

“A Comparative Study of Stress among Girls and Boys College Students”

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Abstract

Methodology:- Statement of problem: To study the comparative stress among girls and boys.

Objectives: To investigate the level of stress with respect to gender. Hypothesis: There will be

no significant difference between girls and boys of college with respect to Stress. Sample: 40 students from Vivekanand College, Aurangabad selected for the present research. Among them

20 students are boys and 20 are girls. age range of boys and girls 18-21 years. Tools: This

student's stress scale developed by Dr. Rajendra Singh, Varanasi. The scale consisted of 32 statement related to the stress. Statistics: t-test was used for the statistical analysis of data.

Conclusion: - female students have significantly higher stress than the male students.

Keywords: Stress, Girls College Students, Boys College Students.

Introduction:-

"Stress is the physical, mental and enthusiastic human reaction to a specific boost, generally called as stressor. Stress can be either negative or positive relying upon the stressor." Stress has become some portion of students, for a very long time, individuals expected that the understudy populace was the least influenced by any kind of stress or issues. Stress is presently comprehended as a way of life emergency influencing any individual paying little respect to their formative stage. The main errand students were required to attempt was to study and examining

was rarely seen as stressful. What demonstrated to be stressful was the desire guardians had for their youngsters, which thusly developed into convey any longer. As indicated by the measurements distributed by National Crime Records Bureau, there is one understudy each our that carry out suicide (saha2017). The agency enlisted 1.8% students who ended it all because of falling in assessments and a 80% ascent in suicide rates during a one year time period. A 2012 lancet report likewise cited that the 15-29 age bunch section in India has the most noteworthy pace of suicide on the planet (as refered to in "India has the most elevated suicide rate ". n.d) and these numbers show no. Indication of dropping. Reasons of stress in youthful in a family.

A large portion of the youths are overambitious they define up unreasonable objectives for their very own self . they need to achieve those things throughout their life, which are impractical through their present budgetary status youths contrast them self and their companions whose guardians are monetarily well and fell sub-par. Adolescent are not ready to deal with connections issues. More often than not they make sweethearts and lady friends just to satisfy their companions. They engage in a pointless discussion, which again adds to the degree of stress. Basic issues looked by the puberty. The weight of general desires for guardians, companions, educators and so on. Stress the adolescent and when defied with disappointment harms their self – regard. The vast majority of the youths are hesitant to impart their issues to their folks this prompts gloom and stress. Stress and gloom are the significant issues for an adolescent. Stress is sorted by sentiments of pressure, dissatisfaction, stress, trouble and withdrawals which ordinarily keep going for not many days.

Review of literature:-

Banrjee (2007) contemplated the effect of assessment stress on youth. It was discovered that consistently around 25,000 students in the age gathering of 18 to 20 years end it all during the assessment month parental weight in one of the most significant wellsprings of stress among students.

Ganesh and Magdalin ,(2007). The family additionally assumes most significant job in scholastic stress. In an examination it was discovered that Indian kids from non-upset families.

Sharma er al (2016) in their investigation expressed the utilization of different strategies to check stress. Doing physical exercise on regular routine can address the worry of stress. One can likewise receive to different time the board apparatuses and engage with relaxation exercises

which can profit students. Additionally, it was proposed that colleges should have a conducive feel to abridge the stress.

Reddy et al (2018) in their investigation presumes that stream savvy distinction in stress exists in students. It is imperative to manage stress at individual, social and institutional level. Cures, for example, criticism, yoga , fundamental ability preparing , care , contemplation and psychotherapy have been discovered helpful to manage stress. To distinguish the fundamental explanation of stress is the way to manage it.

Dimitrov (2017) in his investigation asserted that stress can be tended to by guaranteeing that the students give most extreme significance to their welfare. Nourishment, work out, work, amusement are a portion of the zones to concentrate on. He likewise inferred that the training framework is more to do with the scholastic capability and doesn't contribute enough to the comprehensive advancement of students.

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There will be no significant difference between girls and boys of college with respect to Stress.

Sample:

40 students from Vivekanand College, Aurangabad selected for the present research. Among them 20 students are boys and 20 are girls. age range of boys and girls 18-21 years.

Variable:

Independent variable:

Gender 1) Girls 2) Boys

Dependent variable: Stress

Controlled variable: -- Age – 18 to 21.

Tools:

This student's stress scale developed by Dr.Rajendra Singh, Varanasi. The scale consisted of 32 statement related to the stress in students at adolescent age and all kinds of situation faced by students. This item's reliability collected from half break method. The reliability calculated .71

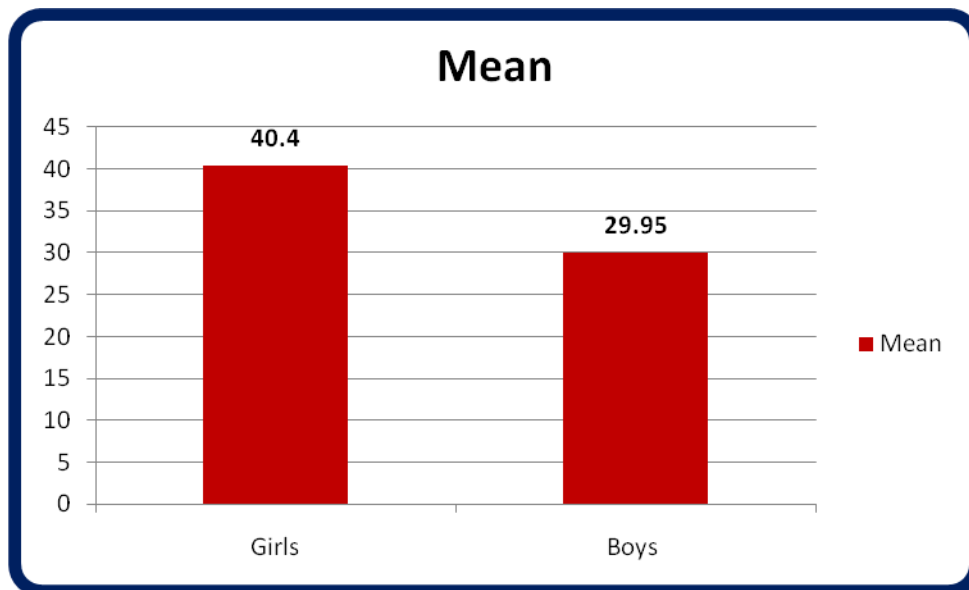
from the Gattman half break method & Calculated .73 from Spearman Brawn half break method. To calculate the validity of this test Dr.Singh published the test at 150 sample and find out the correlation .69.

Procedure of data collection:-

40 students were taken as the research participants in which 20 were girls and 20 were boys from Vivekanand College, Aurangabad. Participants were given brief description about the purpose of the data collected from them will assured that the data collected from them. It will be only use for the research purpose and It'll take confidential.

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

Gender	Mean	SD	No.	df	t	P
Girls	40.40	5.41	20	38	6.22	0.01
Boys	29.95	5.21	20			



Discussion: - When boys and girls are compared on the variable of stress, t- value (6.22), mean value of girls (40.40) and SD (5.41) and boys (m= 29.95) and SD (5.21) has been found to be significant. Therefore boys and girls difference on the measure of stress girls have more stress than boys.

Conclusion: - female students have significantly higher stress than the male students.

Refrence:

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