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An analytical study on stress prevalence among male and female students

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Abstract

The purpose of this study is to explore the prevalence of stress among students. Besides, the researcher compares the male and female students on their stress level. It was hypothesized that there seems no significant difference between male and female students on their stress level. For exploring the stress level of the respondents the researcher employed the student stress scale developed by Z. Akhtar. A representative sample of 400 adolescents has been selected from a delimited area of Chennai. The whole sample has been collected from the above-mentioned sampling sites. In the existing research study the researcher found that there seems no significant difference between male and female students on their level of stress. Hence, it may be traced out that the impact of gender is not significant on the level of stress of the students. The policy makers must provide a sustainable solution to reduce the overexploitation of forest resources.

Keywords: Stress, male students, female students

Introduction

Stress is a combination of psychological, physiological and behavioural responses to an event that threatens or challenges and disturbs the wellbeing of an individual, either physical or mental. Stress arises when demand of an individual exceeds his personal capabilities and he gets it difficult to meet with demands. Stress is a non-specific response of the body to any demand. Stress exists when the demands on a person are perceived as exceeding that person's adaptive capacity. Ali, S. (2014) [7] Stress is omnipresent, everyone experiences some extent of stress that depends on his personal resources to deal with the situation. One can perceive a situation stressful but others can perceive the same situation as a challenge. Ajai, J. T., & Imoko, B. (2013) [4] defined stress as a mental or physical phenomenon formed through one's cognitive appraisal of the stimulation and is a result of one's interaction with the environment. Stress is a combination of psychological, physiological and behavioural responses to an event that threatens or challenges and disturbs the wellbeing of an individual, either physical or mental. Stress arises when demand of an individual exceeds his personal capabilities and he gets it difficult to meet with demands. Stress is a non-specific response of the body to any demand. Stress exists when the demands on a person are perceived as exceeding that person's adaptive capacity. Stress is omnipresent, everyone experiences some extent of stress that depends on his personal resources to deal with the situation. One can perceive a situation stressful but others can perceive the same situation as a challenge. Ahmed, S., Nigam, R. S. (2009) [3] defined stress as a mental or physical phenomenon formed through one's cognitive appraisal of the stimulation and is a result of one's interaction with the environment. All types of stress are not always harmful or bad, it may be good also as Ahmed, S., Nigam, R. S. (2009) [3] said, "Stress is not necessarily something bad; it all depends on how you take it. The stress of an exhilarating, the creative successful world is beneficial, while that of failure, humiliation or infection is detrimental".

Statement of the Problem

The statement of the research problem is reported as under:
"An Analytical Study on Stress Prevalence among Male and Female Students"

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Objectives of the study

The purpose of the study is itemised as under:

1. To explore the prevalence of stress among students.
2. To compare the male and female students on their stress level.

Hypothesis

Based on richness background of the knowledge the investigator speculated the research problem as under:

1. There seems no significant difference between male and female students on their stress level.

Methodology and procedure

The existing research study has been carried with the help of descriptive research method. For exploring the stress level of the respondents the researcher employed the student stress scale developed by Z. Akhtar. The study area for the present study has been already decimated to selected district of Punjab. A representative sample of 400 adolescents has

been selected from delimited area of Chennai. The whole sample has been collected from the above mentioned sampling sites.

Statistical treatment

The collected data was put to suitable statistical treatment by using:

- a) Frequency distribution,
- b) Percentage
- c) Mean
- d) Standard deviation
- e) Independent 't' test.

Analysis and interpretation of the data

The data has been analysed with the help of descriptive and comparative analysis. The detailed analysis and interpretation is reported as under:

Table 1: Showing the descriptive analyse of the overall respondents on the basis of the prevalence of stress. (N = 400)

Prevalence of stress among Stress		
Number	Valid	400
	Missing	0
Mean		128.7000
Median		114.0000
Mode		112.00
SD		30.49763
Variance		930.105
Range		104.00
Minimum		99.00
Maximum		203.00
Sum		51480.00

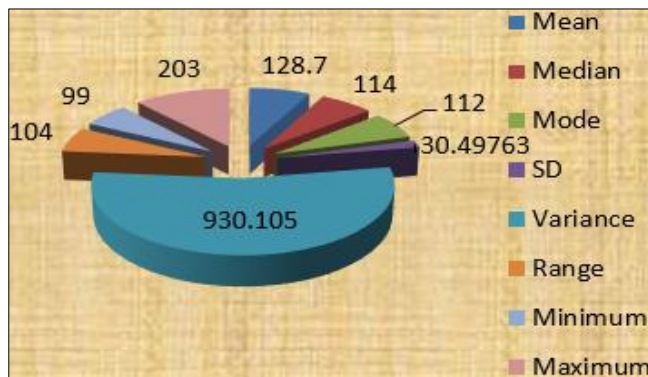


Fig 1: Showing the graphical representation on descriptive analyse of the overall respondents on the basis of the prevalence of stress. (N = 400)

The perusal of the above reported results provides a detailed analysed about the descriptive analysis of the prevalence of the stress among overall participants. It has been seen that the mean of the respondents is 128.70 and the median of the participants is 114.00. The mode of the general respondents on their stress level has been seen 112.00 with standard

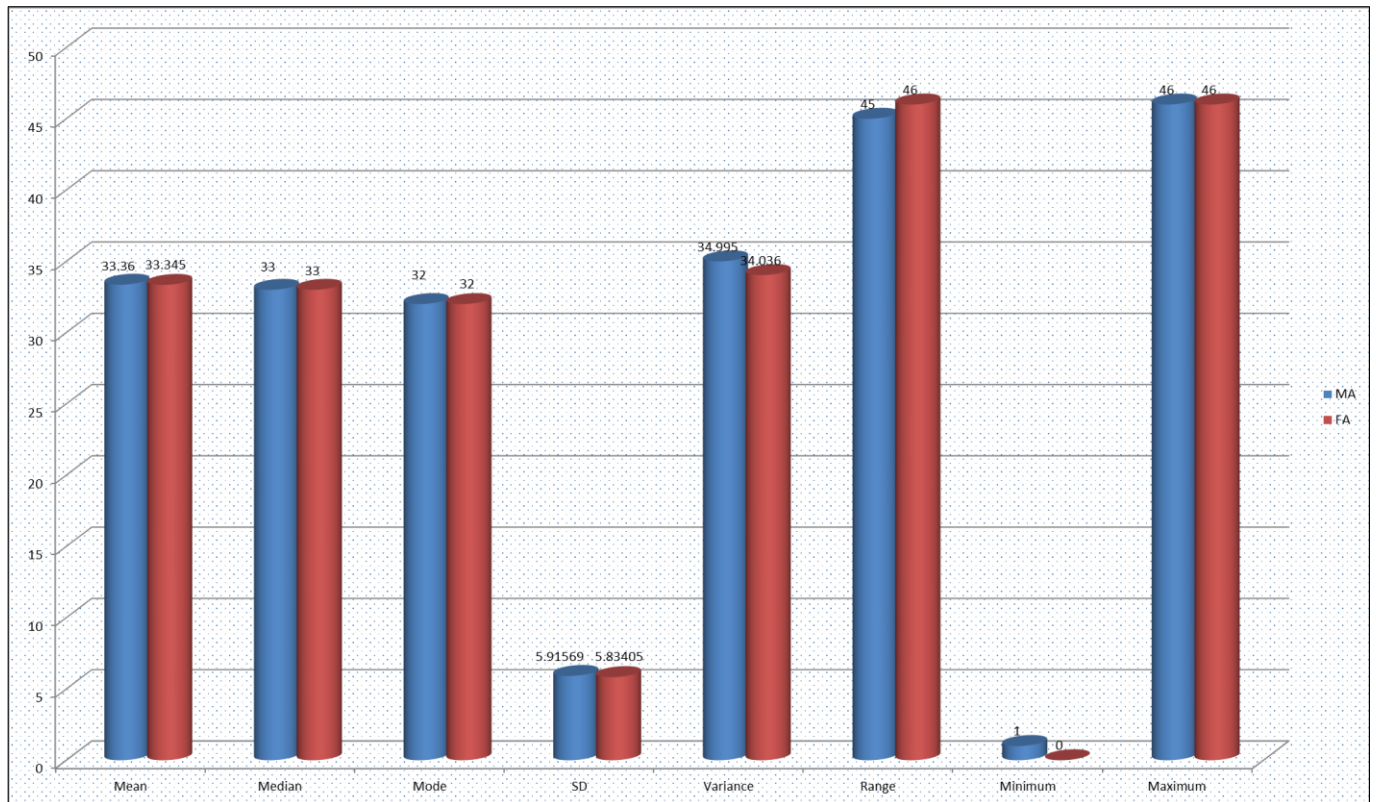
deviation 30.49763. Going ahead it has been seen that the minimum score of the respondents on their stress level has been seen 99.00 and the maximum achievement has been seen 203. Accordingly, the range has been calculated 104.00.

Table 2: Showing the descriptive analyse of the male and female adolescents on the basis of the prevalence of stress. (N = 400)

Stress	Male Adolescents	Female adolescents
Valid	200	200
Mean	33.3600	33.3450
Median	33.0000	33.0000
Mode	32.00	32.00
SD	5.91569	5.83405
Variance	34.995	34.036
Range	45.00	46.00
Minimum	1.00	.00
Maximum	46.00	46.00
Sum	6672.00	6669.00

Index

- MA = Male Students
- FA = Female Students



Index

- MA = Male Students
- FA = Female Students

Fig 2: Showing the graphical representation on the basis of descriptive analysis of the male and female adolescents on the basis of the prevalence of stress. (N = 400)

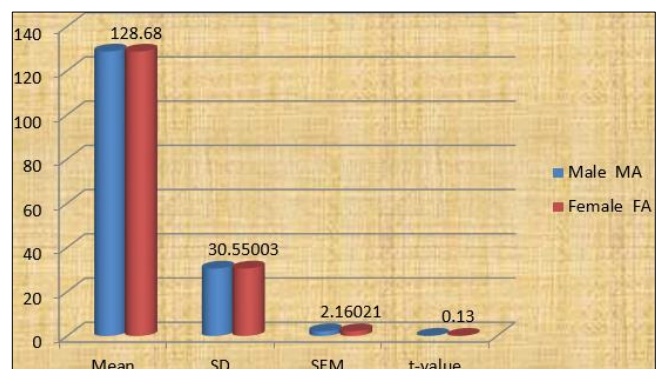
The perusal of the above reported results provides a detailed analysed about the descriptive analysis of the prevalence of the stress among male respondents. It has been seen that the mean of the male respondents is 33.3600 and the median of the male participants is 33.00. The mode of the overall respondents on their stress level has been seen 32.00 with standard deviation male 5.91569. Going ahead it has been seen that the minimum score of the respondents on their stress level has been seen 1.00 and the maximum achievement has been seen 46.00. Accordingly, the range has been calculated 45.00. The perusal of the above reported results provides a detailed analysed about the descriptive analysis of the prevalence of the stress among male respondents. It has been seen that the mean of the male respondents is 33.3450 and the median of the male participants is 33.00. The mode of the overall respondents on their stress level has been seen 32.00 with standard deviation male 5.83405. Going ahead it has been seen that the minimum score of the respondents on their stress level has been seen 00.00 and the maximum achievement has been seen 46.00. Accordingly, the range has been calculated 46.00.

Table 3: Showing the mean significant difference between male and female adolescents on the basis of the prevalence of stress. (N = 400)

Stress	Category	Category	Mean	SD	SEM	t-value	MD
Stress	Male	MA	128.7200	30.52179	2.15822	0.13	.04000
	Female	FA	128.6800	30.55003	2.16021	0.13	.04000

Index

- MA = Male Students
- FA = Female Students
- ** = Not significant at 0.5 level of confidence



Index

- MA = Male Students
- FA = Female Students
- ** = Not significant at 0.5 level of confidence

Fig 3: Showing the mean significant difference between male and female adolescents on the basis of the prevalence of stress. (N = 400)

While looking towards the above processed able, it gives the detailed analysis about the mean significant difference between the male and female students on their level of stress. The results indicate the mean achievement of the male and female students has been seen and the mean achievement of the male students has been seen 128.7200. The standard deviation in the scoring series of urban respondents has been seen and the standard deviation in the scouring of male respondents has been seen 30.52179. The ‘t’ test has been seen 0.13 which is relatively lower than the table value at 0.5 level of confidence. Therefore, it can justified that the there seems no significant difference

between male and female students on their level of stress. Hence, it may be traced out that impact of gender is not significant on the level of stress of the respondents. Accordingly, the status of the hypothesis is given as under:

- Hypothesis: There seems no-significant difference between male and female students on their level of stress accepted.

Conclusion

In the existing research study the researcher found that there seems no significant difference between male and female students on their level of stress. Hence, it may be traced out that impact of gender is not significant on the level of stress of the students.

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