

Prologue of English Medium: Stress and Academic Achievement among Students

(A Study on Selected Government Schools in North Coastal Andhra Pradesh)

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"The man who knows no Foreign Language knows nothing of his mother tongue"

--- Goethe

Abstract

Language is an essential part of human life. It is the method of communication. It is man's greatest achievement that distinguishes the human being from animals. Man is therefore rightly called a 'talking animal', Birds, insects and animals produce particular sounds in particular occasions but the sounds cannot be called Speech. One observes various things in the world, meets different kinds of people and uses various words, sentences and phrases etc., to communicate with others. It is only through the language that human beings are able to learn, think, feel and express they Language helps past case to be true in terms of present. Language is one of the most important and characteristic forms of human behaviour. The English word language is derived from the Latin Word, 'Lingua which means tongue Lingua is a special form of speech one can recognize it by its usage 'Language', Parole' and 'Language are French terms and bear an impression on the word "Language". Language is a complex phenomena associated with the vocal and auditory communication of emotions, ideas, thoughts and feelings of human beings. 'Parole' is speech an individual speaks, expresses his emotions, thoughts, desires, feeling etc., In a social atmosphere, 'Parole' is associated with the individual side of language. In a broader sense, one can say that language is a means of expressing thoughts, feelings ideas etc. of a person.

Keywords: Stress, Academic achievement, Education, English Language, Psychology.

Introduction:

It is a known fact that in our motherland, English Language is taught in all the states from Kashmir to Kanayakumari as a Second Language/ Third Language as it is taught in local state of Andhra Pradesh. The following are some of the reasons for the preference of English.

1. It is acclaimed as International Language,
2. It is the foreign language which has got long association with Indian people.
3. The result of VII, VIII, IX standard have shown that Telugu medium students are failing in the public examinations mainly in English.
4. Finally, it is the Language of World Technology.

Hence, the investigator himself being Research Scholar, planned to study the causes for such large number of failures of Telugu medium Students in English Language. Now in the beginning of a new century, a new millennia that is witnessing a profound social, economic and political changes taking place at the state level, national and international level.

“Every individual has a right to have education that will enable him/her to develop his/her faculties and live a full human life. Such an education is the birth right of every citizen. A state cannot claim to have discharged its duty till it has provided every single individual the means of the acquisition of knowledge and self-betterment

That is why the present study was necessitated by the investigator’s serious concern about the poor performance of some of his students in English despite his sincere efforts to improve their lot. An analysis of the various factors that could possibly be the reason for the defective learning ability of the student made the investigator arrive at the assumption that English has become a totally strange Foreign Language similar to French, or Russian though the country has strong bonds of association with English for more than 300 years.

Research Methodology:

Rationale of the Study: The most important task of education for the future is to improve the standards of the learners. In improving the above factor one has to concentrate on writing, because it is a fact that the study of writing has an old and rich tradition and over the centuries among Telugu Medium teachers who have accumulated a great deal of knowledge.

Methodology of the Study:

The present study adopts certain modern methods and approaches available in the field of linguistics in general and applied linguistics in particular. They are Questionnaire method, for the present task, have been prepared for teachers and parents and the students have been tried out in the field through guidance. Interview scheduled method also was adopted to carry out the study and used to elicit data from the students of the both boys and girls through interview method. Along with these two-methods observation technique was followed with aim of filling the gap in the corpus.

Scope of the Present Study:

The present study thus tries to identify the implementation of English medium in government high schools for the VIII and IX class students studying in Vizianagaram, Srikakulam and Visakhapatnam Districts of North Coastal Andhra Pradesh. And to suggest certain remedial measures to overcome the problems or hindrance encountered by them.

Statement of the Problem:

It is a known fact that the traditional methods of teaching have failed to generate the required behavioral outcomes, abilities and needed facilities to learn curricular subjects. Knowledge of the recent development will help the teacher in making his/ her teaching more effective and increase his/ her efficiency as classroom functionary. Such a background will solve Telugu medium student's problems. This will also enable him/ her to organize teaching activities and select psycholinguistic principles such as instructional design and teaching models and innovate appropriate principles and techniques. It should give enough scope for developing learning environment among Telugu Medium students. Effective teaching depends

on the evolution of innovative strategies and also methodology of teaching. Teaching is a process by which the teacher and students create an interactive environment, in such a way that the students become effective and productive learners.

Research Questions:

1. What is the level of writing competency of VII, VIII, IX standard Telugu medium learners
2. What is meant by psycholinguistic principles? And how they could improve the writing competency of Telugu Medium learner's skills significantly?
3. What is the role played by psycholinguistic principles in enhancing writing competency of high school learners?
4. Could psycholinguistic principles be enhanced for enhancing writing competency?
5. If so, to what extent psycholinguistic principles are effective in improving writing competency among Telugu Medium students?

Objectives of the Study:

The following objectives were framed in order to carry out the investigation;

1. To identify the problems faced by the Telugu Medium students in writing English language.
2. To assess the level of writing competency of the Telugu Medium high school learners.
3. To analyze the importance of implementation of psycholinguistic principles in enhancing writing competency among Telugu Medium students.
4. To implement the psycho-linguistic principles in enhancing writing competency.
5. To study the effect of psycholinguistic principles in enhancing writing competency among Telugu Medium students.
6. To find out the significant relationship between the implementation of psycho

linguistic principles and the enhancement of writing competency.

Hypothesis of the Study:

The following Hypothesis was framed in order to carry out the investigation;

1. To study the problems faced by the students in following English language.
2. To find the factors affecting introduction of English medium in Telugu medium schools
3. To study the level of understanding competency of the Telugu medium high school learners.
4. To test the methods adopted by the teachers in classroom during the time of teaching English
5. To find the status and importance of teaching in English medium in high schools

Sample Location:

The present investigation was conducted in Z.P high schools recognized by the Government of Andhra Pradesh located at Vizianagaram, Srikakulam and Visakhapatnam Districts of North Coastal Andhra Pradesh.

Selection of Sample:

For the present study all the 500 students from VIII and IX standard formed the sample of the study selected from three government high schools in North Coastal Districts Andhra Pradesh and for the study 100 teachers and 1000 parents to be selected.

Nature of Education:

Education is a social process on which foundation one should like to build a strong nation. Education aims at refining one's sensitivities and perceptions that contribute to national solidarity, scientific attitudes and independence of thought and also to help one to hold a firm belief in achieving the chosen goals. As Dr. S. Radha Krishnan puts it, "Every thing that exists suffers change.

Importance of Education:

Education teaches a man how to face adversities and stand up to them and also how to

conduct oneself during periods of prosperity without losing one's head in pride. Education makes a child honest. Ruskin observes in "Time and Tide": "To make your children capable of honesty is the beginning of education". Education is an effective tool for eradicating the evils of ignorance and superstitions prevailing in the society. The children of a society are developed into a balanced personality by inculcating in them social values — aesthetic, physical, socio-cultural values and the sustaining traditions of society which are passed on to the successive generations after their lives, ensuring the continuity and perpetuation and advancement of culture.

Importance of English Language:

In fact, English is now no more the language of the English people only. It has become an international language. It is a language which is understood in most of the world. Even those countries which have no connection with England or the English people are also now learning English very fast.

Position of English Language in India:

Looking at the present scenario of English language in India, It is undisputedly true that the knowledge of English language is a concrete legacy of England to India. English, in fact, has now come to stay so permanently that Indian communication network in any form depends largely upon the knowledge of English language, the result of which is, in addition to wider communicability with in India, India has at present established international communicability as well.

Need for Teaching English in India:

English serves as the best tool for international communication by accident of history and by rapid spread of individual development, science and technology, international trade and by explosion in the speed and ease of travel, English has become a world language. It is said that about 300 million people use English as their first language and about 300 million people know it. People belonging to different countries can exchange their ideas and views through English.

Lord Macaulay (1835) wrote with boundless assurance and mighty eloquence: “We have to educate a people who cannot at present be educated by means of their mother tongue. We must teach them some foreign language. In India, English is the language spoken by the higher class of natives at the seats of Government.

Role of English Language in India:

When the British’s ruled India, English became the language of trade and the knowledge of English became a necessity for commercial transaction. The East India Company needed to work in their commercial house. Later the British Government was also in need of Indians to work as clerks and in the other lower posts in the Government. Therefore many Indian came forward to learn English in order to earn their daily bread. Study of language at school stages forms an important aspect of school curriculum. The importance of the role of language in the learning process cannot be under estimated. Language plays a key role in the unifying a vast complex. Children will start developing language ability at home. But school must be a place where Children use language in many ways.

The English Language and Psychology:

The principal concern of the psychology of language is to give an account of the psychological processes that go on when people produce or understand utterances, that is, the investigation of language performance, but one of the ways of investigating this is to try and understand how people acquire such ability. This is the study of language acquisition. It is important, if we are to pre-empt the issue, to make a distinction between language acquisition and language learning. Language acquisition takes place in the infant and the young child at a time when he is acquiring many other skills and much other knowledge about the world. Language learning i.e. learning a second language, normally starts at a later stage when language performance has already become established and when many other physical and mental processes of maturation are complete or nearing completion. Language performance and language acquisition, then, are the two principal concerns of the psychology of language, or to use the more recent term for these studies, psycholinguistics. The much-intensified study

of psycholinguistics in recent years has produced a considerable amount of literature and some significant advances in our understanding of language acquisition. The same cannot be said about the study of language learning.

Language is the Dress of Thought – Johnson.

Academic Achievement:

According to “encyclopedia”-

Academic achievement or academic performance is the extent to which a student, teacher or institution has attained their short or long-term educational goals. Completion of educational benchmarks such as secondary school students and bachelor’s degree represent academic achievement.

Definition:

Academic achievement describes academic outcomes that indicate the extent to which a student has achieved their learning goals.

Academic achievement is commonly measured through examinations or continuous assessments but there is no general agreement on how it is best evaluated or which aspects are most important—procedural knowledge such as skills or declarative knowledge such as facts. Furthermore, there are inconclusive results over which individual factors successfully predict academic performance, elements such as test anxiety, environment, motivation, and emotions require consideration when developing models of school achievement.

Importance of Academic Achievement:

Academically good students have better employment benefits, higher income, higher self-esteem and self-confidence, low levels of anxiety and depression, and are less likely to engage in substance abuse.

Meaning of Stress:

American Psychological Association (APA) -

“The physiological or psychological response to internal or external stressors. Stress involves changes affecting nearly every system of the body, influencing how people feel and behave”.

“Hans Selye”-

In 1936, who defined it as “the non-specific response of the body to any demand for change”.

Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree.

Stress is our body's response to pressure. Many different situations or life events can cause stress. It is often triggered when we experience something new or unexpected that threatens our sense of self or when we feel we have little control over a situation.

Conclusions and Findings:

Major Psychological Stressors:

Even very pleasant events can be stressors. Sometime increase salary with a promotion may be desirable. The events and situations most likely to be associated with stress are unpleasant ones. Those involving frustration, pressure, trauma, conflict or change. Change can also be major stressors.

- (a) Physiological Stressors
- (b) Psychological Stressors
- (c) Social Stressors
- (d) Socio- Economical, political and environmental Stressors
- (e) Family and Interpersonal stressors

Coping of Stress:

Just as people with extra money in the bank can weather a financial crisis, those with stress-coping skills many escape even the harmful effects of intense stress. Like family

money, the ability to handle stress appears to come naturally to some people, but coping can also be learned.

- (a) Time management
- (b) Increasing intensity of relaxation
- (c) Decrease frequency of stressors
- (d) Be realistic
- (e) Result self-talk
- (f) Divide the stressor

Causes of Mental-Stress:

One of the norms of science is that any particular incident is related to another incident. The conditions surrounding mental stress are very complicated. The causes of mental-stress are single centered. In similar conditions, one person is faced with abnormal mental stress. In another person, this may create ordinary mental stress. While in yet another it may not result in any mental stress. In the contrary, it could create happiness.

Any research starts with curiosities and questions about a given phenomenon or a set of phenomena. Systematic attempt are made to explore, analyze and understand the issues under question through suitable conceptual and methodological tools.

The process of inquiry and the analytical tools are to a great extent relative to the specific domain of concern, and the conceptual, methodological, heuristic and pragmatic goals of the research. In present research, we can find out the Stress level and psychological wellbeing of Students.

We all know that students have to deal so many tasks so they always confused. They didn't understand because they just leave their school education and entering total different atmosphere. Many students have to live in hostel very far away of their home so they have to face so many difficulties which are not facing at home living students. So these

researches find out these kinds of difficulties and suggest various remedies for students.

Stress impact on students' academic achievement or performance:

Research indicates that when we feel overwhelming stress related to school it not only de-motivates us to do the work, it reduces our overall academic achievement. Excessive stress can cause health difficulties such as fatigue, loss of appetite, headaches and gastrointestinal issues. Academic stress has been linked to a variety of negative effects including ill health, anxiety, depression, and poor academic performance.

Academic stress can reduce motivation, hinder academic achievement, and lead to increased school dropouts (Pascoe et al., (2020). Academic stress has also been shown to negatively impact mental health in students (Li and Lin 2003; Eisenberg et al., 2009; Green et al., 2021). 1988 to 2018 previous studies have shown a negative relationship between anxiety and academic performance, high anxiety students scored lower on standardized exams with a mean effect size of $r = -0.26$.

Norms:

Percentile norms for Stress Scale for Adolescents have been developed. For this purpose, the scale was administered on a large sample of adolescents, which the subjects from both sexes participated. Percentile norms for both groups were developed separately as there t-ratios were found to be significant.

English Language and Ability:

Language is certainly the most important form of communication among humanbeings, though successful none — linguistic means of communication like shrugs, head - Shakings and so on are examples for none — Linguistic means of communication.

English Language is Salt of Life:

It is impossible to imagine life without language. Such a life would be as tasteless as salt less food. Life may offer color and variety. But man will remain dull and dumb if he is not able to communicate / share his feeling and expressions with others. None — Verbal communication is possible to a certain extent only.

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