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Title of the Thesis: ACADEMIC STRESS IN RELATION TO MENTAL HEALTH, EMOTIONAL INTELLIGENCE AND SOCIO-ECONOMIC STATUS OF DEGREE AND B.ED STUDENTS

Abstract

College students in current era must be educated to mitigate anger, frustration, anxieties, stress and depression at ever stages of their life. These skills affect student's level of mental health, academic stress and socio-economic status therefore encouraging them to develop and improve self-esteem, integration of personality, courage, self-reliance and enable them to handle life on their own terms. The review of literature revealed that plenty of research work is already done on Academic stress but there is dearth of researches in the area of relationship of academic stress with variables like mental health, emotional intelligence and socio-economic status especially with reference to Degree and B.Ed students. This is an area that has not been sufficiently explored. Thus, the present research was designed to study the relationship of Academic stress with Mental health, Emotional intelligence and Socio-Economic Status of B.Ed and Degree students. Descriptive method of research was employed to carry out this research on a sample of 600 student's consisting 300 students from Degree colleges and 300 students from B.Ed colleges from six colleges situated in Faridabad district. Correlation technique, Regression technique, Analysis of Variance (ANOVA) and Post Hoc tests were used to analyze the data.

Major findings of the study:

1. There was significant relationship between Academic Stress and Mental Health of Degree and B.Ed students.
2. There was a significant relationship between Academic Stress and Emotional Intelligence of Degree and B.Ed students.
3. There was a significant relationship between Academic Stress and Socio-Economic Status of Degree and B.Ed students.

4. There was a significant contribution of Mental Health and Socio-Economic Status in predicting Academic Stress of Degree and B.Ed students except Emotional Intelligence variable.
5. There were no interaction effects of Emotional Intelligence and Mental Health on Academic Stress of Degree and B.Ed Students.
6. There were no interaction effects of Emotional Intelligence and Socio-Economic Status on Academic Stress of Degree and B.Ed Students.
7. There were no interaction effects of Socio-Economic Status and Mental Health on Academic Stress of Degree and B.Ed Students.

Therefore it may be concluded that there were no significant interaction effects of Independent Variables as Emotional Intelligence, Mental Health and Socio-Economic Status on Dependent variable as Academic Stress of Degree and B.Ed Students. The present study presents significant relationship of Mental Health, Emotional Intelligence and Socio-Economic Status with Academic Stress which will help to recognize students' current levels of academic stress, mental health, and emotional intelligence and differentiation in their socio-economic status will eventually help facilitator to acquire better understanding of students and their problems. In view of this finding, college authorities, special educators, teachers and clinical psychologists are required to take appropriate measures to reduce the level of academic stress and improve mental health, emotional intelligence and socio-economic status of college students.