



# THE RELATIONSHIP BETWEEN CREATIVITY AND ACADEMIC STRESS AMONG SENIOR SECONDARY SCHOOL STUDENTS

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## Abstract

*The link between students' creative potential and their academic stress was studied in this study. For the purpose of data collection from the students two Questionnaires) Verbal Test of Creativity by Dr. Baqer Mehdi and Scale of Academic Stress by Abha Rani Bisht were used. The field of information gathered by questionnaires, which was then analyzed with descriptive as well as inferential statistics. These findings have uncovered aspects of both creative ability and academic stress, as well as favorable significant correlations between the two. This is the primary motivation for the current investigation that was carried out by the investigator.*

**keywords:** Creativity, Sen Sec School Students, Academic Stress

## INTRODUCTION

Some of us have been blessed with exceptional creative skills, and our contributions to the development of art, literature, science, commerce, education, and other areas of human endeavor are directly responsible for the dissemination of novel ideas and the implementation of cultural shifts. Many creative people have made their impact on the world, including Mahatma Gandhi, Abraham Lincoln, Isaac Newton, and William Shakespeare. They were naturally blessed with imagination, but their environment also had a significant part in shaping their growth via exposure to information and experience. In reality, education is a means through which a child's character may be shaped. The child's physical, mental, intellectual, and spiritual well-being may all be bolstered towards a more progressive direction with the help of creative expression. The Latin word "creatus," which meaning "to have grown,". To put it another way, creativity requires an idea that needs to be implemented. This is the action taken by a person, group, or institution in reaction to a present situation.

## CHARACTERISTICS OF CREATIVITY

### **Creativity is universal:**

Creativity is not confined to any individual, groups of individuals, caste, colour or creed. It is universal and is not bound by the barriers of age, location or culture.

### **Creativity produces something new or novel:**

Creativity denotes the ability of a person to produce something new or novel, but this novelty or newness does not necessarily imply the production of a totally new idea or object which has never been experienced or has never existed before.

#### **Creativity is adventurous and open thinking:**

Creativity is a departure from stereotyped, rigid and closed thinking. It encourages and demands complete freedom to accept and express the multiplicity of responses, choices and lines of action.

#### **Creativity is innate as well as acquired:**

Although many research findings and incidents favor the suggestion that creativity is a Godgift and natural endowment, the influence of cultural background, experiences, education and training in the nurturing of creativity cannot be ruled out.

#### **Creativity is a means as well as an end in itself:**

Creativity as an urge inspires and persuades the individual to create something unique and thus acts as an impetus for expression. This creative expression proves to be a source of joy and satisfaction to the creator. No one other than the creator can experience the warmth, happiness and satisfaction which he receives through his creation. Creation is a source of happiness and satisfaction that he receives through his creation.

#### **Creativity carries ego involvement:**

There is complete involvement of one's ego in creative expression. One's individuality and identity are totally merged in one's creation. One's style of functioning, philosophy of life, and personality may be clearly reflected in his creation be it a work of art, or a piece of writing, etc.

## **Objectives**

1. To reveal the Creativity among Private Senior Secondary School Students.
2. To reveal the Creativity among Rural Senior Secondary School Students.
3. To find out the relationship between creativity and academic stress.

## **Hypothesis**

1. There exists average level of Creativity among Private Senior Secondary School Students.
2. There exists average level of Creativity among Rural Senior Secondary School Students.
3. There exists significant relationship between creativity and academic stress.

## Methodology

The authenticity and reliability of any research is based on the methodology adopted. There are numerous method and procedures to be applied for any study, but it is the nature of problem under investigation, which determines the adoption of a particular method. As far as the research in education is concerned usually more than one method can be used.

### Design

For that any research there is a need for proper planning and preparation of appropriate research design. In simple language, a research design is a plan of action. In the present study, the descriptive survey method was employed. Senior secondary school students were taken to find out the relationship between creativity and academic stress. Groups were made on the basis of type of school and area of senior secondary school students.

### Sample

Sampling is an essential step in the field of research. An investigator wants to collect data from a particular population, but it is not possible for him or her to reach every member of the population. The conclusions are drawn and generalizations are made about the whole population based on examination of some part of the whole. The process of using a part as basis for an estimate of the whole is known as sampling. In the present study purposive sample of 200 senior secondary school students of Ludhiana district were taken.

### Tools

For collecting data for the study, selection of suitable tool is of vital importance. Following tools of research were employed for data collection in the present study.

1. Verbal Test of creativity by Dr. Baqer Mehdi (1973)
2. Scale of Academic Stress by Abha Rani Bisht (1987)

## DELIMITATIONS OF THE STUDY

1. The present study was delimited to the sample of 200 school students only.
2. The study was delimited to senior secondary school students only.
3. The study was delimited to Ludhiana district of Punjab only.

## Results and Discussion

### 1. Creativity among Private Senior Secondary School Students

The first objective was to reveal the Creativity among Private Senior Secondary School Students. To fulfil this objective the levels were obtained.

## DETERMINATION LEVELS OF CREATIVITY

Mean + S.D. and Mean - S.D. were calculated to find high creativity, average creativity and low creativity. Students having scores above 117.1 having high creativity, students having scores between 65.3 – 117.1 have average creativity and students having scores below 65.3 have low creativity. The scores of creativity test of senior secondary school students were grouped in to three groups on the basis of table 1.

**TABLE – 1****Determination Levels of Creativity of Senior Secondary School Students**

Levels	Scores
High Creativity	Above 117.1
Average Creativity	Between 65.3 to 117.1
Low Creativity	Below 65.3

On the basis of Table 1, the percentages were calculated to reveal the creativity among private senior secondary school students which are presented in Table 2

**TABLE 2****Showing Percentage of Creativity among Private Senior Secondary School Students**

Variable	Levels	N	Percentage
Creativity	High Creativity	31	31%
	Average Creativity	62	62%
	Low Creativity	7	7%

**Percentage of Creativity among Private Senior Secondary School Students**

**FIGURE  
– 1 Pie  
Chart  
Showing  
the**

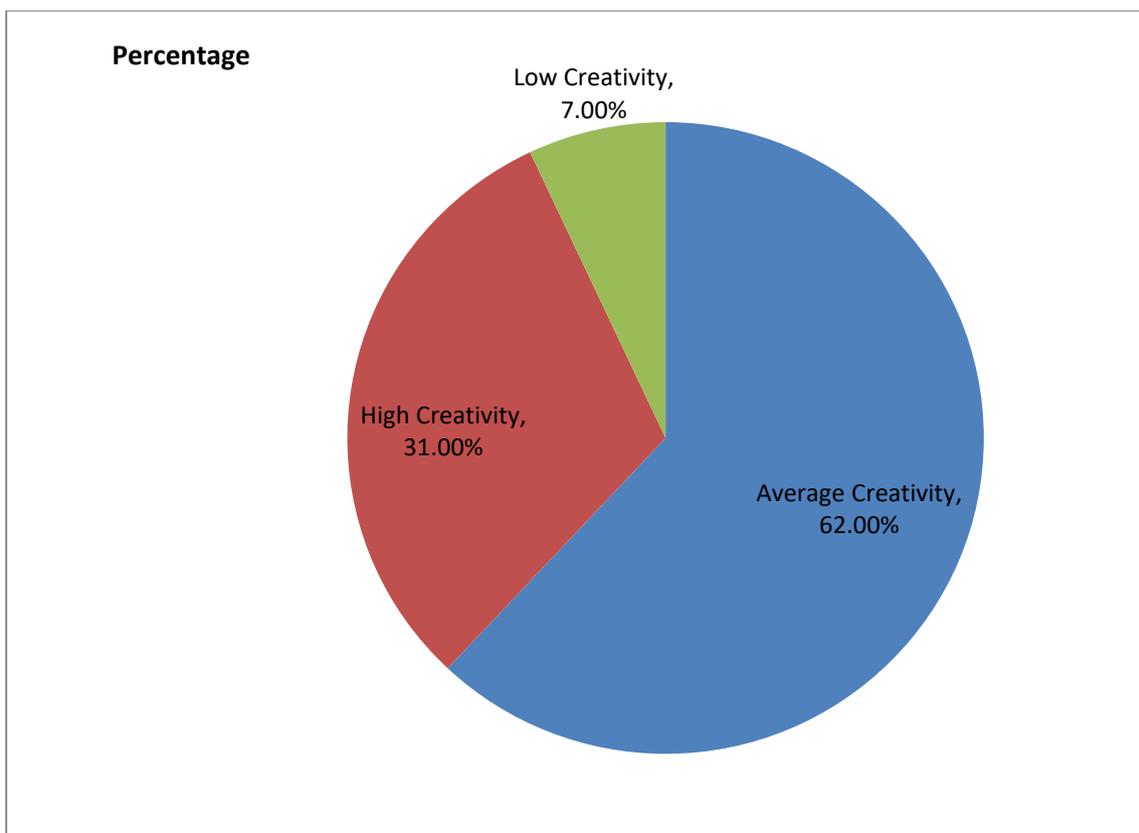


Table 2 as well as figure 1 shows that 31% students have high creativity, 62% students have average creativity and 7% students have low creativity.

So, on the basis of above results, it can be said that private senior secondary school students have average level of creativity. The result given in table 2 is similar to the results given in the study of **Kumar (1992)** as he found that type of school influence the creative thinking and ability of students. Therefore, the hypothesis stated that there exists average level of Creativity among Private Senior Secondary School Students stands accepted in the present study.

## 2. Creativity among Rural Area Senior Secondary School Students

**The second objective** was to reveal the Creativity among Rural area Senior Secondary School Students. To fulfill this objective the levels were obtained and as per Table 1 the following percentages were calculated.

**TABLE – 3. Showing Percentage of Creativity among Rural Area Senior Secondary School Students**

Variable	Levels	N	Percentage
	High Creativity	21	21%

<b>Creativity</b>	Average Creativity	62	62%
	Low Creativity	17	17%

**FIGURE – 2 Pie Chart Showing the Percentage of Creativity among Rural Area Senior Secondary School Students**

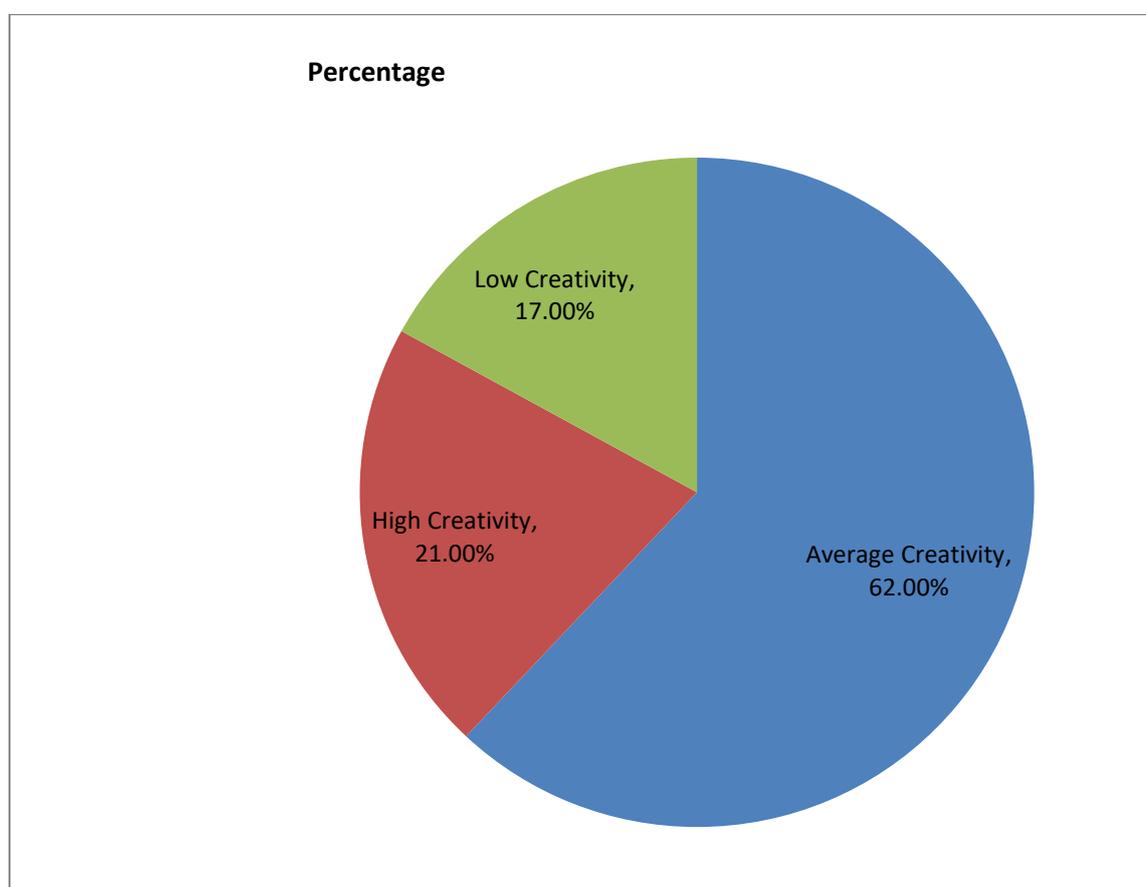


Table 3 as well as figure 2 shows that 21% students have high creativity, 62% students have average creativity and 17% students have low creativity. So, on the basis of above results, it can be said that rural senior secondary school students have an average level of creativity. The percentages given in table 3 shows that most of the students irrespective of their areas have average creativity levels. Therefore, the hypothesis stated that there exists average level of Creativity among Rural Senior Secondary School Students stands accepted in the present study.

### 3. Relationship Between Creativity and Academic Stress

To test this hypothesis the correlation between creativity and academic stress of senior secondary school students was calculated and being presented in table .

**TABLE - 6 Showing Correlation Between Creativity and Academic Stress among Senior Secondary School Students**

Variable	N	Correlation	Level of Significance	Interpre-tation
Creativity	200	-0.235	Not Significant	Insignificant Negative Correlation
Academic Stress	200			

#### N.S.-Not Significant at both levels

From the table 4 it is revealed that the coefficient of correlation between creativity and academic stress among senior school students is -0.235 which is not significant at both levels 0.01 and 0.05. This reveals that creativity and academic stress are negatively correlated.

Thus, the hypothesis no.3 stating that,There exists significant relationship between creativity and academic stress is rejected in the present study.

The negative sign indicates that the rise in academic stress may lead to low level of creativity and higher creativity may lower down academic stress.

#### CONCLUSIONS

- 1) 31% private senior secondary school students have high creativity, 62% students have average creativity and 7% students have low creativity.
- 2) 21% senior secondary school students have high creativity, 62% students have average creativity and 17% students have low creativity.
- 3) There is insignificant negative relationship between creativity and academic stress of senior secondary school students.

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