01 level. The science stream students have significantly high academic stress than humanities stream students at 0.01 level.

There is significant difference of academic stress area as academic pressure between humanities and science stream student at 0.01 level. It is revealed in Table that the obtained value of critical ratio for academic pressure is 4.86; which is significant at 0.01 level. There is also significant difference of academic stress area as academic conflict & frustration between humanities and science stream students at 0.05 level. It is exhibited in table that the obtained value of critical ratio for academic conflict & frustration is 2.41, which is significant at 0.05 level.

The science stream students have significantly high academic pressure and high academic conflict & frustration than humanities stream students. But there is no significant difference of academic stress area as family problems & financial stress between humanities and science

stream students at 0.05 level. It is shown in Table that the obtained value of critical ratio for family problems & financial stress is 1.05, which is not significant at 0.05 level.

Thus the null hypothesis stating that “**There is no significant difference of academic stress between humanities and science students**” is rejected. The science stream college students have significantly high overall academic stress and high academic pressure than humanities stream students at 0.01 level. The science stream students also have significantly high academic conflicts & frustration than humanities stream students at 0.05 level. Although there is no significant difference of academic stress area as family problems & financial stress between humanities and science stream students at 0.05 level.

Prabhu (2015) studied various social, financial, environmental factors that affect level of stress and found that humanities students are less stressed than the students from sciences stream. *Sharma, Chamola and Pandey (2021)* studied stress among students of different streams humanities and science and found that students enrolled in science stream were found academically more stress as compared to students enrolled in humanities stream.

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