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Research proposal

Topic:Academic performance

Title:The effects of stress on academic performance among secondary school in Nandi county

BACKGROUND

Stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances. Academic stress can reduce motivation, hinder academic achievement, and lead to increased secondary dropout rates. Academic stress has also been shown to impact students' mental health negatively. Much of the literature examined so far indicates that the majority of students are facing pressure. Stress can also affect students' academic performance adversely through negative attitude towards school, strained relationship with teachers and lack of confidence in academic work. The study also reveals a positive relationship with stress and failed subjects with a p-value of ($p=0.011$). 52.2% of the respondents revealed that stress was associated with failed subjects while 47.8% of the respondents disagreed. Studies indicate that high-stress leads to decreases in students' academic performance.

THE STATEMENT OF RESEARCH PROBLEM.

Among the concerns that secondary schools in Kenya have to deal with is the effects of stress. It has been noted that there has been a drop in performance in secondary schools in Kenya due to stress.

CONCEPTUAL FRAMEWORK

Academic performance
(Poor academic performance)

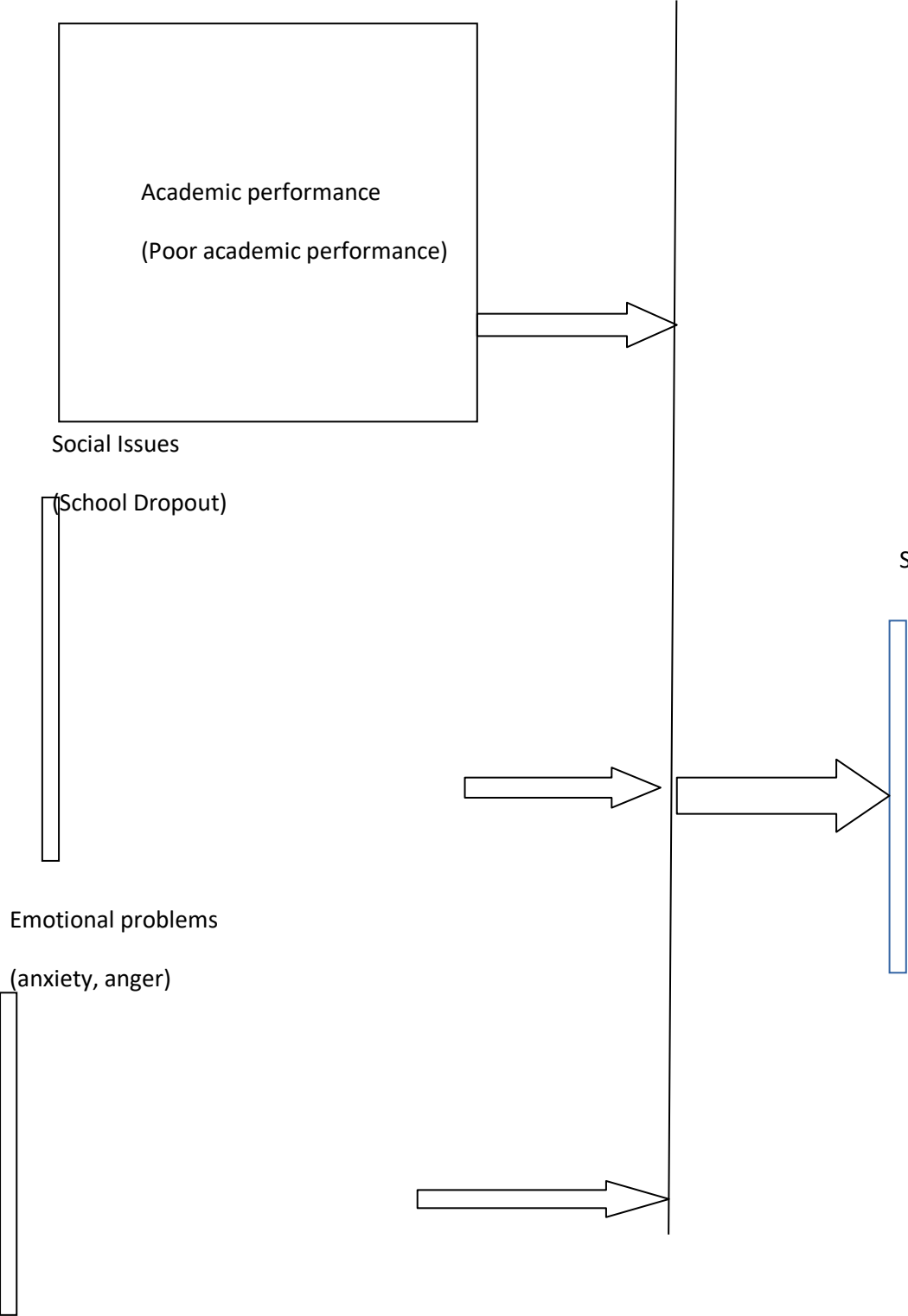
Social Issues

(School Dropout)

Emotional problems

(anxiety, anger)

Stress Among Secondary Students



RESEARCH QUESTIONS

1. What are some common causes of stress in your life?
2. What are the things that stress you the most in your current academic context?
3. What are some common causes of stress in your life?

OBJECTIVES OF THE STUDY

General objective:

1. To investigate the effects of stress among secondary school students.

Specific objectives:

1. To identify the specific stressors that significantly impact secondary school students' academic performance
2. To identify common causes of stress in life
3. To identify the things that stress students in their current academic context.

SIGNIFICANCE OF THE STUDY

Through investigating the effects of stress in Kenyan secondary schools, the government together with the secondary authority will come up with measures necessary towards prevention of stress among secondary students.

DELIMITATION OF THE STUDY

In this study I will limit myself in effects of stress among students in secondary schools neglecting stress among youths in primary and university. However, there are many cases of stress in most families in Kenya.

LIMITATIONS OF THE STUDY

During the data collection many students would be unwilling to cooperate and some can give inaccurate response during interview.