



International Journal of Advanced Academic Studies

E-ISSN: 2706-8927

P-ISSN: 2706-8919

www.allstudyjournal.com

IJAAS 2021; 3(3): 40-42

Received: 05-04-2021

Accepted: 18-06-2021

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Exam day stress and students suicide: A correlation

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Abstract

The purpose of the study was to investigate the correlation between academic stress and suicidal ideation among students. The sample of this study included 200 students from Allen Institute of Kota (Rajasthan). 100 were IIT aspirant students and 100 were NEET aspirant students. Academic stress measured using the academic stress scale developed by Rao, and suicidal ideation measured using the suicidal ideation scale was developed by Sisodia and Bhatnagar. The result of this study showed that no significant difference in academic stress among IIT and NEET aspirant students and significant difference was found in suicidal ideation among IIT and NEET aspirant students. There are several factors that can affected academic stress and suicidal ideation like parental pressure, personal relationship issues, addiction issues, competitive atmosphere etc. The study revealed the significant relationship of academic stress and suicidal ideation among students. Key words - academic stress, suicidal ideation, students of Allen Institute.

Keywords: Exam day stress, students suicide

Introductions

Stress is a negative physiological, psychological and behavioural process that occurs as a person tries to deal with stressor (Bernstein *et al.*, 2008) ^[1]. Stress is constantly regarded as a mental process that involves an individual's personal interpretation and response to any threatening event.

Psychologist assert that moderate stress motives individuals to achieve and feels creativity. Although stress may hinder individuals from performance on difficult task (Auerbach & Garmbig, 1998) ^[2]. Stress is not necessarily something bad. It all depends on how you take it. The stress is beneficial for creative and successful in work, While that of failure humiliation or infection is detrimental (Selye, 1956) ^[3]. Stress is an unavoidable consequences of modern life style with the pressure of education. In the present scenario what we see that throat cut competition, where every people is facing challenges in one way and each has high level of ambition but lack of time to achieve these goals. Ultimately results in the occurrence of stress.

Academic stress is refers to the force to perform well in examinations, horror from punishment and spirited examinations that is experienced by students. Academic stress has increased over the past few years. Teachers and parents also burden the students with a lot of pressure of getting good grades. The academic stress is one of the significant barrier to students' academic performance. It may be adversely affect their emotional, physical, and psychological health. Kota is the centre of India's private coaching industry. The current expectations from the students of Kota is to be an IIT Ian and doctor. Every year approximately 1.5 to 2 lack students come to Kota to realize their dream to getting into an engineering or medical college. Academic stress among students have long been researched on and researchers have identified there is no single factor that contributes to stress among students. Upbringing, family condition, friend circle, aspiration not in sync with individual capabilities. Overwhelming academic environment, pressure from coaching institutions, lack of regular positive interaction with parents and friends. Suicide is the third leading cause of death among 15 to 24 year olds. And second leading cause of death among college students (Schwartz, 2006) ^[4]. Suicide is not an illness. It's a complex set of behaviour that exists and a continuum from ideas to actions. The word "suicide" is derived from two Latin words "sui" meaning of one self and "edium" meaning killing. It means the act of taking one's own life. Suicide is defined as death by injury, poisoning, or suffocation with the intent of the deceased. That the deceased intended to kill himself or herself (O'Carroll & Berman *et al.*, 1996) ^[5]. The term suicide is often used which usually refers to the idea of suicide, including

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the planning conduct and consequences of suicidal behavior, particularly as a final revision of ideas about the reaction of others (Jose & Alexandra *et al.*, 2005) ^[6]. In Kota the rise in the number of suicides equal with the growth of the coaching industry. National crime bureau reported, in 2014 there has been 61.3 percent increase in suicide cases in Kota, mostly involving students.⁷ The data of 2013 shows that 62 suicide deaths were recorded. The number of suicide cases in Kota is higher than other cities of Rajasthan. Review of Literature Deb *et al.* (2014) ^[8] studied the prevalence of academic stress and exam anxiety among private secondary school students in India. Sample were 400 students (52 percent male) from five private secondary school in Kolkata. Result revealed that 35 to 37 percent reported high level of academic stress and exam anxiety. But those who had lower grades reported higher levels of stress than with higher grades. Arun and Chavan (2014) ^[9] examined the stress, psychological health, and presence of suicidal ideas in school students and to find out any correlation between these variables. The sample included 2402 students from Chandigarh city. The analysis of data revealed that there was significant correlation between student's perception of life as burden and class they were studying, students with academic problems and unsupportive environment at home perceived life as a burden and had higher rates of suicidal ideations. Prabu (2015) ^[10] assessed the level of academic stress among higher secondary students. The sample included 250 students studying in higher secondary schools situated in Namakkal district of Tamil Nadu (India). Result revealed that the higher secondary students are having moderate level of stress. The male students academic stress is higher than female students. The urban students academic stress is higher than rural students. The government school student's academic stress is less than private school students. The science subject students academic stress is higher than arts students. Akhtar and Alam (2015) ^[11] examined the stress and suicidal ideation among school students. The sample included 120 students of different boards of secondary examination. The age of the students ranged from 14 to 18 years. Study revealed that there is no significant difference in suicidal ideation as for as gender is concerned. The results also found that stress and suicidal ideation were significantly and positively related to each other. Gill (2017) ^[12] examined the level of academic stress among students of class 11 having different streams. The sample included 200 students from Ferozepur district of Panjab. The study reveal that the students of class 11 are having moderate level of academic stress and irrespective of sub samples of students are having moderate level of academic stress. Maria *et al.*, (2018) ^[13] examined the prevalence of suicidal ideation and associated factors in medical students. Seventeen studies including a total of 13,244 medical students from 13 western and nonwestern countries were included. The diffusion of suicidal ideation ranged from 1.8% to 53.6%. The most frequent factors associated with suicidal ideation in medical students were depression, lower socio economic status, financial difficulties, having a history of drug use, feeling neglected by parents. Fayaz (2019) ^[14] studied the correlation between irritability and suicidal ideation among the adolescents of Kashmir. Sample were 100 adolescents (50 boys adolescents and 50 girl adolescents) selected from different areas of Kashmir. The result revealed positive correlation between irritability and two dimensions of

suicidal ideation. The results also found that there was no significant difference between adolescent boys and 58 Indian Journal of Public Health Research & Development, October 2020, Vol. 11, No. 10 girls on suicidal ideation and irritability.¹⁴ Objectives. To determine the level of academic stress among IIT aspirant students of Allen Institute of Kota (Rajasthan). To determine the level of academic stress among NEET aspirant students of Allen Institute of Kota (Rajasthan). To determine the level of suicidal ideation among IIT aspirant students of Allen Institute of Kota (Rajasthan). To determine the level of suicidal ideation among NEET aspirant students of Allen Institute of Kota (Rajasthan). To find out the correlation between academic stress and suicidal ideation among students of Allen Institute of Kota (Rajasthan).

Conclusion

The present study revealed that there is no significant difference was found between IIT aspirant students and NEET aspirant students on academic stress. The IIT aspirant student's suicidal Ideation is higher than NEET aspirant students. It is found positive significant correlation between academic stress and suicidal ideation. Experts says that most of the suicides are due to fear of failure and the burden of expectations from family, Sudden change in surrounding, test results, batch reshuffle issues. Apart from these career related issues. The parents should rather make their children psychologically stronger and keep telling their wards that whatever be the results of the exams (success or failure) they are always with them and will support them under any circumstances. Coaching Institutes should also come forward and keep counselling the weaker students. Especially those who suffering from academic stress, depression and suicidal ideation. Written informed consent was obtained from all the participants before commencement of the study. I am a research scholar. I am not taking any kind of scholarship. No funding from any source. Conflict of interest is nil.

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