



## A Study of Personal Stress Among Unemployed Graduate Students of Different Branch

<sup>1</sup>Anjali Singh, <sup>2</sup>Herendra Kumar, <sup>3</sup>Sunita Kumari

<sup>1</sup>Research Scholar, <sup>2</sup>Assisitant Professor, <sup>3</sup>Associate Professor

<sup>1</sup>Department of Psychology,

<sup>1</sup>Shri Varshney College, Aligarh, U.P. India.

### Abstract:

Unemployment is a social issue, which is prevalent worldwide level. it is generally associated with decreased income. Unemployed people can suffer from stress, depression, anxiety, rumination, and a sense of hopelessness. There is a decreased quality of mental life satisfaction and objective physical well-being. Several studies revealed the negative correlation between unemployment and mental health of individuals. This paper mainly presents the personal stress among unemployed graduate students of Art, Science, Commerce, and Technical stream. The sample comprised one hundred twenty unemployed graduates with the age range of 20 to 25 at only Aligarh district. The sample was divided into four groups, each group had been 30 unemployed graduate students. The data was taken by using Personal stress source inventory (PSSI) developed by **A. K. Singh, A. K. Singh, and A. Singh**. To analyzed data, the Mean, standard deviation (SD), and Analysis of variance (ANOVA) were used. The findings of this study show that unemployed graduate students of Art, Science, Commerce, and Technical stream were different significantly on personal stress at 0.05 level of significance and concluded that a significant stress level being experienced by unemployed .

*Index Terms - Personal stress, Unemployed, and Graduate.*

### I. INTRODUCTION

Unemployment is a biggest crisis of India. All people want to fulfill our need as they like, but absence a job they are facing many problems. When a person became active for searching a job but he is not successful to get a job then Unemployment occurs. Unemployment word is always used for the measure economy health. The rate of unemployment is the continuous measure of unemployment, it a quotient that is found through the number of unemployed people divided by the number of people in the labor force. High and continuous unemployment can lead to signs of the upheaval of social, psychological, and political with serious distracts in an economy (**Jim Chappelow, 2020**).

**According to the State of India's Environment (SoE) In Figures, (2019)**, the unemployment rate is doubled in the last two years in India , . young graduates are particularly affected from its. The rate of unemployment reached 7.6 percent from four percent in the two years past (May 2017-April 2019). Job hunting is a bigger challenge for the young and the educated person. The fifth part of the population in the India is Young 15 to 24 years. (according to the 2011 census of India). The report shows that the unemployment rate is 32 percent between 20 to 24 years old youth, who are approximately 40 percent part of the labor force of India.

The unemployment rate of educated persons is not good. those people who is graduates, the unemployment rate was 13.17 percent from September to December 2018 while 10.39 percent in May-August 2017. According to NSSO, the rate of unemployment is positively related to education level (**Kiran Pandey, 2019**).

Unemployment affects individuals physically and psychologically . lack of energy, sleep problems, headaches, stomach aches, hypertension kidney, and heart disease are included in the physical impact of unemployment while fear, anger, loneliness, anxiety, stress, social isolation, and depression, lack of self-esteem,

low life satisfaction, lack of concentration, low aspiration levels, lack of personal identity, are included in the Psychological impact of unemployment (**Hanisch, 1999**).

Stress is extremely common problem in modern life specially unemployed. Stress is a response to an appropriate level of pressure. Stress can be thought of a response, as an intervening variable and as a stimulus and emphasizing upon the interaction between individual and environment. Which may be caused by the nature of work, change in life or personal problem. According to **Hans Selye (1950)**, “Stress is a non-specific body response to any demand”.

According to **Baron (1992)**. “Stress is many –faceted process that occurs in us in response to events that disrupt or threaten to disrupt our physical or psychological functioning.”

## II. REVIEW of LITERATURE

**Van, BK & Reeva, B. (2017)**, analyzed the stress of students in relation to health behaviors who were graduates. The cross-sectional study design used for data collection. self-selected Fifty-eight students wore a disposable lifestyle tracker to observe the modifiable health behaviors and utilized a Mobil phone app to observe the perceived stress level in this study. Participants. collected Data from 49 participants was analyzed with multi-linear regression. sleep and Self-reported perceived stress levels were insignificant forecasters at the level of 0.05. Daily calculated health behaviors and stress were all significant forecasters of self-reported perceived stress. the conclusion of this study that graduate students felt the same level of self-reported perceived stress as their daily calculated stress and show the negative relationship between stress and health behavior.

**Brown, K., Johnson, P. & McPherson (2016)**, assessed the sources and perceived level of academic stress in students. 81 students were selected as a sample who were enrolled as a student of MScN (master of science in nursing) in the nursing school of jamaica's urban section. stress survey The perceived stress scale -14 developed by **Cohen, Kamark, and Mermelstein (1983)** was used to data collection. SPSS version 20 was used to Univariate and bivariate analysis. the results show that 22.8% of students had a high level of stress, and 24.6% of students had low levels of stress while 5.09% of students were moderately stressed. the further result shows that the final exam reparation was associated with stress.

**Zegeye et al., (2018)**, assessed the stress prevalence among postgraduate students and examined the relationship between substance use and stress prevalence of stress. A cross-sectional design was used in this research. A sample was comprised of 360 postgraduate students of Jammia University using simple random sampling method. the general health questionnaire, Self-administered structural questionnaires with socio-demographic characteristics, and post-graduate stressor questionnaires were applied to the subjects for data collection. SPSS version 20.0 was used to get The final result and found a high level of stress among overall postgraduate students that affected their psychological well-being. the main source of stress was Academic burden in this research. unmarried and girl students were experienced at a high risk of stress. Khat chewing and cigarette smoking were observed as a predictor of stress.

**Reddy, et al., (2018 )** assessed the academic stress and its sources among university students. Further aim to observe the difference between gender-wise and streamwise in academic stress reported by the participants. A random sampling method was used to consist a sample of 336 students. to found academic stress and its source, the Academic stress scale constructed by Rajendra and Kaliappan (1991) was used. Post –hoc analysis was calculated to know the significantly varied stream in comparison with the total academic streams. concluded that the students of the humanities stream were differed significantly on academic stress scores between management and commerce at the level of 0.05. there are significant difference between commerce stream and science stream students on stress while students of humanities stream and science stream no differ significantly on academic stress.

**Bali, (2019)**, examines the level of personal stress of Jammu district unemployed student of physical education. The total 60 subjects were selected for study. In this study, the data was analyzed and interpreted by using Chi-square test. The findings of this study showed that there is no personal stress level found among the trained unemployed Jammu students of physical education due to unemployment.

## III. PROBLEM

The study of personal stress among unemployed graduate students of different stream.

## IV. HYPOTHESIS

There will be significant difference among unemployed graduate students of Art, Science, Commerce and Technical stream.

## V. VAIABLE

The variable of present study are having given in following as,

**Independent variable:** In the present paper, unemployed graduate students is independent variable, which has four level i.e., Art stream, Science stream, Commerce stream and Technical stream.

**Dependent variable:** Scores of personal stress source inventory (PSSI).

## VI. SAMPLE

A sample of 120 unemployed graduates is drawn from Aligarh district. The sample is divided into four groups, each group has thirty unemployed graduate students. Random sampling technique is used to selecting sample. Age range of the sample is 20 to 25 years.

## VII. TOOL

The PSSI invented by A.K. *Singh, A.K. Singh, and A. Singh* is used to data collection. The scale consist of 35 statement related to personal life events. High score on this scale show high personal stress. The maximum score on PSSI is 105. Test re-test reliability and internal consistency reliability were found highly significant by odd-even method.

## VIII. PROCEDURE

In this study random sampling method was used to data collection. Objective of this study was made clear to the participants. Personal stress source inventory was administered individually. The general instruction were given to participants to complete the inventory. Help was provide to the participants in case they found any of the items difficult to comprehend.

## IX. STATISTICAL ANALYSIS

To analysis the personal stress among unemployed graduate students of Art, Science, Commerce and Technical stream. The mean, standard deviation and analysis of variance (one way ANOVA) were used. The level of significance for F-ratio was set at 0.05. (*A. Singh, 2019*).

## X. RESULTS AND DISCUSSIONS

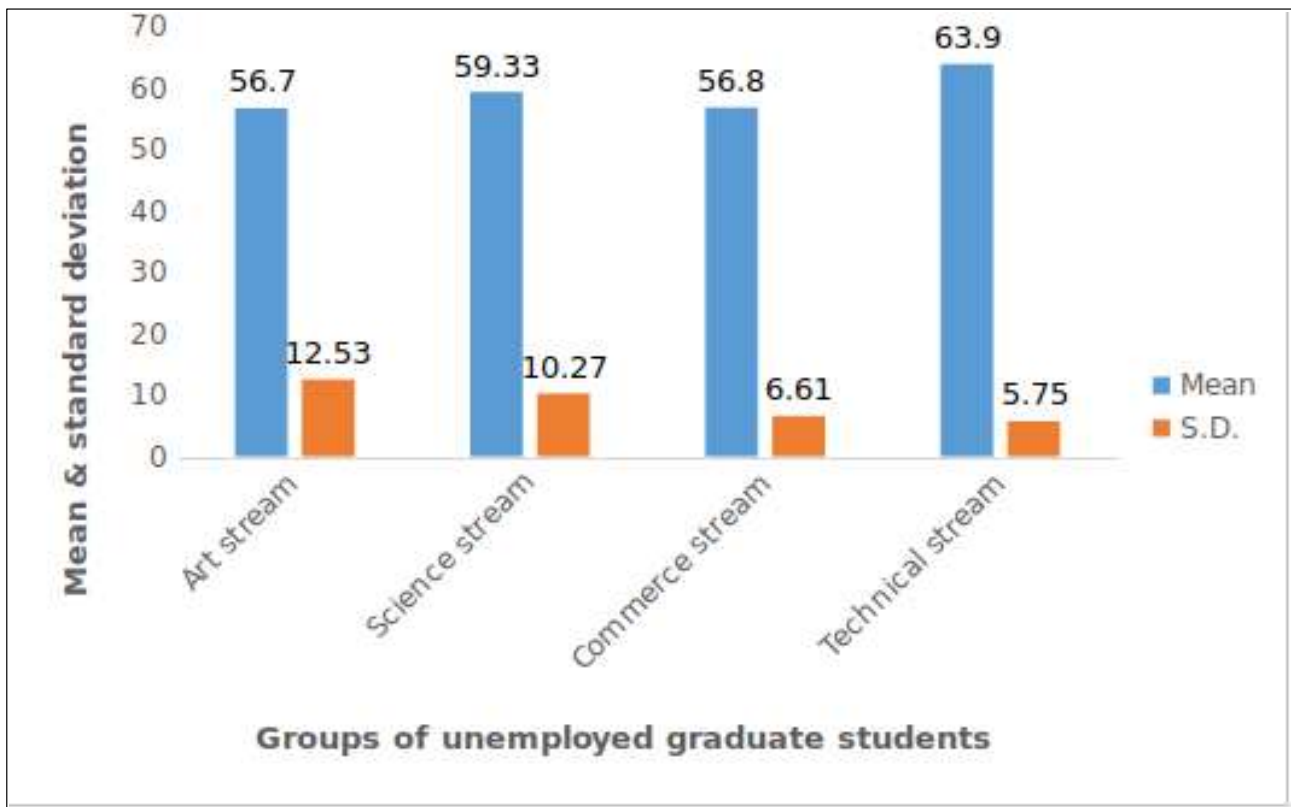
The main objective of this present study to investigated the personal stress among unemployed graduate students of Art, Science, Commerce and Technical stream. In this paper, the calculation of mean, standard deviation and F-ratio of unemployed graduate students of Art, Science, Commerce and Technical stream is presented following as,

**Table 1: This table shows the results of personal stress among unemployed graduate students of different stream.**

Groups	N	Mean	SD	F-ratio	Significance
Art stream	30	56.70	12.53	3.89	0.05
Science stream	30	59.33	10.27		
Commerce stream	30	56.80	6.61		
Technical stream	30	63.90	5.75		

The results of table 1 show that the mean score of students of Art stream is 56.7 (SD=12.53), students of Science stream is 59.33 (SD = 10.27), students of Commerce stream is 56.8(SD= 6.61) and mean score of students of Technical stream is 63.9 (SD= 5.75). The calculated value of F-ratio (3.89) is greater than tabular value of F-ratio at 0.05 level of significant. Hence we can say that the hypothesis is not rejected at level of 0.05, there is significant difference among unemployed graduate students of Art stream, Science stream, Commerce stream and Technical stream. Students of Technical stream have scored more on personal stress inventory then other stream of students. **Reddy, K.J., Menon K.R, & Thattia. (2018)** found similar result. It can be seen in figure 1.





**Figure 1:** This figure shows the mean and standard deviation of unemployed graduate students of different stream.

## XI. CONCLUSIONS

The main result of this present study was the personal stress among unemployed graduate students of Art, Science, Commerce, and Technical stream. According to these results, we can say that technical stream unemployed students have more stress compare to Art, Science and Commerce stream unemployed students. The above findings show that the subjects of the technical stream had more experience of stress to find work than other stream students. stress Prevalence is not specific for any stream situation. level of High stress was reported in engineering and medical students show the need for medical attention and interventions (**Behere, Yadav & Behere, 2011**). stress has become a prevalent problem across groups, society, culture, and countries, (**Wong, Wong & Scott, 2006**). The present research highlighted that stress is a devastating problem which affects the mental health and well-being of students. many Techniques of biofeedback, yoga, life-skills training, mindfulness meditation, psychotherapy, etc. have been a success to reduce individuals' stress (**Reddy, et al., 2018**). All people have some specific attribute to their own personality traits as well as limited coping resources being available to them. Personality factors like as external and internal natural disposition of individuals play a significant role in determining their ability to tolerate stress. Inherent environmental factors such as life circumstances and difficulties at home play an important role in contributing towards stress level.

## XII. LIMITATIONS

1. Sample size of each group was very small. So, large sample is necessary to generalize this finding.
2. The sample was selected from only Aligarh district.

## XIII. Acknowledgment

This paper and the research behind it would not have been possible without the exceptional support of my supervisor, Sunita kumari. Her enthusiasm, knowledge, and exacting attention to detail have been an inspiration and kept my work on track from my first encounter to the final draft of this paper.

## REFERENCES

1. Bali, A. (2016). A study of stress facing by unemployed students of physical education in Jammu. *international journal of physical education, sports and health*, vol. **3(2)**: 235-237.
2. Behere S. P., Yadav R & Behere P. B. (2011). A comparative study of stress among students of medicine, engineering, and nursing. *Indian journal of psychological medicine*. **33(2)**:145
3. Brown, K., Johnson, P. & McPherson, A.N. (2016). Academic related stress among graduate students in nursing in a Jamaican school of nursing. *Nurse education in practice*, vol. **20**: 117-124. <https://doi.org/10.1016/j.nepr.2016.08.004>
4. Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, **24**, 385-396.
5. Hanisch, K. A. (1999). Job loss and unemployment research from 1994 to 1998: a review and recommendations for research and intervention. *Journal of Vocational Behavior*, **55**,188-220.
6. Jim Chappelow,(2020). What Is Unemployment? <https://www.investopedia.com/terms/u/unemployment.asp>.
- 7.Kiran Pandey, (2019). India's unemployment rate doubled in two years: SoE in Figures. <https://www.downtoearth.org.in/news/economy/india-s-unemployment-rate-doubled-in-two-years-soe-in-figures-64953>.
8. Reddy, K.J., Menon K.R, & Thattia. (2018). Academic stress and its sources among university students. *Biomedical Pharmacology journal*, **11 (1)**.
9. Selye, H. (1950). *The physiological and pathology of exposer to stress*, Montreal Acta.
10. Singh, A.K., Singh, A.K. & Singh, A.K. (2017). *Manual for Personal stress source inventory*. Agra: H.P. Bhargava book house.
11. Van, B.K., Reeva B. (2017). Stress among graduate students in relation to health behaviors. *college student journal*, **51(4)**: 498-510.
12. Wong P. T., Wong L. C & Scott C. (2006). Beyond stress and coping: The positive psychology of transformation. *In Handbook of multicultural perspectives on stress and coping*. Springer US
13. Zegeye, A. et al., (2018). Stress among postgraduate students and its association with substance use. *journal of psychiatry*, **21(3)**.
14. Singh A. and Kumari S. (2019). A comparative study of personal stress among employed and unemployed graduates. *IAHRW International Journal of Social Sciences*, **7(2)**, 414-416.