

MINOR RESEARCH PROJECT IN ENGLISH

Submitted to

UGC Western Region, GaneshKhind, Pune

Minor Research Project Title

**Academic Stress and Health outcomes among elite level students:
A comparative study between Indian and
Foreign English Female Students**

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EXECUTIVE SUMMARY

The project entitled "Academic Stress and Health outcomes among elite level students: A comparative study between Indian and Foreign English Female Students" has successfully explained the theory of academic stress and health outcomes among elite level students i.e. Indian and Foreign and Indian English Female Students. It also explored the relationship between stress and health, mental and physical impacts on female students at UG level. The aim of the research was to determine the academic stress and health outcome among Indian and international female learners, another particular goal of the research is to determine the stress level and mental health status of foreign and Indian learners residing in distinct socio-cultural and economic circumstances.

Academic stress among female students is academic, intellectual and sensitive pressure due to daily college life necessities. In college/university and school period, mostly every student feels stress at some point. Stress subsequently plays a noteworthy and beneficial role in the lives of the student because it provides the feeling of insecurity and off course insecurity gives us courage. So, the female English learners should be guided properly with the proper counseling, support and personal assistant. The research effort can prove very useful in reducing academic stress and improving psychological health. Data were collected through four standardized questionnaires from 250 Indian and 87 foreign female students from different universities and colleges across India.

All the respondents in the research were female students and it is obvious from the information that most research respondents have been studying English since childhood. Based on the information, it is obvious that most girl learners are UG students and study English as a mandatory topic. He said that the faculty frequently attends the English language class.

Most girls' first language is not English, but Marathi, Hindi, Telugu, Gujarati or any other language. As a consequence, while learning the English language, female students experience a lot of issues and that stresses them. For this reason, professors and educators attempt to educate girls in both languages, but not all mother tongues are the same and professors, educators are unable to explain everything in mother tongue. From the information it is obvious that most respondents did not ask questions and problems to their English faculties and participants agreed that the faculty focused on reviewing previous subjects before proceeding to the next subject regarding English language teaching. Teachers should provide all girls with adequate counseling, advice, help to get rid of stress. Government should provide unique grants to universities to set up English Language Labs, to buy English translation material, Audio-Video aids. A strategy for curing academic stress among English female learners should be developed. Yoga workshop, stress management workshop, student programs should be organized by institutes.

The findings of the study show that the Indian students were found to have more academic stressors to foreign students. The results also indicate that no significant difference of self-efficacy, health outcomes and coping were found between Indian and

Foreign Female Students. The findings of the research may improve the awareness in health professionals, teachers, educators and students regarding the ill effects of academic stress on health outcomes.

CONTRIBUTION TO THE SOCIETY (GIVE DETAILS):

The project has supported to produce a fresh point of view, fresh view and opinion on female students health and their academic stress. In India, traditionally the educational stress levels of female students went neglected or ignored.

According to the World Health Organization(WHO), 8 lakh suicides, every year and major causes are related to educational stress, failure in examination, mental illness, etc., The stated research project investigated the basic reasons, cause, origin and sources of stress and also provided complete knowledge to tackle the academic stress as well any personal stress.

Worldwide, people are using Yoga, Meditation, Reading Self-Help books to reduce anxiety, fear, and mental stress. Many organizations, institutions are adopting new strategies to cope with this major problem. This project is useful for all the female students to understand the stress and ways to overcome it. The study highlighted various ways to overcome the stress levels with theoretical and practical guidelines. The study also describes the personal and private growth of female students. The project would be beneficial to all-female student worldwide to overcome the stress levels. The outcomes are useful and beneficial to a better society, a more positive world for female students.