

Study of Different Level of Stress Perceived By Adolescents of Different Groups

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Abstract

Adolescence is a very critical phase in one's whole life span. It's a period when adolescents have to face many challenges in day to day life. They try to make their own identity in society, school and home. During the process of establishing their own identity and overcoming with challenges they feel different level of stress. The present study was conducted to find out the extent of stress among adolescents of different gender, locality and academic stream. **Objectives:** To study the extent of stress among adolescents of different gender, locality and academic stream. **Research question:** What is the extent of stress among adolescents of different gender, locality and academic stream? **Sample:** Sample of the present study consist 200 students from different schools of Almora district. **Tools:** Dr. Zaki Akhtar's STUDENT STRESS SCALE SSS-AZ was used for data collection. **Result:** Results shows that most of the adolescents experienced average stress. More than 20% of total adolescents were found prone of high stress. Low stress was also experienced by more than 20% adolescents.

Key Words : Adolescents, Stress, Gender, Locality, Academic stream .

Introduction :

Adolescence is a very special and unique time period in one's life span when adolescents want to establish their own identity, independence and self-definition. During this period adolescents have to take many decisions related to their career, family and relations which affect their upcoming life. Different environment of home, school and Society affect the decision of adolescents. If their decision doesn't match according to demands of society they acquire Emotional and social problems .They gets confused, feels contradiction in their decisions and experiences stress. Hall (1904) also considered adolescence as a period of storm and stress marked by contradictory emotions. According to Gilmore *et. al.*, (1966) adolescents are always at high risk for developing stress due to ego centrism, lack of experience and curiosity to do something new. Brown (1985) defined stress as an unfavourable perception of the social environment and its dynamics that threaten social and psychological well being. Present century may be termed as the century of stress as stress is encountered everywhere. Adolescents feel different level of stress in different situation. However level of stress experienced by each individual depends on their own capabilities of coping up of stress but different environment and social perception towards different groups of adolescents play an important role in developing the efficiency among adolescents to cope up of stress. Hence different groups of adolescents experience different level of stress. In present study researcher examined the extent of stress among adolescents of different groups based on gender, locality and educational stream.

Review of Literature-

Dinesh & Kumari(2010) found in their study, more than 90% of the children experiences mild to moderate level of stress and different levels of stress experiences by children of different age and gender. Sulaiman et al.(2009) investigated the relationships between stress level and academic achievement among adolescents. Investigator used Students-life Stress Inventory for data collection. The sample comprised 155 students from urban and rural secondary schools in Malaysia. The study revealed that no students experienced high stress, 29 percent students experienced medium stress and 71 percent students experienced low stress. Significant difference was found between adolescents of different gender and region of residence. Different stress level exists between male and female students. Sunil kumar(2014) reported that rural and urban students of XII class are not significantly different in relation to their academic stress. Study shows that both the groups are having average academic stress (Average level of frustration, conflicts, pressure and anxiety).

Methodology

This section gives an account of the objectives, hypothesis, research sample and the research tool that were used for data collection.

Statement of the problem

'Study of Different Level of Stress Perceived By Adolescents of Different Groups'.

Objectives : To study the extent of stress among adolescents of different gender, locality and academic stream.

Research question: What is the extent of stress among adolescents of different gender, locality and academic stream?

Data Collection: The sample of study comprised a group of 200 adolescents selected from 4 government schools of Almora district. Dr.Zaki Akhtar's STUDENT STRESS SCALE SSS-AZ was used for data collection.

Analysis and Discussion

Data and result of above mentioned objectives are given in tables shown below.

(a) Stress among adolescents boys and girls.

Table-1

Stress among adolescents boys and girls.

Gender	Low stress		Average stress		High stress		Total
	N	N(%)	N	N(%)	N	N(%)	N
Boys	29	26.61%	53	48.62%	27	24.77%	109
Girls	17	18.68%	49	53.85%	25	27.47%	91
Total	46	23%	102	51%	52	26%	200

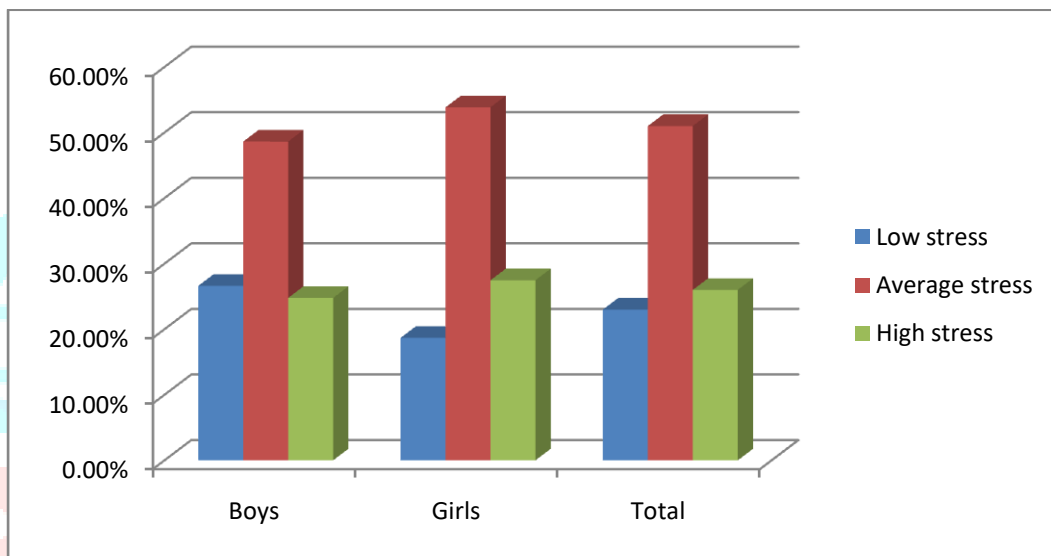


Table value indicates that 26.61% boys, 18.68% girls and 23% of total sample exhibit low stress level, 48.62% boys, 53.85% girls and 51% of total sample show average stress level. 24.77% boys, 27.47% girls and 26% of total sample exhibit high stress level. These results revealed that more girls experience average stress and high stress in comparison of boys adolescent.

(b) Stress among rural and urban adolescents

Table-2

Stress among rural and urban adolescents

Region of residence	Low stress		Average stress		High stress		Total
	N	N(%)	N	N(%)	N	N(%)	N
Rural	31	23.13%	70	52.24%	33	24.63%	134
Urban	15	22.73%	32	48.48%	19	28.79%	66
Total	46	23%	102	51%	52	26%	200

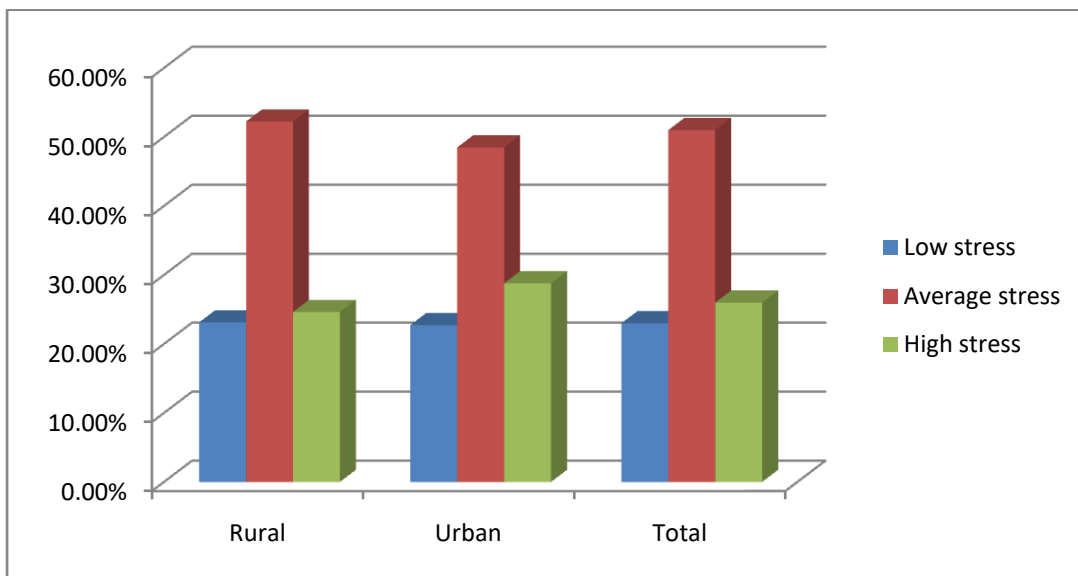


Table value reveals that 23.13% rural adolescents, 22.73% urban adolescents and 23% of total sample exhibit low stress level. 52.24% rural adolescents, 48.48% urban adolescents and 51% of total sample show average stress level. 24.63% rural adolescents, 28.79% urban adolescents and 26% of total sample exhibit high stress level. These results indicate that urban adolescents feel high stress more than rural adolescents.

(c) Stress among adolescents of science and arts stream.

Table-3

Stress among adolescents of science and arts stream.

Gender	Low stress		Average stress		High stress		Total
	N	N(%)	N	N(%)	N	N(%)	
Science	28	29.79%	48	51.06%	18	19.15%	94
Arts	18	16.98%	54	50.94%	34	32.08%	106
Total	46	23%	102	51%	52	26%	200

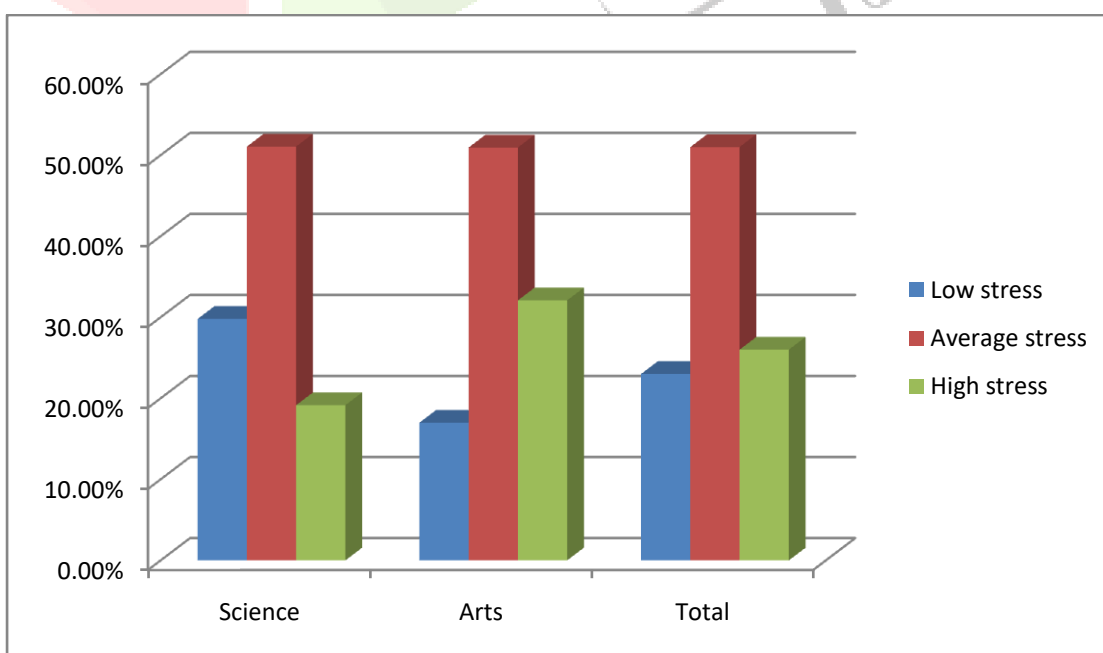


Table value indicates that 29.79% adolescents of science group, 16.98% adolescents of arts group and 23% of total sample exhibit low stress level. 51.06% adolescents of science group, 50.94% adolescents of arts group and 51% of total sample show average stress level. 19.15% adolescents of science group, 32.08% adolescents of arts group and 26% of total sample exhibit high stress level. These results revealed that adolescents of arts student experiences high stress in comparison of adolescents of science group. Low stress and average stress experiences by science group adolescents more than the arts group adolescents.

Conclusions:

This paper examined the stress level among adolescents of different gender, locality and academic stream. It was found that approx 50% adolescents of every group feel average stress. More than 20% adolescents of every group feel high stress. Percentage of girls adolescents were more than the boys adolescent in experiencing high stress. Percentages of urban adolescents were more than rural adolescents in feeling high stress. Adolescents of arts stream were greater in percentage in comparison of adolescents of science stream with regard to high stress. Finding of this study has immense importance for parents and teachers. Teachers should guide students while choosing academic stream and should help them in performing better. Counselling cells should be established in schools especially for girls and rural adolescents. Teachers should help them in deciding the aim of life according to their interest and strength. Parents should allow the adolescents to take decisions related to their career freely and shouldn't impose any choice. They should try to find the inherent qualities of child and should help him developing those. Recent studies have proved that this period need not be a period of stress and storm, if proper guidance is given to the students. This discussion will help us in understanding various levels of stress among adolescents of different groups. So we will be able to direct our students in the right direction.

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