



General High School and Alternative School Students Stress Analysis -Psychological Considerations-

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Abstract

This study was conducted as the first step to provide a better alternative for Korean students who suffer from academic stress, pressure, and depression every day for admission to a famous university in the midst of intense academic enthusiasm and excessive competition. A survey was conducted to measure the academic stress index of students from alternative schools and general middle and high school students, and the differences in academic stress by school, gender, and grade were analyzed. As a result of executing the t-test using Python and Excel, it was found that the difference in academic stress indices was significant in alternative schools, general middle and high schools, boys and girls, and the difference in academic stress indices by grade was not significant. It was predicted that there was a significant difference in the academic stress of students in alternative schools and general middle and high schools due to differences in educational philosophy, instructional system, and environment given to students. Considering the results of the study that gender differences in academic stress differed in the way women and men generally cope with stress, the differences in the behavioral ways of coping with the academic stress of boys and girls are significant in terms of academic stress levels. It was predicted that there would be a difference. On the other hand, the pressure to manage grades and study at schools for admission to famous universities is that not only high school students but also middle school students plan to easily enter famous universities through special purpose high schools and private high schools. As a result, the difference in academic stress levels between high school and middle school students was predicted to be insignificant.

Keywords: Stress, Academic Stress, Academic Environment, Coping with Stress, Statistics, T-Test, Python, Excel