

# Assessing Personal stress of Undergraduates students on the basis of Locale and Gender

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## **Abstract**

Stress is worldwide phenomena. Undergraduate students are backbone of their families. Boys are considered normally to face stress at UG level as they are considered as future bread earners. This study was conducted to Assessing Personal stress of Undergraduates students on the basis of locale and gender in Prayagraj, district. For this study 200 undergraduate students comprising of male and female were randomly selected from college students. For data collection tool on Personal stress, was constructed and standardized by Dr. Arun Kumar Singh and Ashish Kumar Singh (2016). From the study it was found that there was a significant difference in Personal stress of male and female undergraduate students. So, it is stated that female undergraduate students have better Personal stress than Male undergraduate students. Undergraduate students are very less likely not to have any stress. personal stress impacts both physical and mental health. Gender specific studies for UG students are required as number of enrolled UG students is increasing compounding the personal stress problem. female' UG students cannot be left behind to tackle stress on their own. skilling for more UG students could dampen personal stress as it would increase their employability and diversify job options in future. Locality induced personal stress is reflected in reduced well- being of rural UG students. personal stress arises due to interplay of a number of complex factors which could be differentiated from academic stress in UG students. it is found that female UG students tend to developed more personal stress than male UG students. the possible reasons indicating higher personal stress females could be resulted from the fact that there is higher unemployment rate among all UG students. since there has been rapid increasing gross enrolment ratio in females in UG courses their job seeking chances have increased. so, to grab newer opportunities in job market they tend to show higher personal stress. UG students from urban area displayed more traits point towards personal stress than their rural counterparts.

**Key words:** Personal Stress, Rural, Urban, Undergraduate, Gender

## **1. Introduction**

Stress is worldwide phenomena; we all live in a much-connected world resembling global village. The range of activities professed by people have increased undergraduate students are backbone of their

families, they belong to or the societies they associate with. Modern nation 's strength lies with the education and skills of students. So, expectations are high from each ug student. UG students face both academic and personal stress. The scope of personal stress is relatively bigger as it is resultant of all other types of stresses which are non-academic in character. Academic stress is resultant of stress felt by student while taking examinations facing competition which is required to be mastered in small duration of time (Abouserie,1994). Abrol (1990) stated that there exists rivalry among persons in every walk of life which lead to production of personal stress visible in them whether they live in town, city or in faraway countries. There is pressure to perform in jobs to scale up high in the organisation. Kyriacou (1978), stated that stress is resultant of persistent pressure which cannot be mitigated by managing policies that a person is associated with. It indicates that there exists personal stress. Olson et al (1989) documented that stress results from difference in between actual and perceived notion which points towards modification is accepted behaviour. Undergraduate students can be considered in category of teenagers or just grown adults .UG students' personality and psychological well-being shaped in those years. Since UG students are considered as preparatory workforce just waiting to join a job it is natural to have developed stress which is more personal in character since academic life is in final stage for majority of them.

It can be easily accepted as a fact they has been tremendous increase in unemployment since last decade. There is high unemployment rate. On the contrary they huge population pressure of youth as reflected by last conducted population census of India in 2011. There mismatch in demand and supply of workforce to different grades of job. O Hans Selye quoted (1950) that stress is stress which is non-specific to any demand. Besides future job it is health which of paramount importance to UG student. Van et al (2017) confirmed that daily health behaviours and stress could forecast self -reported perceived stress.

Boys are considered normally to face stress at UG level as they are considered as future bread earners. But Zegeye et al., (2018) proved that unmarried and other girls' students experience high risk of stress which could result into substance abuse unemployed student physical education in Jammu showed the level of personal stress as examined by Bali (2019). Under Graduate student foresee his/her future based on the locality in which he or she lives in also the future place the person would live at. It is the locality which shapes one's mental makeup which defines aspiration and planning in near future. The level of urbanisation, prevalence of government college or private college, connectivity etc. It shapes the contours of locality in which a UG student resides.

### **Objectives of the study**

1. To Assess the Personal stress of Male and female undergraduate students.
- 2.To Analyse the Personal stress of rural and urban undergraduate students.

### **Hypotheses**

- 1.There is no Statical significant difference between Personal stress of Male and female undergraduate students
- 2.There is no Statical significant difference between Personal stress of Rural and Urban undergraduate students

## Plan and Procedure

### Research Methodology

For this research a descriptive survey method was chosen to investigate the personal stress levels of undergraduate students. population of this research was undergraduate students both public and private collages in Prayagraj.

### Sample and Sampling Technique

The sample constitutes of the students of different colleges of Prayagraj. Researcher have employed stratified random sampling approach to recruit the respondents. The sample of the study 200 undergraduate students. Initially out of four division in Prayagraj, one division was selected randomly. Then both urban and rural students were selected as a sample with distribution of 104 urban and 96 rural students. the sample of 104 urban students was further divided into 49 male and 55 female, same as rural students

### Tool Used

The level of academic stress of students was measured via “The Personal stress scale for students” constructed and validated by Dr. Arun Kumar Singh and Ashish Kumar Singh (2016). The scale included a total no of 25 questions written in English language. The questions were arranged on a five -point Likert scale that ranged from strongly disagree (1) to strongly Agree (5)

### Statistical techniques used in analysing the data

After the data collection stage, we continue to analyse the data using various statical procedures to generate essential and revealing insights. statical method such as mean and SD, t test were applied

## Result and Discussion

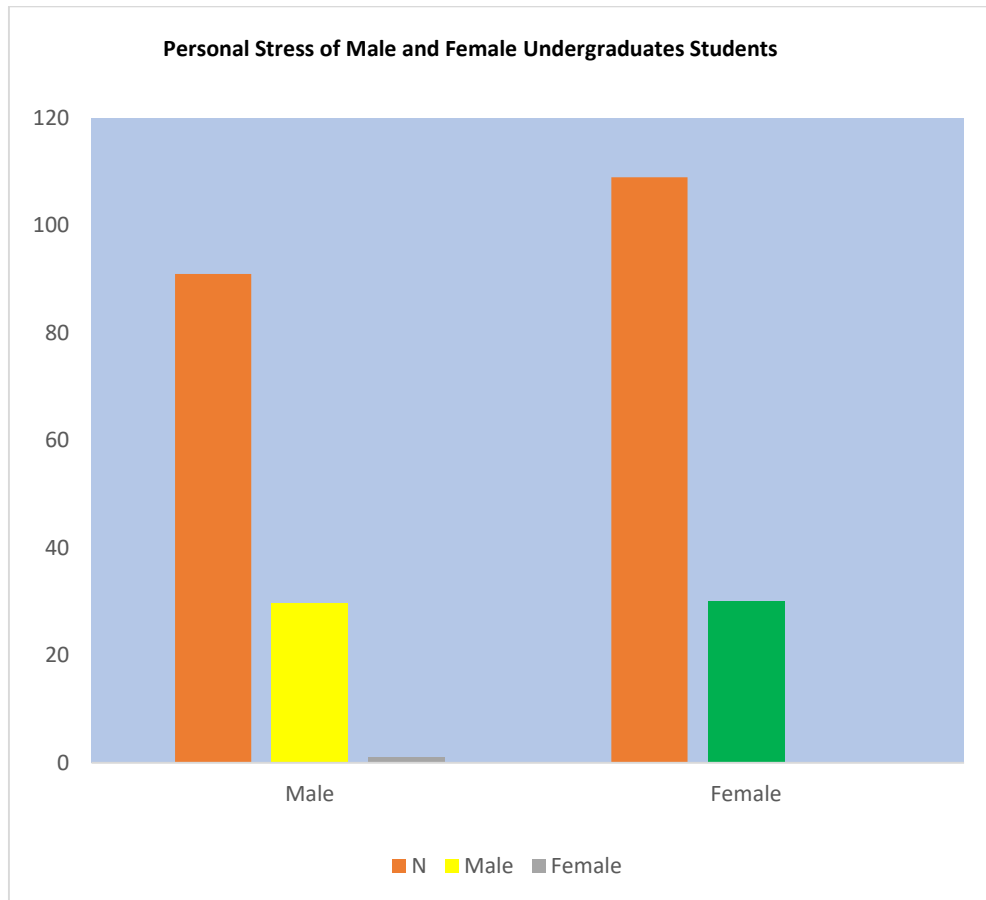
In order to Assess the Personal stress of Male and female undergraduate students. t – value along with mean and standard deviation (SD) was calculated and the results of analysis are shown in table - 1

### Assessing the Personal stress of Male and female undergraduate students

**Table 1** Mean, SD and t-ratios Showing differences of Personal stress of Male and female undergraduate students.

Gender	N	Mean	S. D	Std.Error Mean	t-value
Male	91	29.7434	3.99280	.37561	3.54
Female	109	30.1681	4.50576	.42387	

The table -1 indicates the mean Personal stress score of male and female undergraduate students are 29.74 and 30.16 respectively. The ‘t’ values is 3.54, which is large at 0.01 level of importance, due to the fact the tabulated value is 1.96 at 0.05 level of significance. So, it turns out to be determined that male and female undergraduate students differ significantly on Personal stress. The high mean score of female students show that female students had been more Personal stress than their counterpart students.



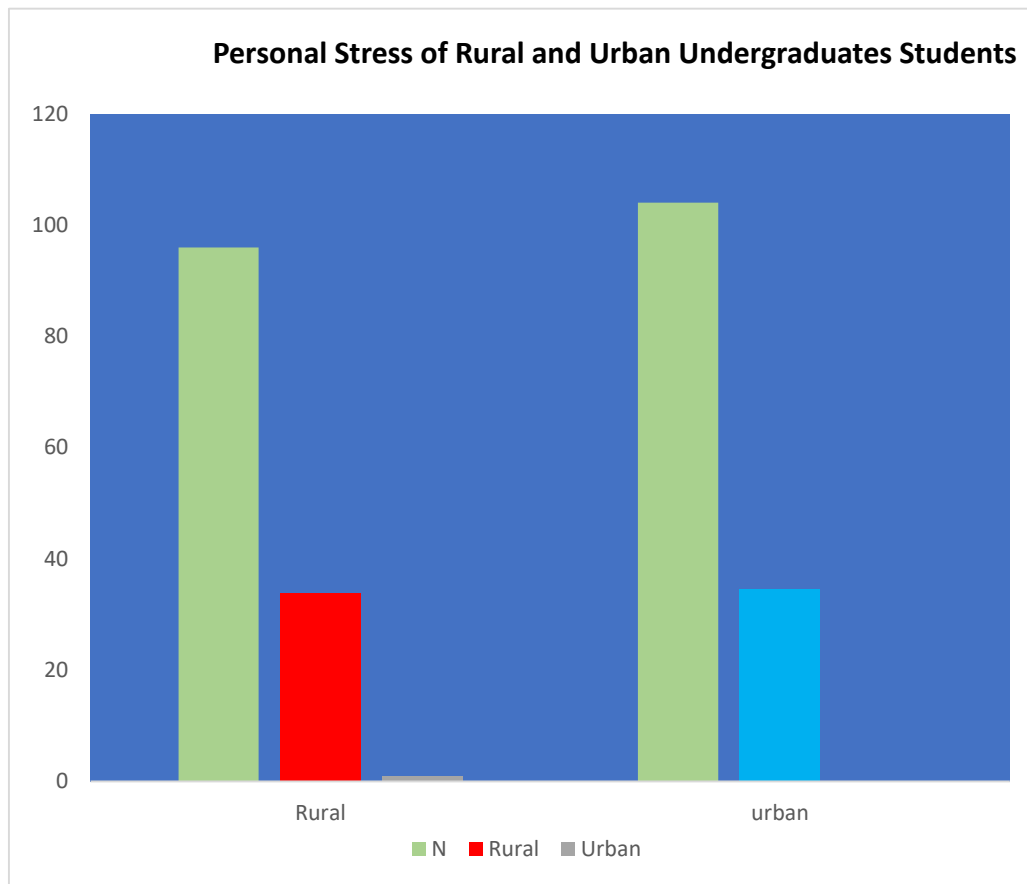
**Figure -1 Graph representing the Mean on Male and Female undergraduate student Personal stress levels**

### Analysing the personal stress of rural and urban undergraduate students.

**Table - 2** Mean, SD and t-ratios Showing differences of Personal stress of rural and urban undergraduate students.

Group	N	Mean	S.D	St. Error Mean	t-value
Rural	96	33.7611	4.21375	.39640	2.836
Urban	104	34.6195	4.73828	.44574	

Observation of the above table shows the Mean, SD and t-value of Rural and urban undergraduate students which are 33.76, 34.61 and 4.21, 4.73. The calculated. t-value is 2.83 of both the groups is more the table value at 0.5 significance level. So, it can be said that the personal stress of Rural and urban undergraduate students is statistically significant. The mean score is also presented in the following figure.



**Figure 2**

**Graph representing the Mean on Rural and urban undergraduate's students Personal stress levels**

## Conclusion

Undergraduate students are very less likely not to have any stress. personal stress impacts both physical and mental health. Anjali et al, (2020) displayed that UG students belonging to different streams such as arts, science, commerce and technical all face personal stress. Mental health is directly hit by stress. So stress release activities and programs like yoga, life skill training meditation, Psychotherapy etc could be usefully employed to students to manage stress. (Reddy et al, 2018). Gender specific studies for UG students are required as number of enrolled UG students is increasing compounding the personal stress problem. Girls' UG students cannot be left behind to tackle stress on their own. skilling for more UG students could dampen personal stress as it would increase their employability and diversify job options in future. Parental migration could lead to discrepancies in aspirations and expectations of students as stated by xiaodi chen et.al (2021). Locality induced personal stress is reflected in reduced well- being of rural UG students. personal stress arises due to interplay of a number of complex factors which could be differentiated from academic stress in UG students. it is found that female UG students tend to developed more personal stress than male UG students. the possible reasons indicating higher personal stress females could be resulted from the fact that there is higher unemployment rate among all UG students. since there has been rapid increasing gross enrolment ratio in females in UG courses their job seeking chances have

increased. so, to grab newer opportunities in job market they tend to show higher personal stress. UG students from urban area displayed more traits point towards personal stress than their rural counterparts. The following observations could be resulted due to higher level of competition among students also added by peer pressure to perform better and rise higher. More quantitative studies could explore directly affecting factors leading to personal stress among UG students.

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