



A STUDY ON COPING STRATEGIES OF INTERMEDIATE STUDENTS IN PALNADU DISTRICT OF ANDHRA PRADESH

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NEED AND SIGNIFICANCE OF THE STUDY

In the Indian education system, the parents play a major role in selecting the subject group in the higher secondary class. During the selection of subjects, the interests of the parents are enforced on their children. This way of compulsion made by parents enables them to get admission into the professional courses. The parents dream about their children becoming doctors or engineers, irrespective of their capability or ability. They do not consider the students' interest in studying the subjects selected. Parents' expectations are the main factor for the stress that students face in academics.

In many situations, academic Stress among higher secondary students, especially higher secondary students, is considered a positive effect. The students could overcome this academic Stress with the help of certain strategies. The students need to follow certain coping strategies to overcome the Stress they are affected by and bring out their best performance.

Perceived Parental expectations play a positive role in the greater achievements of their children. Children face severe Stress when the parents' expectation about their child goes beyond their abilities. The parents should also consider the students' capacity while placing their demands on their wards. Parental expectation is one of the major factors for academic Stress.

At certain times, the students will be facing heavy Stress from the school activities and parents. The students will need to adopt several strategies to overcome stressful situations during those times. When the students face overt pressure, they should attempt to choose how to cope with the Stress in academics. In recent times, academic Stress, in extreme cases, lead to depression, suicidal ideas and further life-threatening decisions taken by the students.

Educational counseling sessions have emerged in schools to help higher secondary students so that their internal conflicts do not torment them, do not become cynical, and do not resort to self-destructive strategies. The need of the hour is to determine the levels of academic stress among higher secondary pupils and assist them in developing adequate coping methods. This can be accomplished with the support of teachers, parents, and community involvement. As a result, difficulties emerging from a lack of interpersonal skills at home, with peers and instructors, in academic affairs, and elsewhere must be addressed by direct engagement in developing their competencies.

Parents and teachers require expert assistance in dealing effectively with children experiencing personal, social, and academic difficulties. Teachers, in particular, need to be aware of students who are having difficulties in the lack of professional guidance and counseling services in schools so that the investigator interest to study on *“A study on Coping strategies of intermediate students in Palnadu district of Andhra Pradesh.”*

OBJECTIVES OF THE STUDY

To find out the level of coping strategies of intermediate students and to classify it.

8. To find out the coping strategies of Intermediate Students in different dimensions.

A. Problem focused strategies.

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|--------------------|-----------------------|
| i. Problem solving | ii. Planning |
| iii. Confronting | iv. Adaptive behavior |



v. Seeking assistance

B. Emotional focused coping strategies.

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|--------------------|------------------|
| i) Rationalization | ii) Distractions |
| iii) Avoidance | iv) Resignations |
| v) Acceptance | vi) Blaming |

9. To find out the influence of the following Demographic variables on the coping strategies of the intermediate students.

- a) Gender
- b) Locality of the institution
- c) Medium of Instruction
- d) Type of Institutions
- e) Residence

HYPOTHESES OF THE STUDY

A hypothesis is a guess, a conjecture, or a tentative conclusion about the existence of some fact, condition, or relationship related to some occurrence that serves to explain known facts in a certain field of study and to drive the quest for new knowledge. A hypothesis is a theory or a series of propositions put out as an explanation for the occurrence of a certain group or phenomenon, either as a provisional guess to lead some inquiry or as a highly probable explanation in light of known facts. For this investigation, the following hypotheses were developed:

Hypotheses 1: There would be no significant difference between boys and girls of intermediate students in their coping strategies.

Hypotheses 2: There would be no significant difference between Intermediate Students belonging to rural and urban colleges in their coping strategies.

Hypotheses 3: There would be no significant difference between Intermediate Students belonging to Telugu and English medium in their coping strategies.

Hypotheses 4: There would be no significant difference between Intermediate Students belonging to government and private Colleges in their coping strategies.

Hypotheses 5: There would be no significant difference in residential and non-residential intermediate students in their coping strategies.

VARIABLES OF THE STUDY

As the name implies, a variable is anything that changes. Variable refers to measurable characteristics of objects, events, things, and beings. In other words, variables are characters or candidates that the experimenter or investigator can modify, control, or watch. Variables are a prerequisite for doing worthwhile comparative research. The following variables are taken into account in this study.

Dependent Variable

Emotional intelligence

Independent Variables

1. **Gender** (Boys / Girls)
2. **Locality** (Rural / Urban)
3. **Medium of instruction** (Telugu / English)
4. **Type of institutions** (Government / private)
5. **Residence** (Residential / Non-Residential)



SCOPE OF THE STUDY

The scope of the present study pertains to the impact of Coping Strategies among adolescents studying in various intermediate Colleges in the Palnadu district. The basis of the data is the response to tools given by the intermediate students.

GEOGRAPHICAL AREA OF THE STUDY

Out of the 13 districts in Andhra Pradesh, Narasaraopet, Palnadu District is conveniently selected for this study.

POPULATION FOR THE STUDY

The sample population consisted only 200 intermediate students of Palnadu District of Andhra Pradesh is conveniently selected for this study.

DELIMITATIONS OF THE STUDY

1. The study is exclusively open to students in intermediate Colleges only.
2. The present study was limited to the sample chosen in the Palnadu district only.
3. The study sample was confined to 200 intermediate students only.
4. In this present study, the dependent variable is coping strategies, are the selected for this study.

METHOD OF INVESTIGATION

The normative survey method was utilized to collect data from the available cases during this investigation. The research design was prepared when the study problem was defined. A normative survey method is a method, tool, or methodology for collecting data in research by asking a set of questions to a predetermined sample of people. It usually makes communicating information easier for study participants and the person or organization researching. Survey methodologies might be qualitative or quantitative, depending on the type of study and the data you wish to collect. Form Plus, for example, can be used to build and administer an online survey that collects statistical data from respondents.

SAMPLE AND SAMPLING

A sample is a subset of a population that has been chosen for observation and investigation. We can make inferences about the features of the population by looking at the qualities of the sample. The investigator randomly chose 200 intermediate students from rural and urban intermediate Colleges in the Palnadu district for the current study.

COLLECTION OF DATA

The Investigator selected the 20 Junior Intermediate Colleges of the Palnadu district of Andhra Pradesh belonging to different management. The Investigator approached the Principals of the various Colleges and requested to permit data collection in their institutions.

TOOLS OF THE STUDY

Tool 3: Coping Strategies Scale was developed by *Shilpy Gupta and Ajay Kumar (2020)* (This scale consists of 40 items divided into two forms and 2 sub-areas.)

Coping strategies Scale

STATISTICAL TECHNIQUES USED FOR THE STUDY

The Investigator collected raw scores after doing calculations with the help of a scoring key. Organizing and summarizing raw data to find meaningful interpretations and draw valid



conclusions is necessary. The Investigator has used specific statistical techniques to translate and interpret the raw scores.

Following statistical techniques were used for the analysis and interpretation of data:

The following statistics were applied to analyze the collected data.

1. Arithmetic Mean
2. Standard Deviation
3. Percentage of Mean
4. t' Test and 'r-value- were calculated
5. ANOVA Analysis

A comprehensive analysis was done of the data collected through questionnaires by using computer software i.e. Statistical Package for Social Sciences (SPSS) The following statistical techniques were used: i.e. Mean, Standard Deviation, % of mean, 't' value and 'r' value were calculated.

FINDINGS ON COPING STRATEGIES

1. From the table (4.24) the result is indicates that the intermediate students are having above average level in their coping strategies at intermediate level. Hence the hypothesis is that "The intermediate college students are not possessing high Coping strategies. It can be rejected as the intermediate students are possessed above average level in their coping strategies at intermediate stage.

2. From the table (4.25), it is found that the overall classification of coping strategies more students at a moderate level. The intermediate level students having good coping strategies skills in their life.

3. From the table (4.26), it is found that the overall areas in Coping Strategies the adolescent intermediate students are having good condition in Emotional focused coping strategies according from the of mean value.

4. From the table (4.27), it is found that the overall sub areas in the problem-focused coping strategy are the adolescent intermediate students' the area is that 'seeking assistance' is high mean value in their coping strategies. It means Students are getting good grades in the sub-area of seeking assistance.

5. From the table (4.28), it is found that the overall sub areas in the emotional-focused coping strategies of adolescents are the students have very high capabilities in the sub area of avoidance. Based on the results, students are in good shape to overcome problems.

6. From the table (4.29), it is found that 't' value is 1.0 which is not significant. Hence, the hypothesis is that "there would be no significant difference between rural and urban colleges among intermediate students in their coping strategies." it can be accepted for the variable "Gender" at a 0.05 level of significance. Boys and girls are at the same level in coping strategies regarding the mean value at intermediate level. It is concluded that gender is not impact on their coping strategies.

7. From the table (4.30), it is found that 't' value is 0.796 not significant at 0.05 level. Hence, the hypothesis is that "there would be no significant difference between rural and urban colleges among intermediate students in their coping strategies." it can be accepted for the variable "locality" at a 0.05 level of significance. Rural and urban college students are at the same level in their coping strategies regarding the mean value at the intermediate level. It is concluded that locality is not impact on their coping strategies.

8. From the table (4.31), it is found that the 't' value is 0.71, which is significant at 0.05 level. Hence, the hypothesis is that "There would be no significant difference between Telugu and English medium intermediate students in their coping strategies." it can be accepted for



the variable "medium of instruction" at a 0.05 level of significance. Telugu and English college students are at the same level in their coping strategies regarding the mean value at the intermediate level. It is concluded that medium instruction has no impact on their coping strategies.

9. From the table (4.32), it is found that the 't' value is 1.21 not significant at 0.05 level. Hence, the hypothesis is that "there would be no significant difference between government and private colleges of intermediate students in their coping strategies." It can be accepted for the variable "type of management" at a 0.05 level of significance. Government and private college students are at the same level in coping strategies regarding the mean value at the intermediate level. It is concluded that type of management is no impact on their coping strategies.

10. From the table (4.33), it is found that the 't' value is 2.07, not significant at 0.05 level. Hence, the hypothesis is that "there would be no significant difference in residential and nonresidential college students in their coping strategies". It can be rejected for the variable "Residence ". Both residential and non-residential intermediate college students are having different levels in their coping strategies. Residential college students are getting good capability in coping strategies when compare with non-residential intermediate college students.

SUGGESTIONS FOR FURTHER RESEARCH

1. The present study was restricted to only the Guntur division of Andhra Pradesh state.
2. It is suggested that the same study can be conducted in other divisions of Andhra Pradesh.
3. The investigator has restricted the study to class Junior inter students.
4. In the present study, only one district was selected; the study can be conducted in all the districts of Andhra Pradesh.
5. The comparative study may be carried out on students of rural/urban colleges, including higher education areas.
6. The comparative study may be conducted on students of different professional courses.
7. A comparative study can be conducted to determine the causes of coping strategies in professionals like teachers, doctors, etc. and the coping strategies coping strategies.
8. The study may be conducted on parents and guardians dealing with the problematic person and the type of support they got.
9. The comparative study may be conducted between different states or divisions of the same state by taking the same variables.
10. The study can be conducted by taking coping strategies coping strategy as an independent variable, with other dependent variables like college environment, family environment etc.
11. The present study was restricted to only adolescents of intermediate first-year students. The same can be conducted on persons of another age group also.
12. In the present study, mainly two strategies were taken, i.e. problem-focused and emotion-focused; the same study can be conducted using other strategies.
13. The investigation can also be extended to various levels of classes from VI to X.
14. The present study can be executed by comparing the teaching and learning methods of the students studying the commerce and science subjects.
15. A study may also involve the schools that follow the Central Board of Secondary Education of different states.

EDUCATIONAL IMPLICATIONS



The colleges play a key role in preserving and promoting the constructive mental health of the college students. The college teacher and parents play a significant role in helping their kids maintain good mental health. In the current study, Academic coping strategies and coping strategies appeared to be the largest categories, so the main implication for the practice is that interventions should not only focus on the individual child but its entire environment; the developmental outcomes of a child are determined by the transactions between the child, caregivers and the environment(Guralnic,2005). The conclusions of the present study have direct implications for the students and the teachers for building sound mental health and improving the teaching-learning environment at the college level.

CONCLUSION

The teacher should help the adolescent students be aware of their coping strategies and find the sources. They should create a pleasant atmosphere at school that may help the students solve their problems. They must talk positively and moderate themselves to perform at their best. The present investigation analyzed the "impact of coping strategies among adolescents. Through its modest scope, the research has tried to penetrate one of the hidden realms of the academic coping strategies coping strategy. This study can interpret and help the teacher handle the students in the classroom in a better way to develop coping strategies.

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