

Academic Stress Among High School Students of Working and Non-Working Mothers

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Abstract

The primary purpose of this study is to investigate the academic stress among high school students of working and non-working mothers. Descriptive survey research method was applied and quantitative data analysis was executed in this study. As the research instrument, Educational Stress Scales for Adolescents (ESSA, Sun, 2012) was applied. A total of 30 items were involved. The total of 350 high school students (139 males and 211 females) from 4 Basic Education High Schools (2016 Academic Year) in Yangon Region participated in this study. This study concluded that there were no significant differences of academic stress by gender. This study indicated that there was significant difference in 16-19-year-old students' academic stress with regard to mothers' job. Moreover, there was significant difference for students' academic stress by schools.

Key words: Academic Stress, High School Students, Working Mothers and Non-Working Mothers

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