

A Comparative Study Of Stress level on college students Of Gwalior city

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Abstract: Stress is the term used to describe the physical emotional cognitive and behavioral responses to events that are appraised as treating or challenging. College student have to face many type of stress in daily life. Girls and boys both have a different tendency to cope with stress. In this study we study about stress level in college going students and also measure it. Our sample is from Gwalior urban areas student. We chose our sample randomly in college campus.

Key Words; students, stress level, psychological disorders , Govt. K.R.G. college of Gwalior.

1. INTRODUCTION-

Stress is a major psychological disorder. Many psychological disorders are directly connected with stress. Stress is a psychophysical condition that affects both girl and boys in a different way. Mostly in girls stress majorly affect because they are more emotionally responsive to stressful situation than men. This study assessed the measurement of stress level in boys and girl college students of Gwalior city. The scale of was administered. The stress level in this scale refers to high medium or low level. Two groups of 40 girls and 40 boy's students were our sample in this study.sample are randomly selected student from K.R.G. College and M.L.B. Of excellence in Gwalior city (Madhya pradesh). The data indicate that the mean of girl students is high stress level.

2. MATERIALS::

Tools- in this study we used a questionnaire of singh personal stress source inventory (SPSSI) by A.K. Singh & Arpna singh (Patna). In this questionnaire we have 35 questions who measured stress level in a person. Sample- In this study we chose two group of student one group is boy student of college from Govt. M.L.B. arts & commerce college of excellence Gwalior & the other one is girls students group from Govt. K.R.G. college of Gwalior. Each group sample is 40- 40 students. Subject wise our both group sample is from Arts and science side bachelor class students.

3. HYPOTHESIS:

Hypothesis is a supposition or proposed explanation made on the basis of limited evidence as a starting point for further investigations. In this study we make a hypothesis which is "There are any no significant difference of stress level in boys & girls college students".

Variables - a characteristics number or quantity that increase or decrease over time or take different value in different situation. In our study Independent variables is Girls & boys college student. Dependent variables are stress level.

4. METHOD:

This study is undertaken in mean, S.D. and T-Test analysis for data comparison of girl and boy students stress level. Analysis- Firstly we talked about stress to students for understanding the research in this study we applied a questionnaire on 80 students (40 girls & 40 boys) through personal interview. All candidates are responsive for questionnaire.

Table no. 1

S.no.	Students	N	Mean	S.D.	T-score	.01	.05
1	Girls	40	38	18.6	6.51	NS	NS
2	Boys	40	32	15.4			

Table No. 2

S.no.	Stress level	N=20 Girls science student	N=20 Girls Arts student
1	High	5	3
2	Medium	9	11
3	Low	6	6

Table no 3

S.no.	Stress level	N=20 boys science student	N=20 boys Arts student
1	High	5	3
2	Medium	10	10
3	Low	5	7

5. RESULTS:

we applied T-Test on collective data according to our table no.1 the result is there is a significant difference between stress level of boys and girl students stress level. In this study show that girl stress mean is (38) higher than boys stress mean (32). Our T-Test value is 6.51. This is higher from significant value of T-test on .01= 2.64 and .05= 1.99 levels. So we can say that our hypothesis was denied and girl students live stressful more than boys students.

6. CONCLUSION AND DISCUSSION:

In this study we found that there is a significant difference of stress level between boys and girls student. Table no 2 show that in our science subject girls group and also arts subject girls group have found medium stress level in large number. Table no 3 show that in our study science subject boys group and also arts subject boys group have found medium stress level in large number. Girls phase too many time stressful situations in their life. They have insecurity feeling most of girls have financial crisis some girls parents don't allow them to go out of city for study many girls phase early marriage tension and responsibility in their life so they have to do study and married responsibility at a same time. Girls also have health related issues like menses and weakness Etc. these are some point who illustrate girls problems. Sometime boys and girls both have a problem during study they don't set a carrier goal, that time they feel stressful for future. For both boys and girls it is difficult to making and maintaining new relationship during college life, if they fall that time it hurt them.

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