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A descriptive study to assess the level of stress & coping strategies adopted among adolescents due to parental expectations in selected educational settings in Pune city

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Abstract

Aim of the study: To assess the level of stress due to parental expectations and coping strategies adopted by them to relive stress and association of stress with demographic variables.

Materials and Methods: The populations of the present study were 500 adolescents from 12-17 years of age from various schools and coaching classes from Pune city. Non-probability convenient sampling technique was used. In order to assess the level of stress and coping strategies among adolescents self-structured tool of five point likert scales was used. The tool consists of demographic variables, stress scale and coping scale questionnaire. The data was analyzed using percentage, Frequency mean, and Fishers Exact test.

Result: The results indicate that 77% adolescents experienced severe stress and 23 % adolescents experienced moderate stress due to parental expectations. Majority of Adolescents adopted problem focus coping strategies and emotional focus strategies was adopted by few adolescents to cope the stress. By using Fishers Exact test it was found that there is association between stress and gender of students, and parent's educational level.

Conclusion: The study found that there was a high prevalence of stress among adolescents due to parental expectations Training students on positive coping strategies, reducing stressor-related school training, and improving parent and teacher support to the students would help to improve this condition.

Keywords: descriptive study, strategies adopted, among adolescents, parental expectations

Introduction

Research objectives

1. To assess the level of stress experienced by adolescent due to parental expectation.
2. To identify the coping strategies adopted by adolescents.
3. To associate the level of stress among adolescents with selected demographic variables.

Research methodology

Research approach was quantitative approach. research design adopted for the study was Non Experimental descriptive exploratory design. The populations of the present study were 500 adolescents from 12-17 years of age from various schools and coaching classes from Pune city. Non-probability convenient sampling technique was used. In order to assess the level of stress and coping strategies among adolescents self-structured tool of five point likert scales was used. The tool consists of demographic variables, stress scale and coping scale questionnaire. Variables were Stress related to parental expectations and Coping strategies adopted by adolescents

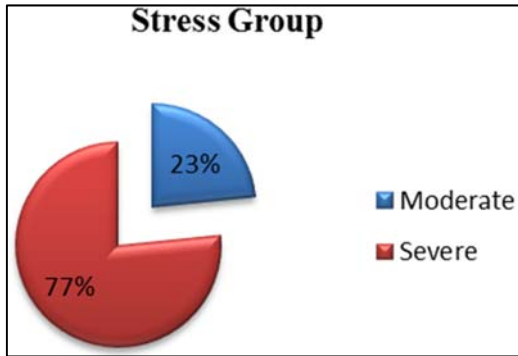
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Result**Section I: Demographic Data**

Sr.no	Demographic variables	Percentages
1	Gender-	
	Male	42.6 %
	Female	57.4 %
2	Age-	
	12-14 years	45.8 %
	15-17 years	54.2 %
3	Types of educational settings	
	Private school	66.4 %
	Government school	23.0 %
	Coaching classes	10 %
4	Medium of teaching	
	Marathi medium	46.8 %
	English medium	44.8 %
	Semi English medium	8.4 %
5	Education board	
	State board	94.2 %
	CBSE	4.4 %
	ICSE	1.0 %
	Others	0.4
6	Mothers Education	
	Illiterate	9.4 %
	Primary Education	10.4 %
	Secondary Education	43.2 %
	Higher secondary Education	19.8 %
	Graduate	11.0 %
	Post Graduate	4.6 %
	Others	1.6 %
7	Fathers Education	
	Illiterate	3.0 %
	Primary Education	5.2 %
	Secondary Education	42.4 %
	Higher secondary Education	22.0 %
	Graduate	15.8 %
	Post Graduate	9.2 %
	Others	2.4 %
8	Mothers Occupation	
	Service	15.8 %
	Business	6.3 %
	Agriculture	4.5 %
	Home maker	73.4 %
9	Fathers Occupation	
	Service	47.4 %
	Business	32.6 %
	Agriculture	6.8 %
	Others	13.2 %
10	Family Income	
	1000-15000	44.6 %
	15001-30000	31.4 %
	30001-45000	12.8 %
	45001 and above	11.2 %
11	Number of siblings	
	No siblings	8.4 %
	One sibling	52.0 %
	Two siblings	27.6 %
	More than siblings	12.0 %
12	Type of family	
	Joint family	40.4 %
	Nuclear family	59.6 %
13	Order of birth	
	First	45.2 %
	Second	35.0 %
	Third	13.2 %
	Others	6.6 %

Section II: Assess the level stress experienced by adolescent due to parental expectations, n=500



77% adolescents experienced severe stress due to parental expectations and 23 % adolescents experienced moderate stress due to parental expectations.

Section III: Identify the coping strategies adopted by adolescents.

Item Analysis of Problem Focus coping strategies (%) n=500

Que. No.	Problem Focus coping	Item	A	B	C	D	E	D+E
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Mean
1.	Relaxation Techniques	I prefer to reduce my stress by listening to music	2.6 %	16.2 %	11.6 %	44.8%	24.8%	34.8%
		I do exercises, yoga as a meditation to relive my stress.	7.4%	10.8%	21.8%	37.4%	14.6%	26%
2	Ventilation of feelings	I let out my feelings to reduce the stress.	5.6%	14.2%	18.4%	42%	19.8%	30.9%
3	Planning	I attend coaching classes for my better educational performance.	3.8%	11.6%	9.8%	37.6%	37.2%	37.4%
		I made a plan of action and followed it.	4%	9.8%	22.4%	41.4%	22.4%	31.9%
4	Problem Solving	I just concentrated on what I had to do next; the next step.	2.8%	4.2%	9.4%	45.6%	38%	41.8%
		I tried to analyse the problem in order to understand it better.	2.4%	58 %	10.4 %	54.2%	27.2 %	40.7%
6	Time Management	I tried to cope up stress by giving more time for studies.	3.4 %	13.6%	13 %	41.6%	28.4%	35 %
7	Social support	Discuss with my parents & siblings to find out solution about my studies	5 %	7 %	10.6 %	40.6%	36.8%	38.7%
		I prefer group discussion about studies with my peers.	3.4 %	8.4 %	18 %	43.2%	27%	35.1%
		I just spent more time with people I liked.	5.4%	18.2 %	14.4 %	41.2%	20.8 %	31 %

Table shows that in problem focus coping strategies adolescents agreed that they adopted following strategies:

Relaxation techniques: 34.8% adolescents agreed that they prefer to reduce stress by listening to music.26 % of them do exercise yoga as a meditation to relive stress.

Ventilation of feelings: 30.9% of adolescents like to express their feelings to relive stress.

Planning: 37.4 % adolescents attend coaching classes for better educational performance.31.9% of them made a plan and follow it for better academic performance.

Problem solving: 41.8% Of adolescents agreed that they. Concentrate on what they have to do in future to achieve the

goal. 40.7 % of them analyse the problem in order to understand it better.

Time management: 35% adolescents agreed that they tried to cope up stress by giving more time for studies.

Social support: 38.7% adolescents agreed that they discuss with their parents & siblings to find out solution about their studies, while 35.1% of them prefer group discussion about study with peer to reduce stress.31 % of them agreed that they like to spent time with people they like to relive stress.

Item analysis of Emotional focus coping strategies (%), n=500

Sr.no	Emotional Focus Coping	Items	A	B	C	D	E	D+E
			Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Mean
1.	Self Distraction	I do usual things such as watching T.V., Play on Mobile or video games.	2.4 %	4.4 %	6.6 %	39.8 %	46.8 %	43.3%
		I reduce my stress by outdoor games and hangouts.	2.2 %	9.4 %	13.6 %	47.4 %	27.4 %	37.4 %
2.	Comfort	I sleep more than usual	17.2 %	33.8 %	14 %	22.2 %	13.8 %	18 %
		I eat more than usual to decrease the stress.	30.2 %	41.6 %	15.8 %	8.2 %	4.2 %	6.5 %
3.	Anger	I express my anger to someone else who is close to me.	18.8 %	30.8 %	11.2 %	26 %	13.4 %	19.7 %
4.	Isolation	I spend more time alone.	22.2 %	37.4 %	13 %	19.8 %	7.6 %	13.7 %
5.	Fantasy	I had fantasies myself or wish about how things might turn out.	1	5.8	19.2	52.8	21.2	37 %
6.	Lack of expression	I tried to keep my feelings to myself.	15.2	26	17.4	31	10.4	20.7 %
7.	Avoidance	I ignore my parents and try to avoid them.	34.6 %	23.4 %	14.6 %	8.6 %	18.8%	13.7 %

Table shows that that in emotional focus coping strategies adolescents agreed that they adopted following strategies:-

Self –Distraction: 43.3%% of adolescents agreed that they use self-distraction coping like watching T.V. playing on mobile or video games to reduce stress and 37.4% of them like outdoor games and hangout to relive stress.

Comfort: 18% adolescents agreed that they sleep more than usual and 6.5% agreed that they eat more than usual to decrease stress.

Anger: 19.7% adolescents agreed that they express their anger to someone else who is close to them to reduce stress.

Isolation: 13.7% adolescents agreed that they isolate themselves by spending more time alone.

Fantasy: 37%% of them agreed that they had fantasy or wish about turning out the things.

Lack of expression: 20.7% adolescents agreed that they don't like to express their feelings.

Avoidance: 13.7% adolescents agreed that they ignored their parents and try to avoid them to relive stress.

Section IV: Association of level of stress with selected demographic variables, n=500

SR. No.	Demographic variables	Mild %	Moderate %	Severe %	P-value	Level of significance
1	Gender- Female Male	2.35	15.96	81.69	0.001	Significant
		0.00	28.92	71.08		
2	Age- 12-14 years 15-17 years	1.31	21.40	77.29	0.541	Not Significant
		0.74	25.09	74.17		
3	Types of educational settings Private school Government school Coaching classes	1.51	23.80	74.70	0.205	Not Significant
		0.00	18.26	81.74		
		0.00	32.08	67.92		
4	Mothers Education Illiterate Primary Education Secondary Education Higher secondary Education Graduate Post Graduate Others	0.00	31.91	68.09	0.018	Significant
		0.00	17.31	82.69		
		0.46	21.30	78.24		
		2.02	17.17	80.81		
		3.64	27.27	69.09		
		0.00	52.17	47.83		
5	Fathers Education Illiterate Primary Education Secondary Education Higher secondary Education Graduate Post Graduate Others	0.00	20.00	80.00	0.037	Significant
		7.69	15.38	76.92		
		0.00	23.11	76.89		
		1.82	20.00	78.18		
		1.27	22.78	75.95		
		0.00	36.96	63.04		
6	Mothers Occupation Service	2.53	31.65	65.82		Not Significant

	Business	0.00	16.13	83.87	0.138	
	Agriculture	0.00	13.64	86.36		
	Home maker	0.82	22.47	76.71		
	Fathers Occupation					
	Service	0.84	24.05	75.11		
7	Business	1.23	20.25	78.53	0.778	Not Significant
	Agriculture	0.00	23.53	76.47		
	Others	1.52	28.79	69.70		
	Family Income					
	1000-15000	0.90	23.77	75.34		
8	15001-30000	0.64	22.29	77.07	0.324	Not Significant
	30001-45000	3.13	17.19	79.69		
	45001 and above	0.00	32.14	67.86		
	Number of siblings					
	No siblings	0.00	26.19	73.81		
9	One sibling	0.77	21.92	77.31	0.641	Not Significant
	Two siblings	2.17	22.46	75.36		
	More than siblings	0.00	30.00	70.00		
	Order of birth					
	First	1.33	24.78	73.89		
10	Second	1.14	23.43	75.43	0.317	Not Significant
	Third	0.00	13.64	86.36		
	Others	0.00	33.33	66.67		

Table shows that by using Fishers Exact test there is association between stress with gender of student at P value 0.001 is less than 0.005, Parents educational level i.e. mothers and fathers educational level is associated with stress level of adolescents as p values are 0.018 and 0.037 respectively which are less than 0.005

Discussion: The mental health of students, especially in terms of academic stress and its impact has become a serious issue among researchers and policymakers because of increasing incidence of suicides among students across the globe. The present study revealed that 77 % of the adolescents experience severe stress due to Parental expectations for better academic performance.

Some students could not cope with the demands anymore and emotionally collapse when the stress is high. The present study revealed that 31 % adolescents were using relaxation as a coping strategy. 52% adolescents agreed that they required social support. 31 % adolescents agree that they express their feelings to reduce stress. 35 % adolescents plan their work 42 % of adolescents agreed that they solve the problem. 35 % adolescents were agreed they use time management to reduce stress. Majority of students used problem focus coping strategies to relive stress. Some of them were using emotional focus coping strategies like 41% of adolescents agreed that they use self-distraction coping. 13% adolescents agreed that they use comforts to relieve stress. 14% of adolescents agreed that they isolate themselves by spending more time alone. 20% of them agreed that they express their anger to someone else to reduce stress. 37% of them agreed that they had fantasy or wish about turning out the things. 14% of them avoid there parent to relive stress. 21% adolescents agreed that they don't like to express their feelings. These coping strategies adopted by adolescents to cope up stress due to parental expectations.

Gender was also found to be significantly associated with stress level. In present study female students have severe stress than male. 81.69% of female student experience severe stress and 71.8 % male student have stress due to parental expectations.

Parent's educational level also significantly associated with stress among students. Parents of children with educational level of illiterate to post graduate experienced severe level of stress and some children experienced moderate stress due to parental expectations.

Children of fathers possessing a lower education level to post graduate level were found to be more likely to perceive pressure for better academic performance. Another study by Sibnath Deb, Esben Strods & Jiandong Sun 2015^[20] to investigate the academic stress and mental health of Indian high school students and the associations between various psychosocial factors and academic stress among students in Kolkata. Nearly two-thirds (63.5%) of the students reported stress due to academic pressure. About two-thirds (66%) of the students reported feeling pressure from their parents for better academic performance. The degree of parental pressure experienced differed significantly across the educational levels of the parents, mother's occupation, number of private tutors, and academic performance. In particular, children of fathers possessing a lower education level (non-graduates) were found to be more likely to perceive pressure for better academic performance. Academic stress was positively correlated with parental pressure and psychiatric problems. Academic stress is a serious issue which affects nearly two thirds of senior high school students in Kolkata^[26].

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