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# An Assessment of Academic Stress and Adjustment Styles of Teacher Trainees” in Thiruvallur District of Tamil Nadu

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**ABSTRACT:** The main aim of the study was to find: “An Assessment of Academic Stress and Adjustment styles of Teacher Trainees” in Thiruvallur district of Tamil Nadu.” There are 33 D.Ed. teacher training institute in Thiruvallur district out of which 300 students are selected using simple random sampling techniques, by framing a questionnaire and the data was collected using normative method. The data regarding gender, subject background, locality, caste, religion, type of family, handicapedness, interest in the course mental health etc., are collected through a well-defined questionnaire Data was analysed using SPSS. Inferential analyses was carried out, The investigator tabulated the data and analysis was done with the help of simple correlation, ‘t’ tests and chi-square test. The analysis shows that there are significant relationships in Gender, level of adjustment, and mental health of the teacher trainee due to level of academic stress. Adjustment styles and mental health had a significant influence on the academic stress of the teacher trainees. The level of adjustment of the teacher trainees influenced their level of academic stress. Locality and religion did not show any significant differences due to mental health.

**KEYWORDS:** Simple Correlation, ‘t’ test, chi- square test.

### I. INTRODUCTION

Tension and stress have been a part and parcel of life. The 20th century has been branded as the ‘age’ of stress and anxiety. Stressful circumstances are encountered everyday and at every stage of human development. From the very trauma of birth itself, right through adolescence, the young meet unavoidable sources of stress. From weaning and toilet as babies to the process of formal education and learning social skills, stress is encountered in varying dials. Despite the fact that education is universally given a high priority; the academic institutions today do not show a motivating atmosphere.

Students are often subjected to various stress related tests, examinations, homework (in the form of punishment), teachers (biased attitude inefficient), peer group (self oriented) etc. The major challenges of students are: poor retention and recall, lack of appreciation from then- parents (loss of motivation), school environment, personal anxieties, fear of teachers, exam phobia, perpetual insecurity, conflicting expectations from the parents and the society, the growing competition, fear of failure or success and parental attitudes. Adjustment means reaction to the demands and pressures of social environment imposed on the individual. It involves the ability to solve one’s problems in socially acceptable and constructive way. Adjustment is nothing but the interaction between a person and environment. In another words both personal and environmental factors work side by side in adjustment process.

The adjustment styles of the individual play a decisive role in his total development. Such styles often have their roles at home and school. Students spend a sizeable portion of their time in schools, which influences their total personality. Therefore, the main thrust of this investigation was to compare the academic stress and adjustment styles of adolescent boys and girls studying teacher training (DIETs)

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## II. STATEMENT OF THE PROBLEM

“An Assessment of Academic Stress and Adjustment styles of Teacher Trainees” in Thiruvallur district of Tamil Nadu.

## III. OBJECTIVES OF THE STUDY

The present investigation was made to obtain useful insights concerning different academic stress and adjustment styles areas of teacher trainee boys and girls studying in the District Institute of Education and Training (DIETs).

The main objectives of the present investigation are:

- i). To estimate the general level of academic stress and adjustment styles among the teacher training students.
- ii) To find the correlation between academic stress and adjustment styles with the independent and demographic variables.
- iii). To study the relationship between academic stresses and adjustment styles with mental health of the teacher training students.
- iv. To find out the influence of different personal and demographic variables on academic stress and adjustment styles of teacher training students.

## IV. METHODOLOGY

The study is aimed at investigating the academic stress and adjustment styles of the teacher training students studying in DIETs of Thiruvallur district, Tamil Nadu.

There are 33 D.Ed teacher training institute in Thiruvallur district, out of which 300 students are selected using simple random sampling techniques, by framing a questionnaire and the data was collected using normative method. The data regarding gender, subject background, locality, caste, religion, type of family, handicappedness, interest in the course etc., are collected through a well-defined personal data sheet. Mental health of the students was collected through appropriate questionnaires. The influence of these independent variables with the dependent variables in different areas of academic stress and adjustment styles were studied. Statistical techniques such as simple correlation ‘t’ test and chi – square test were employed in analyzing the data.

## V. RESULTS AND CONCLUSIONS

Academic stress and adjustment styles of the D.Ed. teacher trainees showed significant differences in all the variables except the subject background. Locality and religion did not show any significant differences due to many other reasons.

Gender, level of adjustment, study habits and mental health of the teacher trainees had shown a significant difference in their proneness to their level of academic stress.

Adjustment styles and mental health had a significant influence on the academic stress of the teacher trainees.

Interest in the course, and mental health of the teacher trainees had shown a significant impact on the level of academic stress.

v. The level of adjustment of the teacher trainees influenced their level of academic stress.

Adolescent is the most important period of human life. A major part of a country’s population consists of adolescents. Thus the prosperity of any country in various fields depends upon the proper adjustment of the adolescents. A well adjusted adolescent will be a good adult in the society.

The society is in the need of such well adjusted adults. Thus during the adolescent period good adjustment is very much needed in general to the society and in particular to the individual development.

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