

# Insurgency Activities and Gender Differences in Stress Among The Secondary School Students: A Study In Karbi Anglong District, Assam

Dear Author,  
Please provide **author's Photo, if it is possible** for this paper with the proof urgently otherwise your paper may be transfer for next issues until above are received.

**Hiranya Saikia**  
Asstt. Professor  
Deptt. Education  
Diphu Govt. College

## Abstract

Karbi Anglong is the geographically largest district in Assam, mainly dominated by the hills tribes. The total geographical area of the district is 10,434 sq.k.m. as per 2011 census which accounts for about 13.35% of the total area of Assam. The Karbi Anglong district is blended with Hills and plains. The Karbi Anglong district has three sub-divisions i. e. Diphu, Hamren and Bokajan.

Insurgency problem is a universal phenomenon in North East India. Insurgency problem adversely affect the socio-economic, cultural and educational environment of the Karbi Anglong district. There are a large number of underground and over ground organisations in Karbi Anglong district which sometime directly and sometime indirectly involves in insurgency activities. At present approximately 15 underground organizations in Karbi Anglong district and most of these underground organisations are formed community wise. In the present study an attempt is being made to realise whether the insurgency problem created by the underground organisations of the district lead the secondary school students to mental stress. The main objective of this study is to realise whether the insurgency problem equally affect and lead to mental stress both the boys and girls students of secondary schools in the district.

A structured questionnaire to assess the type and extent of stress related to students due to insurgency activity is prepared by the investigator in the course of pilot study. The items of questionnaire were prepared on the basis of interview with the participants and modified standardized tool. A set of 5 point rating scale ranging from very high stress (4) to no stress (0) were used to investigate the extent of stress. There are 05 items included as stress due to insurgency activity i.e.,- Karbi Anglong Bandh called by insurgency groups, involvement of insurgent groups in communal conflict, various demand to the parents from insurgency groups, Frequent bomb blast in different places and encounter between insurgent groups and government security force.

The data were collected from twenty high schools of Diphu subdivision of Karbi Anglong district and random sampling method was used for the selection of the schools. The study leads to the conclusion that insurgency problem in Karbi Anglong adversely affect the mental condition of both boys and girls students. Insurgency problem leads to mental stress both the boys and girls students and affects the student of different category of schools i.e., government and private schools located in the rural as well as the urban areas of the district. The study also leads to the conclusion that the girl students experienced more stress than the boy students.

**Keywords** Insurgency, Impact, Academic, Phenomenon, Underground, Over ground, Realise, Adversely.

## Introduction

Stress is a universal phenomenon and it is complex to describe. Today we are living in a world full of uncertainties, disturbance, heavy work load, cut throat competition and pressure in all field. World is changing too fast for which we have to work hard to cope with this fast changing world. The statement of Darwin "Survival of the fittest" and the modern concept of Tofler "Survival of the fastest" become most essential in the present situation. The whole world is moving with an accelerating speed. We have to move fast to keep pace with this over changing world. Modernization,

# Asian Resonance

globalization, strange interpersonal relationship etc. are causing stress among the people. Nature of the human being is ambitious and we want more and more and we want to achieve high. Science and technology have fulfilled all our requirement but still we are not satisfied. We want more and more and as a result, suffering from stress and lacks peace of mind. So, most of the affluent modern people are suffering from stress.

## What Is Stress ?

Etymologically, the word „Stress“ has been derived from French word “Estreche” which means “To draw tight”. Oxford dictionary define stress as “a state of affair involving demand on physical or mental energy”. Stress is a response to a situation which a person perceives as threatening. simply we can say anything which gives physical, emotional or mental pressure is called stress. Stress is very much relative in nature.

## Stress Among The School Students

In the present situation, every one i. e., child, adolescence, adult and old suffers from stress. There is no stress free man in this world, although the level of stress may be differ from one another. So, the student life is also not free from stress.

## Insurgency Problem In Karbi Anglong:

Insurgency problem is a universal phenomenon in North East India. Insurgency problem adversely affect the socio-economic, cultural and educational environment of the Karbi Anglong District. There are a large number of underground and over ground organisations in Karbi Anglong District which sometime directly and sometime indirectly involves in insurgency activities. At present approximately 15 underground organizations in Karbi Anglong District and most of these underground organisations are formed community wise. When we study the history of insurgency problem in Karbi Anglong, it can be observed that the “Karbi National Voluntire” (Knv) was formed on 22nd March and “Karbi People Force” (Kpf) was formed on 12th September 1994. This two insurgency group was united on 21st January, 2000 and this underground group was named as “United People Democratic Solidarity” (UPDS). At present the major insurgency group active in Karbi Anglong are “Karbi Longri North Cachar Hills Liberation Front” (KLNLF), „Karbi People Liberation Tiger” (KPLT), „Dima Halom Daoga” (DHD)N, „Dima Halom Daoga” (DHD)J, „Black Wedo” (Bw), „Kuki Revolutionary Army” (KRA), „United Kukigam Defence Army” (UKDA), „Adivashi National Libaration Army” (ANLA), NDFB And ULFA. These insurgency groups are involved in different activities and create terror, threat and psychological insecurity among the student as well as common people from time to time. A brief account of major incidents and persons killed by the insurgency groups in the district are mentioned below.

## People Killed By Insurgents In Karbi Anglong

Year	Month	Person Killed	Person injured	Outfit Group	Place
2000	19 <sup>th</sup> April	11	0	UPDS	.....
	14 <sup>th</sup> September	11	0	NSCN(IM) & UPDS	Diphu
	28 <sup>th</sup> December	08	0	UPDS	Ronganagar
	31 <sup>st</sup> December	04	0	UPDS	Disobai
2001	25 <sup>th</sup> August	04	0	UPDS	Bhuligaon
	29 <sup>th</sup> October	04	0	DHD	Dhansiri
2003	October	85	0	KRA & UPDS	Singhason
	December	10	0	KRA & UPDS	Singhason
2004	March	39	0	KRA	.....
	19 <sup>th</sup> March	06	0	UPDS	Thenbong
	24 <sup>th</sup> March	33	0	KRA	.....
2005	14 <sup>th</sup> September	08	0	KRA	Thekerajan
	2 <sup>nd</sup> October	05	0	Unidentifi ed	Hemari Teran gaon
	4 <sup>th</sup> October	05	0	Unidentifi ed	Borsing Bey Vill
	9 <sup>th</sup> October	06	0	Unidentifi ed	Bura Phangcho Vill
	10 <sup>th</sup> October	06	0	Unidentifi ed	Kheroni
	17 <sup>th</sup> October	05	0	DHD	.....
	17 <sup>th</sup> October	07	0	DHD	Sarsing Vill
	17 <sup>th</sup> October	23	0	DHD	Charchin
	18 <sup>th</sup> October	07	0	Unidentifi ed	Borlangphar and Doyangmuk h
21 <sup>st</sup> October	09	0	DHD and UPDS	Tamulbari	
2007	6 <sup>th</sup> January	08	08	KLNLF	.....
	14 <sup>th</sup> January	13	0	BW	.....
	3 <sup>rd</sup> June	04	02	KLNLF	Koilajan
	24 <sup>th</sup>	03	0	BW and DHD	Pathergaon
	30 <sup>th</sup> June	01	40	Unidentifi ed	.....
	8 <sup>th</sup> August	09	05	ULFA & KLNLF	Ampahar Basti
	10 <sup>th</sup> August	11	0	ULFA & KLNLF	Dolamara
	12 <sup>th</sup> August	04	02	KLNLF	Rongbonghat
2008	1 <sup>st</sup> December	03	30	KLNLF	Diphu
2009	19 <sup>th</sup> May	10	0	NDFB	.....
	3 <sup>rd</sup> June	03	0	ULFA & KLNLF	

Although, unity in diversity among the different communities in Karbi Anglong is a main feature, conflict arises between or among the communities from time to time. These conflicts adversely affect the socio-economic and cultural life of the people. These communal conflicts again deteriorate the educational environment in the district. Five major

communal conflicts took place in the last ten years and the conflict between Karbis and Dimasas which took place in October 2005, seriously affected the educational environment of the district. In the communal conflict the insurgency group of the concern community involves and they destroy and burn the houses of the common people and killed the innocent and helpless people.

The underground organisations of the district call for Karbi Anglong bandh from time to time and it seriously affects the academic environment of the educational institutions. A brief account of the Bandh called by the Insurgency group from time to time are mentioned as follows.

**Karbi Anglong Bandh Called by Underground and Over ground organisation in connection with insurgency activities**

Year	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007
Bandh	12	17	20	20	36	63	42	34	44	24	49	21	35

**Need and Importance of the Study :**

Success and academic excellence of educational institutions and the achievement of the students largely depend on a sound environment of the society. The national policy on education, 1986 states, "There is a paramount need to create a consciousness of the environment. It must permeate all ages and all sections of society, beginning with the child. This aspect will be integrated in the entire educational process." Insurgency which causes threat or feeling of insecurity may destroy lives and property of the people and may cause great psychological and moral damage to an individual and ultimately it leads to mental stress of the students. Sometimes, people from outside the Karbi Anglong and also from within Karbi Anglong allege that the insurgency activities occurring in the district affects the academic environments of the educational institutions and the achievements of the students which ultimately leads to mental stress. In the last ten years a large number of incidents have been occurred in Karbi Anglong and it adversely affected the normal life of the people. Now the question is ; do the insurgency activities lead the secondary school students to mental stress? The present study is an attempt to find the answer to this question with special reference to Karbi Anglong district.

**Objectives of the Present Study :**

In the present study an attempt is being made to realise the following objectives :

1. To find out whether the insurgency activities equally affect and lead to mental stress in both the boys and girls student of secondary school of Karbi Anglong district.
2. To find out whether the insurgency activities equally affect and lead to mental stress to the rural and urban students of Karbi Anglong district.
3. To find out whether the insurgency activities equally affect and lead to mental stress to the government and private school students of Karbi Anglong district.

**Research Hypothesis:**

The hypotheses of the study are stated below:

1. There is no significant difference in stress due to insurgency activities between boys and girls students of secondary school.
2. There is no significant difference in stress due to insurgency activities between rural and urban students of secondary school in Karbi Anglong district.
3. There is no significant difference in stress due to insurgency activities between government and private secondary school students.

**Delimitation of The Study :**

In the present study an attempt has been made to realise the insurgency activities and its impact on mental condition of secondary schools student in karbi Anglong district. The present study has been confined within the Diphu sub-division of karbi Anglong district. The data were collected from the students of ix and x standard of twenty schools of Diphu sub-division.

**Research Design:**

The selection of the students were done according to 2x2x2 factorial design. There were two gender groups (male and female), two types of residential background (rural and urban) and two types of school (government and private) used in this factorial design. In each cell, thus there were 50 participants who were participated in the study.

**Sample:**

This study was done in view of the goal to investigate the stressful experiences of secondary school students of Karbi Anglong district. It was decided to draw the sample from various secondary schools located in urban and semi urban/rural areas of Karbi Anglong district. With this purpose a sample of 200 secondary school students (96 boys and 104 girls) were drawn from different secondary schools located in urban and rural area from Diphu sub-division of Karbi Anglong district. The students were selected on the basis of random sampling. Equal number of students studying in urban area ( N=100) and in rural area ( N= 100) participated in the present study. Students participated in the study were from government secondary schools ( N= 100)and from private secondary schools( N= 100).

**Tools Used**

A structured questionnaire to assess the type and extent of stress related to students due to insurgency activity is prepared by the investigator in the course of pilot study. The items of questionnaire were prepared on the basis of interview with the participants and modified standardized tool. A set of 5 point rating scale ranging from very high stress (4) to no stress (0) were used to investigate the extent of stress. The Stress due to insurgency activity is a major cause of secondary school students' stress. There are 05 items included as stress due to insurgency activity i.e.,- Karbi Anglong Bandh called by insurgency groups, involvement of insurgent groups in communal conflict, various demand to the teacher and parents from insurgent groups, Frequent bomb blast in different places and encounter between

# Asian Resonance

insurgent groups and government security force. The range of the score was 7 to 35. The reliability coefficient is .76.

## Analysis

The study leads to the conclusion that the insurgency activities create mental stress among the secondary school student of Karbi Anglong district. Score obtained on stress questionnaire were analyzed separately with the help of Mean and standard deviation. Statistical analysis is described as follows: It was evident from the result that the main affect of gender, i. e., girls students were significant. The observation of mean table reveals that girls students (M=18.46) experienced higher stress than boys students (M= 17.21). Similarly the main effect of residential background, girls student was significant. It indicates that students belonging to urban area (M=18.35) experienced higher stress than students belonging to rural area (M= 15.61). However the effect of type of school was not significant, girls students. Similarly the interaction of sex with residential background was not significant in case of girls students. Pattern of interaction effect reveal that student of private schools (M= 18.65) experienced greater stress than the student of government schools (M= 16.47). Contrary to this girls student of private schools (M= 18.26), experienced higher stress than the government school counterparts (M= 16.27).

Category	Gender	Mean	Standard Deviation
All School	Girls	18.46	5.41
	Boys	17.21	5.27
Urban Area Student	Both boys & girls	18.35	5.38
Rural Area Student	Both boys & girls	15.61	4.63
Private School	Both boys & girls	18.65	5.49
Government School	Both boys & girls	16.47	4.92
Private School	Girls	18.26	5.36
	Boys	16.27	4.86

## Conclusion

In real life, stress is an inevitable phenomenon. There is no doubt that the student of secondary schools is stressful due to heavy work load, cut throat competition in the academic field, uncertainty in future life, problems related to adolescence, domestic and social environment. Beside this, the secondary school students of Karbi Anglong district suffer from stress due to insurgency activities in the district. The insurgent groups call Karbi Anglong bandh from time to time and sometime even at the time of examination of the students also. The insurgent groups demand money to the parents and kill innocent people. The insurgent groups involve in bomb blast and it destroys the educational environment of the district. These activities lead the student to suffer from mental stress.

The study reveals that, the girls student of secondary schools of Karbi Anglong are experienced more stress than the boys. During the investigation

some of the girl students expressed their opinion that, most of the time i. e., while go to school, attend private tuition, visit market and other places, go to participate in different competition etc. they depend on parent and others. But parent could not provide sufficient time to them at the time of their need. They feel insecure to go out from home alone. Similarly, the students of urban areas suffer from more stressful situation than the students of rural areas, because the underground organisations involve in bomb blast, demand money to the parents etc. in urban areas.

The study leads to the conclusion that the insurgency activities in karbi Anlong adversely affect the educational environment of the district. The problems may be enormously diverse and the magnitude of the problems may be stupendous. There cannot be a one way solution to the problems. A comprehensive efforts of the Karbi Anglong Autonomous council, the district administration, state government and the central government can help to solve these problems to a great extent. The talk process of the government with the insurgency groups should provide a positive result as early as possible and a permanent solution of the insurgency problem. During communal conflicts the educational institutions of the district should not be made refugee camps. Separate community halls may be constructed in the urban and rural areas of the district, so that the displace people in the conflicts may be accommodated in the halls temporarily. In these community halls different socio-cultural activities may be organised and all the communities of the district should be encouraged to participate in such activities to enhance the cultural integration among the various communities. In the secondary schools, provision of co-curricular activities relating to different socio-cultural aspects of the local communities may be increased.

## References

1. Anam, Mr. Nazmeen, 2000. 'The Enchanting karbi Hills',Angik publication. Guwahati-03.
2. Bora, Sanju.2010. 'Paharor Chithi Aru Annyanya', published by Dihun, Ghy
3. Bordoloi, B.N.et al, 1987. 'Tribes of Assam,Part-I',Tribal Research Institute, Assam, Guwahati.
4. Gadzella, B. M. (2006). Stress Differences Among University Female Students. American Journal of Psychology Research.
5. Hogan, J. M., Carlson, J. G., & Dua, J. (2002). Stressors and Stress Reactions Among University Personnel. International Journal of Stress Management, 9(4), 289-310.
6. Matud, M. P. (2004). Gender differences in stress and coping styles. Personality and Individual Differences, 37(7), 1401-1415.
7. Medhi, Dr. G.C.,2004. 'JIRKEDAM :A School jn deeds', published by Everywhere, Guwahati.
8. Phangcho, Dr. P. C. 2001. 'Karbi Anglong and North Cachar Hills ; A study on geography and culture, publish by the author.
9. Rongphar, B., 2005. 'Karbi Anglongor rajnoitik itihias' , publish by Phu Phu publication, Diphu.
10. Sarma Pramod.2010. 'Asanta Uttar Purbanchal', publish by Asom Publishing Company.Ghy
11. The Experience and Effects of Stress in Teachers. British Educational Research Journal. 77, 2, 139-145.
12. U. C. Mazumder, 2005. 'Development Scenario of Karbi Anglong District 2004' , publish by Directorate of Economics and Statistics. Assam. Guwahati- 06