



A COMPARATIVE STUDY ON STRESS LEVEL OF STUDENTS OF BMC SCHOOL AND ICSE SCHOOL GOING STUDENTS OF MUMBAI CITY

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Abstract

The present research examines the comparative levels of stress among students studying in BMC (Brihanmumbai Municipal Corporation) schools and ICSE (Indian Certificate of Secondary Education) schools. Stress among students has become a growing concern, with academic pressure, competition, and socio-cultural factors playing a significant role in shaping their mental well-being. This study aimed to analyze whether the type of educational board influences students' stress levels and to statistically evaluate the differences between the two groups.

A descriptive survey research design was adopted. A standardized stress assessment scale was administered to a representative sample of students from both school groups. The collected data were analyzed using the Statistical Package for the Social Sciences (SPSS). Descriptive statistics were used to summarize the data, while an independent samples t-test was applied to test the significance of differences between the mean stress levels of the two groups.

The analysis revealed that students from ICSE schools reported significantly higher levels of stress compared to their BMC school counterparts. The t-test results confirmed that this difference was statistically significant, indicating that factors such as curriculum intensity, parental expectations, peer competition, and examination patterns may contribute to elevated stress among ICSE students. In contrast, students from BMC schools exhibited comparatively lower stress levels, which could be attributed to a less demanding academic environment and different socio-educational contexts.

The findings underscore the need for educational stakeholders to design board-specific interventions and mental health support programs that address the unique stressors faced by students in different educational settings.

Keywords: Impact, stress among students

Introduction

The educational landscape in Mumbai is diverse, with Brihanmumbai Municipal Corporation (BMC) schools forming a significant part of the schooling system, particularly catering to a large segment of the city's population. These schools often operate within a unique set of socio-economic and infrastructural realities. Also, BMC schools form a vital cornerstone of Mumbai's education system, serving a diverse student population often navigating unique socio-economic circumstances.

Schools affiliated with the Indian Certificate of Secondary Education (ICSE) board in Mumbai represent a distinct segment of the educational ecosystem, often characterized by a specific pedagogical approach, curriculum structure, and emphasis on holistic development.

In recent years, stress among school students has emerged as a significant concern, affecting not only their academic performance but also their overall well-being. Different educational environments, curricula, and expectations can influence the level and nature of stress experienced by students. This research focuses on comparing the stress levels of students from BMC (Brihanmumbai Municipal Corporation) schools and ICSE (Indian Certificate of Secondary Education) schools. By examining these two groups, the study aims to understand how variations in educational boards may contribute to differences in student stress.

To achieve this, standardized stress assessment tools were employed, and statistical analysis was carried out using SPSS software. The t-test was applied to determine whether there was a significant difference between the stress levels of the two groups. The findings revealed that students from ICSE schools exhibited significantly higher levels of stress compared to those from BMC schools. These results highlight the crucial role of academic systems and environments in shaping students' mental health, pointing to the need for targeted support and interventions in different school contexts. This research seeks to contribute to a deeper understanding of how educational systems impact student well-being and to provide insights for educators, parents, and policymakers to create more supportive learning environments.

STRESS

Stress is defined as a physical, mental, or emotional response to external or internal pressures that exceed an individual's coping abilities. It is a natural human reaction to challenges or demands, triggering physiological and psychological changes aimed at adaptation.

Objective of Studies

To compare the mean scores of Physical Stress of students of BMC schools and ICSE schools of Mumbai City.

Hypothesis of the Study

Ho1: There is no significant difference in mean scores of Physical Stress of students of BMC and ICSE Schools of Mumbai City.

LIMITATION OF THE STUDY

There was no control of the researcher on the mental frame work of the respondent.

- There was no specific control on the student's honesty and accuracy in self-reporting their stress levels and creative experiences.
- The data collected might have been influenced by short-term changes in students mood or daily stressors that the study couldn't regulate.

DELIMITATION OF THE STUDY

The following delimitations of the study areas under:

- The study was delimited to students of BMC School and ICSE School aged 14- 16 years only.
- The study is delimited to boys only.
- The study is only delimited to F/N ward of Mumbai City only.

STATISTICAL PROCEDURE USED AND ITS JUSTIFICATION

Since, there were two groups for this comparative study viz. students of Brihanmumbai Municipal Corporation and Indian Certificate of Secondary Education schools. Wherein the researcher has decided to Compare the test scores of Stress level in order to see the difference among the Variables, Independent Sample t-test was appropriately used for the data analysis.

Here, SPSS software was used to analyse and interpret the data after taking into consideration the findings from the research on two groups and independent variables in the context of the objectives and prostheses pursued in the current study. Further, on the basis of results major findings followed by discussion have been presented. The standardized tools in the form of questionnaires used in the present study for Stress level by Dr. (Mrs) Vijaya Lakshmi and Dr. Shruti Narain which will be filled by students of Brihanmumbai Municipality Schools and students of Indian Council Secondary Education schools of Mumbai City. So, the said set of questionnaires is standardized and reliable.

RESULTS ON STRESS LEVEL

GROUP WISE COMPARISON OF MEAN SCORES OF PHYSICAL STRESS

The objective was to compare the mean score of Physical Stress of students of Brihanmumbai Municipal Corporation and Indian Certificate of Secondary Education schools of Mumbai City. The data were analysed with the help of t-Test and results are given in Table below.

Table. Groupwise Mean, SD, N and t-values of Physical Stress of BMC students group and ICSE student Group.

Group	M	SD	N	t-value	Remark
BMC Students	2.50	0.85	80	6.69*	p<0.01
ICSE Students	3.31	0.66	80		

*Significant at 0.01

From the table above, it can be seen that t-value is 6.69 which is significant at 0.01 level with df=158. It indicates that means scores of Physical Stress of BMC students group and ICSE students group differ significantly. Thus, the null hypothesis that there is no significant difference in mean scores of Physical Stress of students of BMC and ICSE Schools of Mumbai City is rejected. The mean scores of Physical Stress of BMC students group is 2.50, which is significantly lower than ICSE students group. It may be therefore be said that BMC students group has lower physical stress level than ICSE students group.

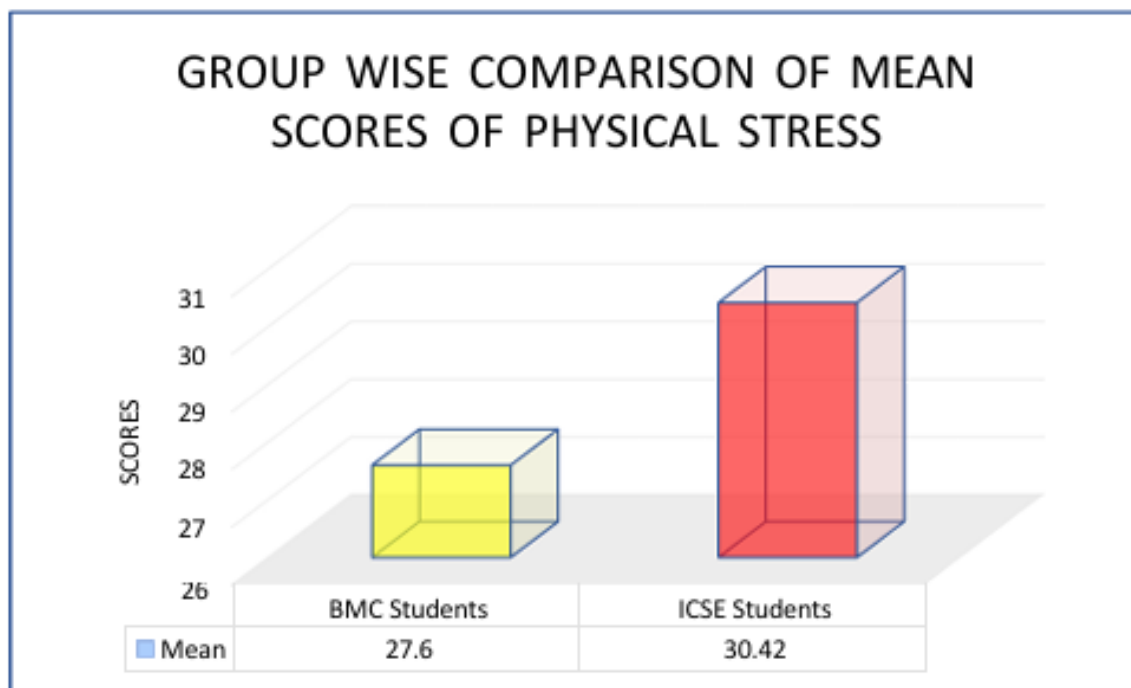


Figure: GROUP WISE COMPARISON OF MEAN SCORES OF PHYSICAL STRESS

Findings on Stress Level

- The means scores of Physical Stress of BMC students group and ICSE students group differ significantly, where it indicates that the mean score of Physical Stress of BMC school students group is significantly lower in ICSE school students group.
- The findings revealed that students from ICSE schools exhibited significantly higher levels of stress compared to those from BMC schools.

DISCUSSION ON FINDINGS OF STRESS LEVEL

In case of Physical Stress, it is found that mean scores of Physical Stress of BMC students group and ICSE students group differ significantly, hence the hypothesis sought that –

H01: There is no significant difference in mean scores of Physical Stress of students of BMC and ICSE Schools of Mumbai City is rejected.

STATEMENT OF THE PROBLEM

Problem of the present study is sought that “A Comparative Study On Stress level of Brihanmumbai Municipal Corporation and Indian Certificate of Secondary Education schools of Mumbai city”

OBJECTIVES OF THE STUDY

- To compare the mean scores of Physical Stress of students of BMC schools and ICSE schools of Mumbai City.

FINDINGS ON STRESS LEVEL

- The means scores of Physical Stress of BMC students group and ICSE students group differ significantly, where it indicates that the mean score of Physical Stress of BMC school students group is significantly lower in comparison to ICSE school students group.

CONCLUSION: STRESS LEVEL

There is difference between students of Brihanmumbai Municipal Corporation and Indian Certificate of Secondary council in terms of stress level, where students of Indian Certificate of Secondary education were tend to experience more physical stress and overall stress compared to their counterparts students from Brihanmumbai Municipal Corporation schools. This can be attributed to the less rigid and examination oriented curriculum in BMC schools, in contrast high academic rigor, competitive environment and parental expectations in ICSE schools often contribute to elevated stress level among their students.

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