

A Study on the Level of Stress of Undergraduate Students with Respect to Gender and Socio-Economic Status: In Varanasi District

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Abstract—Students are the foundation of any nation and for development of any nation the foundation must be physically, psychologically, morally and sociologically strong. By considering these points, the present study has been conducted to measure the level of stress among undergraduate students of Varanasi District with respect to gender and socio-economic status. There are three hypothesis have been taken to find out the objective of the study. The descriptive research design and survey method was used while in order to select the sample non-probability sampling design and convenience sampling technique was employed to select 200 sample from 2 postgraduate colleges of Varanasi district. The self-reporting Stress Scale developed by Dr. M. Singh in 2002 was used for collection of data to measure the level of stress. In order to analyze data the statistical method such as simple percentage, t-test and one-way ANOVA were computed. Through the analysis of data result indicated variation in the level of stress among undergraduate students, there is no significant differences have been found between male and female students while stress of undergraduate students are influenced by their socio-economic status. The study suggested psychological counselling and co-curricular activities for highly stressed students as a remedy.

Key Terms: Stress Level, Undergraduate students, Gender, Socio-economic status and Varanasi District.

1. INTRODUCTION

Education is a key component of human development. It is as defined by Redden, “the deliberate and systematic influence exerted by the mature person upon the immature, through instruction, discipline and harmonious development of physical, intellectual, aesthetic, social and spiritual powers of a human being; according to individual and social needs and directed towards the union of the educed with the creator as the final end.” While education is component of one’s development; students are essence of the education. They are the assets of a nation. There are lots of responsibilities over their shoulders especially when they come at undergraduate level. Because it is a basic qualification for many kind of employment. Some students have dream to get job whereas for some of them job is a key need of their further study or for survival of their family. Sometimes they assume that they are

overwhelmed by their course, syllabus and examination on one hand whereas their worries for their future on the other. As a result these excessive demand of the environment or situation create tension among them that ultimately leads state of stress. The origin of stress can be either in physiological, psychological and/or sociological that may threaten the integrity of the body, the personality or the social environment.

According to American Psychological Association stress as “any uncomfortable emotional experience accompanied by predictable biochemical, physiological and behavioural changes.” Korchin (1965), has described some general classes of stressful situations in students that are uncertainty and under stimulation, information overload, failure of ego control i.e. failure to control primitive impulses, being blocked from mastering new goals, danger of self-esteem, danger for physical wellbeing and other esteem danger. Hans Selye (1979) defined as, “Stress refers to non-specific response of body to any demand made upon it.” Some studies noted the stress exhibited psychological symptom such as emotional instability, inferiority feelings, pains and headaches indecision, intolerance, suicidal preoccupation, panic states, giddiness, and genitourinary symptom etc. whereas physiological symptom are like stomach ulcer, blood pressure, cancer, diabetes, skin diseases are noted. These symptom may not prevail in all patient who suffer from the stress. Stress has its category or level, which determine the intensity of the stress. It is obvious that severe intensity of stress may exhibit such symptom whereas less intensity of stress may not show such symptom. So, the intensity determine the management of the stress. But to get rid of such a situation or to cope up with these symptom; extraordinary efforts are required from the part of psychologist, counsellor, teachers, parents, friends and even from the sufferer.

2. REVIEW OF LITERATURE

A. N. Supe (1998) studied incidence of stress and factors controlling stress in medical students at various stages of

MBBS course at Seth G S Medical College, 238 students. The result of the study indicated that stress in medical students is common and is process oriented. It is more in second and third year. Academic factors are greater perceived cause of stress in medical students at Seth G S medical college. Emotional factors are found to be significantly more in First MBBS. It is dependent on person's ways of coping and social support.

Ranjita Misra (2000) investigated the interrelationship among academic stress, anxiety, time management, and leisure satisfaction among 249 university undergraduates by age and gender. Inference of the study showed significant gender differences among all the measures. Study suggested leisure activities may be as an effective strategy for reducing academic stress in college students.

A study conducted by **Robert B. Burns (2006)** on 133 first year overseas students and 76 Australian born, studying for a Bachelor of Business degree in Australia. Result of study showed that the overseas group had significantly greater difficulties in adjusting to academic requirements, particularly with regard to managing the demands of study, specifically study methods, independent learning, language skills, participation and time management as compare to local students. The overseas students manifested significantly higher degrees of various stress indicators than did the local students. More academic and counselling support and resources for this increasing intake of overseas students should be provided.

A cohort study Conducted on 158 nursing students by **Roger Watson and et. al. (2008)** to study interrelationship between personality, stress, coping and burnout. Result of the study indicated that a nursing programme can lead to increase the level of stress, burnout and psychological indisposition and that is mainly related to one's personality and coping traits.

Vivek B. Waghachavare (2013) conducted the study with objective of to assess stress among students of various professional colleges and its association with various academic, social and health-related factors. This cross-sectional study was conducted on 1200 students by using convenience sampling technique. A self-administered questionnaire was used for the data collection. Analysis was done by using percentage, the chi-square test, binary logistic regression and multinomial logistic regression. Students from all the fields studied were exposed to stress. Academic factors were one of the most important stressors. The introduction of stress management education into the curriculum could prove useful in combatting this problem.

R. Sathya Devi and Shaj Mohan (2015) examined the sources and effects of stress on the college students. They found that Academic factors, Social factors, Family factors, Emotional factors and financial factors are major responsible source of stress among college students and these source have a direct relation with the stress level of the students. The study

also explain that the level of stress and its sources vary from students to students.

2.1. Need and significance of the study

Students are the base of their family, society and Nation at large for success, upliftment, growth and development. They have lots of responsibility for all and others have very much hope with them. As to make the balance between these environmental demands and self-potential and capacity; there are scope to arise conflict which can leads state of stress. So to resolve such problem among students and gain the state of equilibrium between these phenomenon and situation, it is obvious to first know the level of stress among the students and later to find out the factors for causing stress, so that adequate remedies plan can be applied over sufferer students. By considering these point of view the present study has been conducted in order to assess the level of stress among undergraduate students of Varanasi district.

2.2. Objectives

- To find out the level of stress among undergraduate students of Varanasi.
- To find out the level of stress among undergraduate students of Varanasi with respect to gender.
- To find out the level of stress among undergraduate students of Varanasi with respect to Socio-Economic Status.

2.3. Hypothesis

- There is no significant difference in the level of stress among undergraduate students of Varanasi.
- There is no significant difference in the level of stress among undergraduate students of Varanasi with respect to gender.
- There is no significant difference in the level of stress among undergraduate students of Varanasi with respect to Socio-Economic Status.

3. METHODOLOGY

To fulfil the objective of the study descriptive research design and survey method was used. While for collection of data non-probability sampling design and convenience sampling technique was employed to select 200 sample from 2 post graduate colleges of Varanasi district. Male and female are equally represented.

3.1. Description of tools

In order to assess the level of stress, Stress Scale was used. This self-reporting scale was developed by Dr. M. Singh in 2002. Reliability of the tool is 0.82 on split-half method and 0.79 on test-retest method. Whereas validity coefficient was found 0.61. There are total 40 items in the tool. Scoring of the

tool is as 2 marks for ‘Always’, 1 for ‘Sometimes’ and 0 for ‘Never’. So the maximum score in the tool is 80 whereas minimum is zero.

3.2. Procedure

After describing relevance of the study to the undergraduate students of Varanasi district, the investigator has distributed the self-reporting Stress Scale and provide proper instruction to them regarding filling of the scale and confidentiality of their identity in order to measure their stress. The data were collected one by one from both the colleges. After that the filled scale were collected by the investigator.

4. RESULT AND DISCUSSION

Table 1: Show the Percentage of Level of Stress among Undergraduate Students of Varanasi District

S.N.	Level of Stress State	No. of Students	Percentage
a.	Severe State	31	15.5%
b.	High State	44	22%
c.	Moderate State	41	20.5%
d.	Low State	38	19%
e.	Very Low State	46	23%
	Total	200	100%

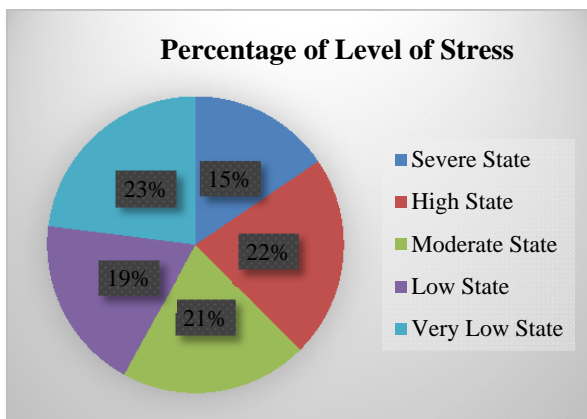


Figure: 1

Table 1 shows the percentage of stress level among undergraduate students of Varanasi Districts. Such as out of 200 samples in 15.5% (31) students showed severe state of stress, 22% (44) showed high state of stress, 20.5% (41) earmarked as moderate state of stress, 19% (38) assessed as low state of stress whereas 23% (46) measured as very low state of stress. The observation of the data revealed that there is significant difference exist among the undergraduate students of Varanasi District.

Table-2: Show the Level of Stress among Undergraduate Students of Varanasi Distt. w.r.t. Gender

Group	N	Mean	S.D.	t-value
Male	100	40.82	15.20	0.26113
Female	100	41.36	14.02	

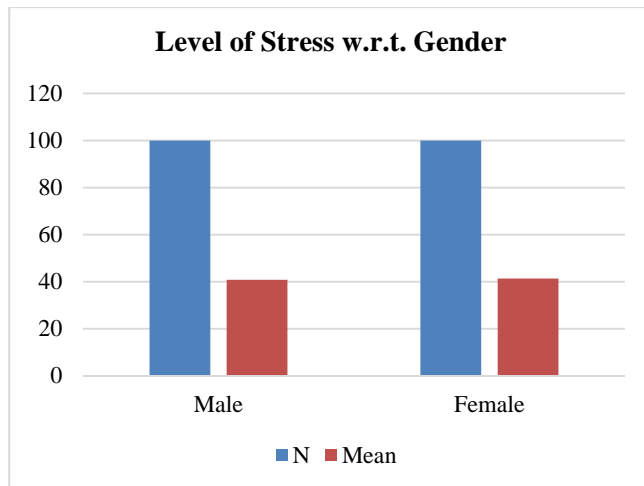


Figure: 2

Table 2 shows Mean values, SDs and t’value of level of stress among undergraduate students of Varanasi district with respect to gender. As the obtained t-value i.e. 0.26113 is less than that of the table value, and its p-value is 0.3971, it can be inferred that, there is no statistically significant difference at 0.05 level between the male and female undergraduate students. So it can be inferred that no significant difference of level of Stress between male and female undergraduate students.

Table 3: Show the Level of Stress among Undergraduate Students of Varanasi Distt. w.r.t. Socio-Economic Status

Variable	Source	Sum of Square	Df	Mean Square	F-ratio	Significance
Stress of U.G. Students	Between-treatments	2041.6574	2	1020.8287	F = 5.00183	Significance
	Within-treatments	40205.9376	197	204.0911		

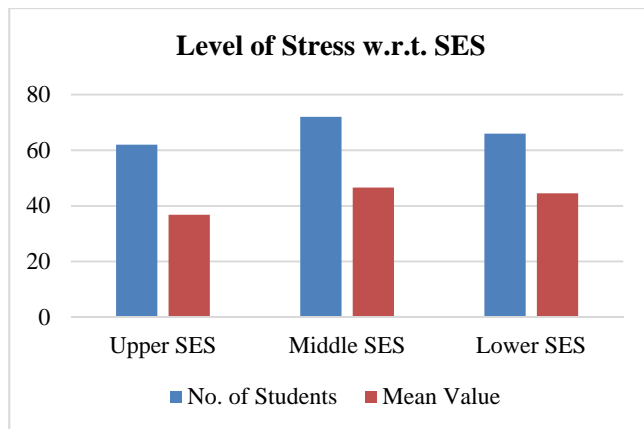


Figure: 3

The table 3 showed that the F-value for stress is 5.00183 and the p -value is .007605. Since the calculated F-value is greater than that of the table value, i.e. statistically significant at 0.05 level. So the null hypothesis is rejected. This means that stress of undergraduate students are influenced by their socio-economic status.

5. FINDINGS OF THE STUDY

It has been found that there is a significant difference of state of stress among the undergraduate students of Varanasi District. There are high percentage i.e. 22% of students measured as high state of stress whereas 23% of students showed very low level of stress.

The statistically significant difference was not found among undergraduate students with reference to gender. So it can be said that male and female undergraduate students have nearly equal amount of stress.

The one-way ANOVA has been calculated to see the difference of state of stress among undergraduate students with respect to their Socio-Economic status. The result indicated that stress of undergraduate students are influenced by their socio-economic status.

6. CONCLUSION

This study revealed that total 58% students falls under the severe, high and moderate state of stress whereas only 32% students come under the low and very low state of stress. By the data analysis, it is also found that there is no significant difference found among the undergraduate students with respect to gender while one-way ANOVA was calculated to assess the difference among undergraduate students with respect to the socio-economic status that exist among them.

7. SUGGESTIONS

There should be psychological counselling system in the colleges for students who exhibit severe and high state of stress. As well as there must be some cultural and co-curricular activities such as yoga classes, music and sports classes so that students would feel relaxed in such situation as well as would be able to reduce their tension to large extent. By applying these remedies students would rejuvenate themselves and to find out the solution of their problem in a new way.

8. DELIMITATION OF THE STUDY

- The study is restricted only in Varanasi District.
- Sample size is limited up to 200 only.
- The sample has drawn only from 2 P. G. colleges of Varanasi District.

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