

A Study of Stress Level Between Male and Female Competitive Exam Student in Aurangabad

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Abstract

Statement of the problem: To study Comparative Study of Stress Level between Male and Female Competitive Exam Student in Aurangabad. Objectives: - To compare the stress level of male and female competitive exam students. Hypothesis: - There will be no significant difference between the Girls & Boys on Stress level for competitive exam student. Sample: -For the present study I used the non-probability sampling method & collected 20 sample of age group of 20 to 25 from Aurangabad, Maharashtra. Statistical Analysis: -t-test was used for the statistical analysis of data. Conclusion: - There was no significant difference found between boys and girls stress level.

Keywords: Stress Level, Competitive Exam, Student, Male, Female

Introduction:

The term 'Stress' has come into wide use in conduct study just inside the previous two decades, starting in the physical sciences, the term has the importance of a power which, following up on a body, produces strain or disfigurement. Later stress has come to speak to the substantial condition under strain. Both in the physical and natural sciences and social investigation, the idea

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of stress implied an outrageous condition, including pressure, maybe harm and some type of protection from the stressing power. Cause being clear. Furthermore, they're the physiological indications of misfortune cause being clear. Also, they're the physiological indications of loss of hunger, restlessness, perspiring and ulcers or other physical sicknesses of different degrees. Physiological stress is depicted as the condition of the creature following disappointment of the typical homeostatic administrative system of adjustment Homeostasis is the condition of equalization in a living being the point at which it is upset; it results in heterotactic (condition of awkwardness). At the point when appropriate or sufficient instrument isn't accessible to return to the fair position, it may bring about stress.

Stress is showed through the side effects of a General Adaptation Syndromes Psychological stress alludes to a condition of the creature or the individual and the accomplished stress is perplexing The physical outcomes incorporate psychosomatic issue, torpidity and passionate depletion Psychologically the individual may feel on edge, tense, warmed, depersonalized and baffled in this manner, it tends to be said that stress happens at an individual level and it is an inward mental encounter including emotions, frames of mind, intentions and desires it is a negative experience, which concerns distress, uneasiness, brokenness .

Medical issues can happen if the stress reaction continues for a really long time or gets interminable, for example, when the wellspring of stress is steady, or if the reaction proceeds after the threat has died down. With constant stress, those equivalent life-sparing reactions in your body can smother resistant, stomach related, rest, and conceptive frameworks, which may make them quit working typically. Various individuals may feel stress in various manners. For example, a few people experience mostly stomach related side effects, while others may have cerebral pains, restlessness, bitterness, outrage or peevishness. Individuals under incessant stress are inclined to progressively visit and extreme viral contaminations, for example, this season's flu virus or normal virus. Routine stress might be the hardest sort of stress to see from the start. Since the wellspring of stress will in general be more steady than in instances of intense or awful stress, the body gets no reasonable sign to come back to typical working. After some time, proceeded with strain on your body from routine stress may add to genuine medical issues, for example, coronary illness, hypertension, diabetes, and different diseases, just as mental issue like melancholy or uneasiness. Stressful life occasions have been reliably connected to various

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emotional wellness issues, for example, sorrow (Kessler; 1997), Psychosis (Bebbington, Bowen and Ramana, 1997), Substance misuse (Kilpatrick, et.al, 1997), just as physical medical problems (Craig and Brown, 1984; Niaura, and Goldstein, 1992) in the overall public.

◆ Research Methodology: -**◆ Statement of the problem:**

To study Comparative Study Of Stress Level Between Male And Female Competitive Exam Student in Aurangabad.

◆ Objectives: -

✓ To compare the stress level of male and female competitive exam students.

◆ Hypothesis: -

There will be no significant difference between the Girls & Boys on Stress level for competitive exam student.

◆ Sample: -For the present study I used the non-probability sampling method & collected 20 sample of age group of 20 to 25 from Aurangabad, Maharashtra.

◆ Variable: -**Independent variable:**

1) Girls & 2) Boys.

Dependent Variable: Stress.

Controlled variable: 1) Age – 20 to 25 ,2) Gender

Tool: - Stress questionnaire by Hindi version have been used for measuring stress. In these tests there are 32 items.

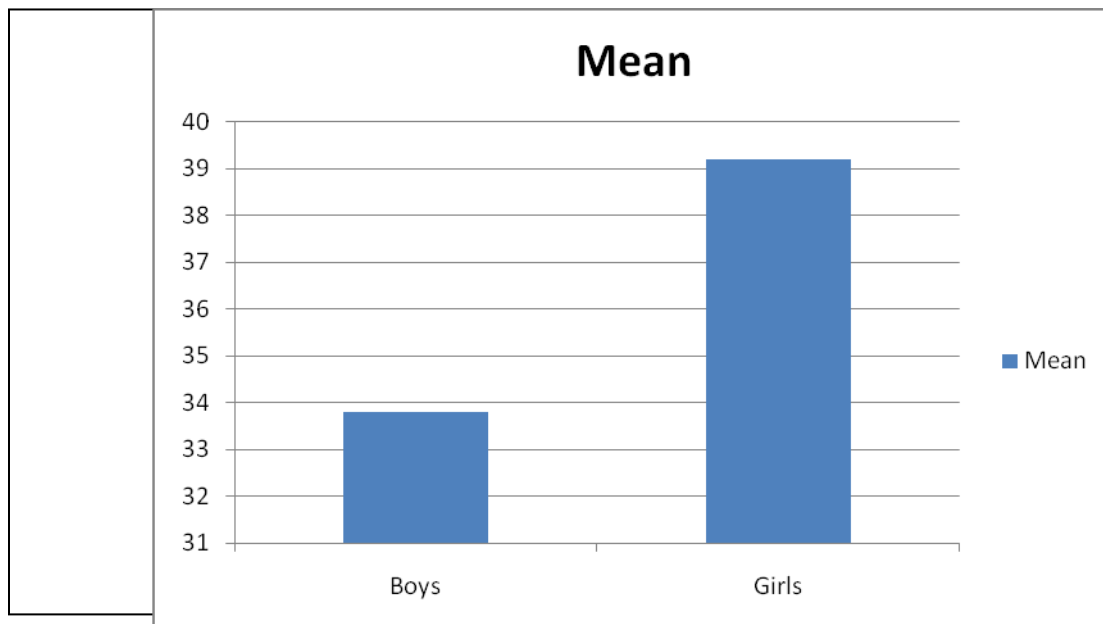
Statistical Analysis: -t-test was used for the statistical analysis of data.

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Statistical Analysis of Data

◆ Anxiety:

	N	Mean	S.D	df	t-value
Boys	10	33.80	6.56	18	1.56
Girls	10	39.20	8.69		



There are 20 Samples. 10 Boys & 10 Girls. Mean value of Girls is **39.20** & Mean Value of Boys is **33.80** Calculated SD for Girls **8.69** & Boys **6.56**. For calculated t value is **1.56**.

Result showed that the Mean of boys college students on dimension stress was 33.80 and mean of girls college students on dimension stress was 39.20, the difference between the two mean was highly significant $t(18) = 1.56$, $p < .01$.

Shessel (2003) but will abandon the unlimited time variable and examine gender as an independent variable instead. The hypothesis of this study is that there will be a main effect of gender with females experiencing higher levels of stress than males, a main effect of task with math producing higher levels of stress than spelling, and an interaction between gender and task,

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with women reporting a bigger difference in stress levels of each task and men reporting little difference in stress levels of each task

Conclusion: -

There was no Significant difference found between boys and girls stress level.

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