

Most Common Life Roles and their Impact on Stress and Resilience among Undergraduate Females

Suparna Jain¹ and Mohini Chaudhary²

¹Daulat Ram College University Of Delhi

²Student Daulat Ram College University Of Delhi

Abstract—There are multiple roles that a human being plays. However, these roles keep on changing from one stage of life to another and also vary on the basis of gender. The undergraduate students are also playing multiple roles during their three years of graduation. However, of importance in research is the way they prioritise these roles and the amount of time they spend on each. In the present research the undergraduate female participants were asked to list the multiple roles that they play and were also made to indicate the one that is most important to them in terms of time they spend fulfilling its requirements. One way analysis of variance was employed to find the impact of priority given to different roles on the levels of stress and resilience of the participants. It was found that the ones focussing on the roles which were not gender stereotypical such as being affiliated to an organisation as an intern, associate etc., being a good citizen, being a student had a higher level of overall resilience as well as were found to be more hardy and optimistic as compared to the ones who solely focused on gender stereotypical roles of being a daughter and a sister. The results do not imply that one should not focus on familial roles, rather it is an awakening for the undergraduate girl population to also focus towards non gender stereotypical roles which would not only make them economically independent but also mentally stronger to face the challenges of life.