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Stress level and coping strategies of physical education and medical students

Dr. Pratibha singh 1st, Neha 2nd, Lala Kumar 3rd

Assistant professor 1st Research Scholar 2nd, Research Scholar 3rd

Department of Psychology 1st,

Veer Kunwar Singh University, Ara, (Bihar), 1st India

Abstract: - The aim of this study was to research the strain levels and header ways of skilled student's happiness to education and medical professions. A sample of sixty subjects was purposive selected from the education and Medical Institute, India. Every profession cluster had thirty subjects (15 boys and fifteen girls) with an age vary of 21 ± 3 years. Stress scores due to: frustration and inhibition, overload and compulsive, time-urgent and aggressive behavior were measured for the chosen subject's mistreatment in the form developed by Daniel The second questionnaire developed by martyr and Beverly and employed by Hayward (1991) was additionally administered to the scholars to live their header strategy. Knowledge were analyzed mistreatment SPSS seventeen versions. 2 approach analysis of variance (ANOVA) showed that stress thanks to all the stimuli was considerably higher among women compared to boys of their profession. Header strategy was higher in boys than girls of their various professions; however education girls had higher coping strategy than boys and girls of Medical. Therefore, it will be all over that education students had higher coping strategy than medical students.

Keywords: Frustration and inhibition, overload, time-urgent and aggressive behavior coping strategy.

Introduction

In training system, kids are the ones receiving training in junior excessive faculties, senior excessive faculties, vocational excessive faculties, colleges. Due to speedy bodily adjustments and intellectual improvement at this degree, college students can also additionally every now and then revel in incompatibility in their intellectual improvement with their bodily adjustments or with the social surroundings and hence be afflicted by troubles bobbing up from insufficient adaptations. These troubles can also additionally in addition motive mental issues or even result in deviant behaviors. In contemporary-day society, strain has turn out to be a component and parcel of existence. Pinel (2003) defines strain as a physiological reaction to perceived threat. It consequently has terrible consequences on existence's pressures and activities (Benson and Stuart, 1992) and might normally be regarded as a fixed of neurological and physiological reactions that serve an adaptive Holmes and Rahe (1967) indicated that any existence extrade that calls for severa readjustments may be perceived as stressful. Teens of these days face many demanding situations that dad and mom and conventional educators might not have needed to revel in once they have been developing up. Due to severa pressures of the twenty first century, kids are having problem in coping, and are asking for for instructional packages in faculties to assist train them a way to address such stressors (Frydenberg et al., Many college students face strain as they are attempting to combine up busy lives, school, and work; whilst they're attempting additionally to have time with own circle of relatives and friend. For a few student, strain will become nearly a manner of residing. However, it's miles truly risky to permit strain turn out to be student's manner of residing in university, due to the fact a few strain ranges can cause a horrible impact that adjustments absolutely student's existence and it could end result to failure. Whenthe mind is acquainted with strain, a bodily response is precipitated and it without problems damages the memory, which can also additionally cause in addition intellectual reactions or misconduct. Astudent's existence is subjected to special varieties of stressors, which include the stress of teachers with an duty of success, unsure destiny and problems envisaged for integration into the university system. These college students face social, emotional and bodily and own circle of relatives troubles which can also additionally have an effect on their studying capacity and educational performance (Fish and Nies, 1996; Chew-Graham Stress ranges amongst university college students are better than the ones of human beings at every other degree of existence, a ballot has located. In addition, the ballot located that university college students have a better predisposition in the direction of experiencing melancholy someday at some stage in their 4 years at A healthful life-style is an critical associate to any strain-discount program. Stress takes place while stress exceeds past its perceived capacity to cope. Stress is the body's response to a extrade that calls for a bodily, intellectual or emotional adjustment or reaction. Today, strain ranges amongst kids had been going up dangerously excessive because of the stress in their instructional and huge quantity of syllabus content material in a constrained span of time and an excessive amount of expectation from dad and mom. High degree of strain is probably to in the end have an effect on the fitness of the college students (Elizabeth, 2003). Pertinent to the gender variations in strain experiences, Nolen-Hoeksema (1990) and Weissman et al. (1996) referred to that throughout many nations, cultures and ethnicities, girls are approximately two times as probably as guys to increase melancholy that's related They mentioned in addition that girls face some of continual burdens in regular existence because of their social reputation and roles relative to guys, and those lines should make contributions to their better quotes of depressive tension. Depression has a sturdy dating to tension as extended strain can cause melancholy (Sarafino, 2002). Coping techniques are recognised to steer an individuals' revel in of strain. For maximum college students, handling strain at some stage in university may be extraordinarily challenging. However, studying a way to control strain can also additionally assist college students address

each day social and educational pressures, and hence have a higher university level. Effective time control techniques growth instructional performance (Campbell and Svenson, 1992) and are often recommended through instructional help employees as aids to beautify success for university college. Although packages emphasize beginning huge duties nicely earlier than due dates, breaking down huge duties into small ones, and doing small duties on a everyday schedule, college students often forget about those strategies and discover themselves in exquisite misery earlier than exams (Brown, The style of the found out issue strain control strategies can discover expression within the social studying theories which consist of conduct modification, biofeedback, cognitive restructuring or even rest strategies which include meditation. The idea of coping is primarily based totally on 3 theoretical additives namely: physiological, cognitive and found out. Physiologically, the body's structures have their very own methods of dealing with distressing activities. Threats or demanding situations that an man or woman perceives within the surroundings can motive a series of emotional arousal and neuroendocrine activities that contain the secretion of catecholamine (epinephrine, norepinephrine) and corticosteroids. Studies from United Kingdom which have tested coping techniques of clinical college students with the stresses of undergraduate training have normally recognized using alcohol as a coping strategy (Guthrie et al., 1995; Campbell, 1998), however a few research have mentioned using different materials which include tobacco and drugs (Miller and Surtees, 1991; Ashton and Kamali, 1995). A look at from Pakistan mentioned that sports, song and placing out with buddies have been not unusual place coping techniques (Shaikh et al., 2004). Being capable of control responsibilities, troubles, or problems in a peaceful and considerate way is one manner of coping. Students are being forced often through a range of things which motive them to have strain in a single or greater methods (Strong et al., 2008). In these days's training structures starting from fundamental to tertiary degree, college students are confronted with numerous challengers. College college students have to comprehend that university may be traumatic due to the quantity of homework this is due in a brief quantity of time and consequently, it is straightforward to turn out to be overwhelmed. College has quizzes, tests, papers, exams, and venture etc. If time isn't controlled effectively to insure that each one of those duties are completed, many college students will revel in strain. According to Macmillan Social Sciences library research, it turned into located that 70% of university college students say that their grades have an immediate impact on their degree of strain. Study performed Aasra (www.aasra.info/articlesandstatistics.html) mentioned that melancholy amongst youngsters has elevated from 2 to 12% within the ultimate 5 years. Globally three out of each five visits to the physician are for strain associated troubles. 76% human beings below strain say that they have got drowsing problems and 58% go through headaches. 85% of human beings below strain generally tend to have strained members of the family with own circle of relatives and buddies. 70% of human beings below strain say they've turn out to be brief-tempered. A NIMHANS look at says 36% techies in India (Bangalore) display symptoms and symptoms of psychiatric disorder. Globally 1 out of each 10 college students suffers sizeable misery. 66% of CEO's in India are confused out and 11% discover it an excessive amount of to handle. 72% of college students in India are ignorant of a way to address strain and its ill-consequences. In 2006 alone, five,857 college students devoted suicide due to examination strain. 27.6% of IT experts in India are hooked on narcotic drugs. College is a existence converting revel in for any man or woman that desires to preserve their studying revel in, and for the reason that that is this type of momentous event there are modifications that have to be made through college students if you want to achieve university. With such drastic adjustments human beings going to university might be positioned below strain, and they may need to make sure choices to make their university revel in a viable one. College college students are at a important duration in which they may input maturity due to the fact after finishing look at they want a terrific activity for helping their own circle of relatives and they're anticipated to be the elites within the Thus, they must beautify their strain control talents with a view to stay a healthful existence after getting into the vocation. Therefore, the motive of this look at turned into to evaluate the strain degree of Physical Education and clinical college students belonging to 2 special Universities of India.

MATERIALS AND METHODS

Sixty undergraduate residential students (boys and girls) of physical education and medical institutes from, India were purposively selected as subjects for the study from 2019 each the professional group had 30 subjects (15 Boys and 15 Girls) with ages ranged from 21 ± 3 years and all the subjects voluntarily participated. All students who participated in the study were informed about the objectives of the study. Approval for conducting the study was obtained from the Principal of Institutes. Stress scores due to 1, frustration and inhibition = 2, overload = 3. Compulsive, time-urgent, and aggressive behavior was measured for the selected subjects using the questionnaire developed by Daniel et al. (1979). The second questionnaire developed by George and Everly used by Heyward (1991) was also administered on all the subjects to measure their coping strategy. Responses of questions were filled up prior to six months of final examination so that the actual examination stress would not affect the responses of the students. In the first questionnaire, there were, 30 questions and subjects were asked to give their response by choosing one of the options out of four that is "almost always true", "usually true", "usually false" and "almost always By using the scoring key, scores were obtained for each subject on each of the three sources of stress. In the second questionnaire, fourteen questions and subjects were required to reply either in the "yes" or "no" option. By using the scoring key, scores for each of the subjects were calculated for coping level towards stress. After obtaining the scores of each of the subjects on stress due to all three sources and on the coping strategy, the data were analyzed using SPSS (Statistical Package for the Social Sciences). A descriptive statistics tool was applied to the responses of students of both professions with regard to different levels of coping strategies, two-way analysis of variance (ANOVA) was used to compare the various sources of stress between gender and In the case of F- value significant LSD (Least Significant Difference) post hoc means comparison was used.

RESULTS

It may be visible in Table 1 that the F-ratio for gender in all 4 variables that is, frustration and inhibition, overload, time pressing and competitive conduct, and coping method, is vast 05 To discover whether or not strain from all of the distinctive stimuli become better in women or boys, and additionally to discover whether or not the coping method become better in women or boys in their respective profession, posthoc evaluation become finished through the use of the least vast difference The findings are offered in Table 2. It is obvious from Table 2 that the strain degree of women springing up because of distinctive stimuli that are, frustration and inhibition; overload; time pressing, and competitive conduct had been better than that of boys, regardless of their Whereas, coping method of boys become extensively better than that The imply strain values because of distinctive stimuli and coping techniques of boys and women are proven in Figure 1. In addition, descriptive facts had been implemented to the responses of college students of each professions with reference to their distinctive tiers of coping techniques, and the findings are offered in In the Physical Education profession, 80% of boys and 68% of women had been having an ok or correct coping method, whereas,

within side the Medical profession, 62% of boys and 50% of women had Further, in each professions, none of the scholars had The coping method of each expert businesses is proven in Figure 2.

Table 1. Two ways ANOVA for the data on stress due to different stimuli and coping strategy.

Variable	Source of variation	DF	SS	MSS	F-ratio	Sig.
Frustration and inhibition	Gender	1	107.45	107.45	9.712	0.04*
	Profession	1	27.56	27.56	2.378	0.143
	Interaction	1	00	00	00	1.0
	Error	56	650.12	11.95		
Overload	Gender	1	97.76	97.76	4.852	0.048*
	Profession	1	0.26	0.26	0.017	0.942
	Interaction	1	86.50	86.50	3.62	0.063
	Error	56	133.75	23.7		
Time-urgent and aggressive behavior	Gender	1	64.08	64.08	4.36	0.043*
	Profession	1	21.80	21.80	1.49	0.242
	Interaction	1	4.26	4.26	0.26	0.54
	Error	56	845.00	14.85		
Coping strategy	Gender	1	1745.12	1745.12	4.728	0.049*
	Profession	1	42.56	42.56	0.089	0.812
	Interaction	1	42.56	42.56	0.089	0.812
	Error	56	23533.26	421.71		

*Significant at .05 level of significance.

Table 2. Mean and (\pm SD) stress scores of boys and girls due to different stimuli.

Variable	BOYS	GIRLS	Mean diff.	CD at 5% level
Frustration and inhibition	27.19(\pm 3.49)	9.67(\pm 3.29)	2.48*	1.72
Overload	28.67(\pm 4.42)	31.32(\pm 5.78)	2.65*	2.513
Time-urgent and aggressive behavior	28.59(\pm 3.61)	30.63(\pm 4.82)	2.04*	1.989
Coping strategy	62.79(\pm 18.10)	49.87(\pm 21.56)	12.92*	10.604

Table 3.

Percentage of physical education and engineering students showing different levels of coping strategy.

Variable	Physical education students (%)		Medical students (%)	
	Boys	Girls	Boys	Girls
Inadequate	20	32	38	50
Adequate	42.6	36	32.4	26.7
Good	37.4	32	29.6	23.3
Excellent	0	0	0	0

Figure 1. The mean stress values due to different stimuli and coping strategy.

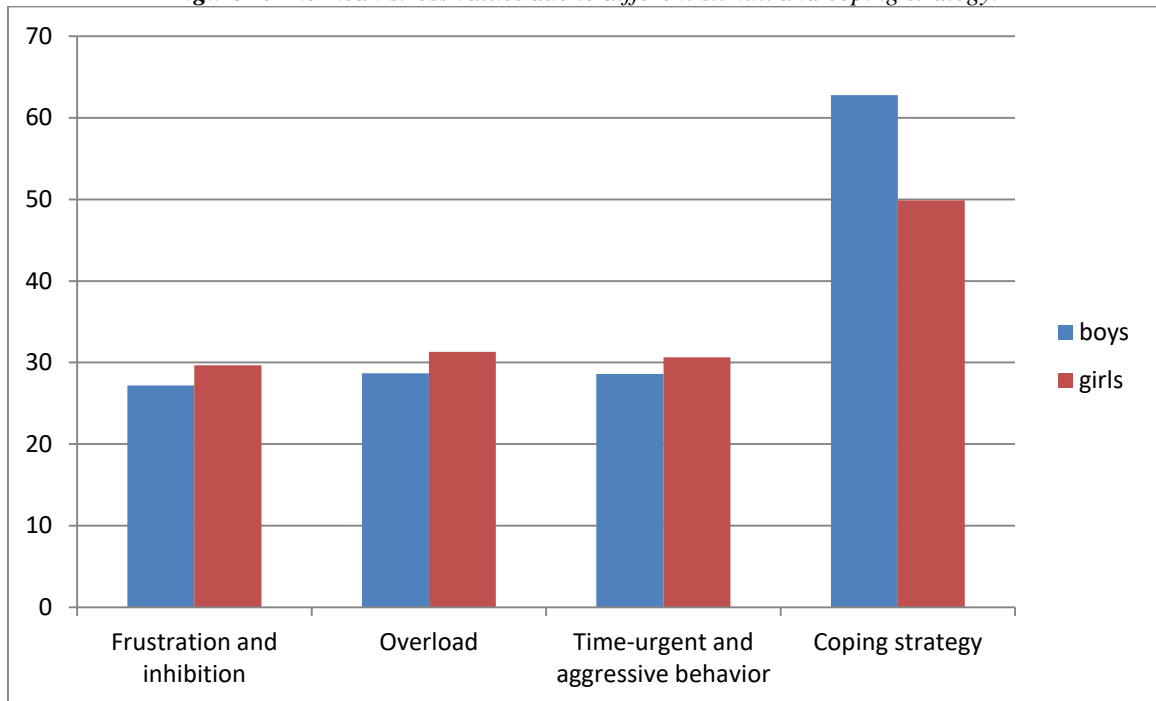
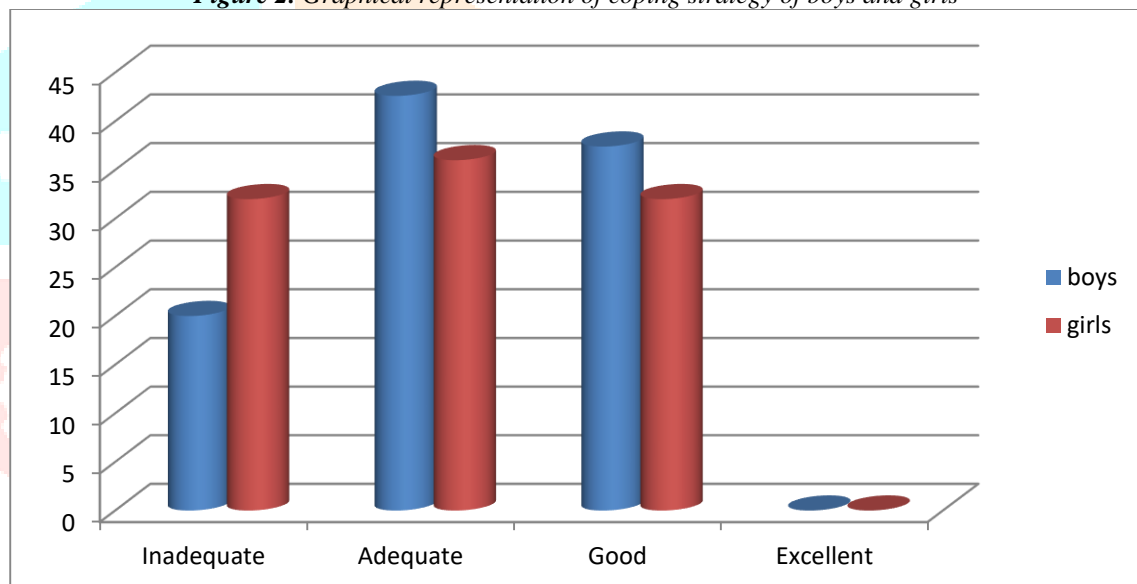
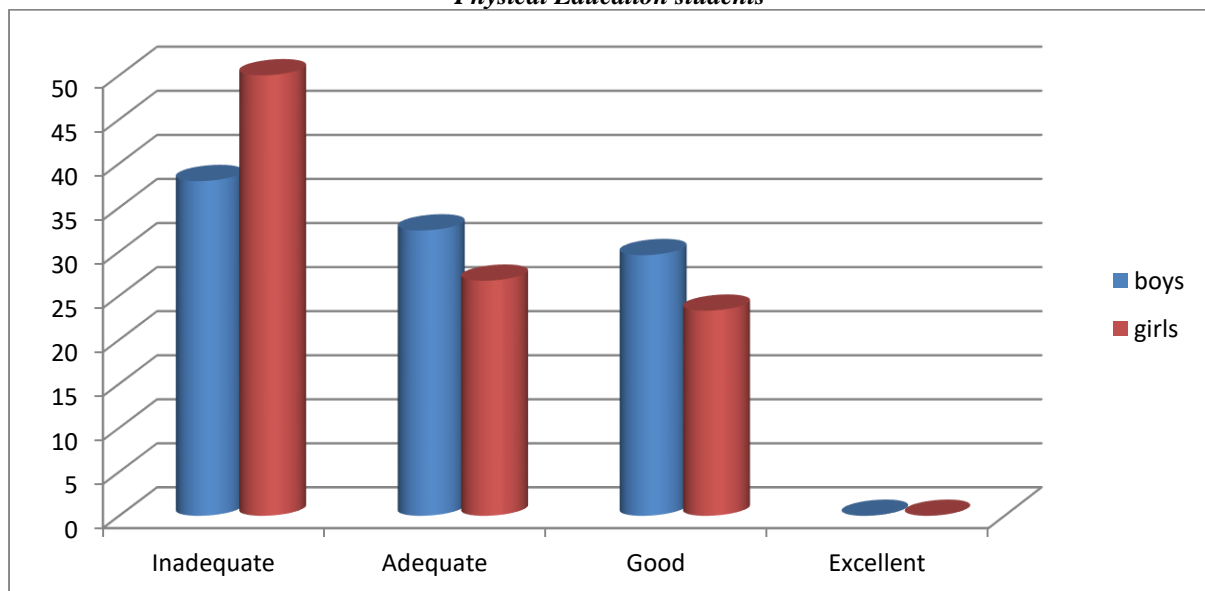


Figure 2. Graphical representation of coping strategy of boys and girls



Physical Education students



Medical Education students

DISCUSSION

The main purpose of this study was to examine the stress level of physical education and engineering students belonging to two different universities of India. The findings of the present study revealed that stress was higher in girls in comparison to boys because of the fact that girls were expected to observe social customs and restrictions in Indian society comparatively more than boys. One of the reasons could be that girls had less freedom and choice in comparison to boys. The girls usually are busy throughout the day due to hectic life style and in addition, they are not supposed to leave the hostel after 7.30 pm every day, whereas boys had more choice of activity and freedom to go outside up to 10.00 pm every day. Research conducted by Steenberger et al. (1993) and Ronald (1993) also reported that girls have higher level of stress than their male colleagues. Stress from high expectations of teachers, parents, and self is usually an agony for students studying in schools (Cheng, 1999). Supe (1998) reported that there is considerable amount of stress in medical college students. The young student population has always been vulnerable to stressful life conditions especially in pursuit of higher professional education in a highly competitive environment (World Health Organization, 1994; Saipanis, 2003). Coping strategy of boys and girls in Physical Education profession was found to be better than that of boys and girls in medical profession. It may be due to the reason that Physical Education students participate regularly in various physical activities that could manage their stress. Medical students had more pressure due to their academic and large amount of syllabus content in a small amount of time. Anxiety, academic alienation and future academic prospects taken together also added to the difficulties experienced by medical students. Another reason may be that medical students literally got no opportunity to participate in physical or recreational activities. Most college students usually feel overwhelmed because they are not managing their time correctly and are doing everything at the last minute. If a college student has excellent time management and is responsible to make correct decisions then college will be less challenging and will promote good stress in their lives. The findings of this study are in consonance with the study conducted by Pines et al. (1981) who cited women's sensitivity to the school aspects of life and work as the reason why women considered people a greater source of stress in their work than men did. Several studies indicated a need for programs in college and schools that students can cope with. This is something that can be done either during classes such as health, psychology, or physical education, or through after college and school programs. Physical activities, sports and socialization are indispensable for individual growth and to foster personal development (Azariah and Reichenback, 2001; Durkin et al., 2003). Sports, music and arts could be made a part of the optional curriculum. Different stress management techniques such as meditation, support groups, games etc., help in better adoption of coping skills, improved knowledge of stress and enhanced ability to resolve conflicts (Shapiro and Schwartz, 2000). 'Stress management' and 'Time management' taught along with first and second year curricula may assist students in dealing with stress due to study loads (Lee and Graham, 2001). Students who did not develop healthy coping strategies were more likely to experience a higher risk of health problems and antisocial behaviors. For example, students can begin having issues with depression, anxiety, stress overload, and social conflicts. Depending on the psychological health of the individual, each student needs different ways of understanding and managing stress and conflicts; therefore, college and school-based programs may be needed to teach these strategies to students to help 10 J. Phys. Educ. Sport Manag. Improve the outcomes of their future. Ways to provide this service include student support groups, mentoring programs, and counseling services. College students should pay attention to their physical and mental health and examine their emotions at all times to avoid onset of stress-induced depression or physical disorders. In face of stress, they can take a different perspective and learn to cope with it by changing their views. Stress-induced emotions can be self-managed. These outreach programs for students may provide resources and specialized programs that teach coping strategies for a healthy lifestyle and to overcome stress we need to balance academic demands and the social demands of college. Socializing and being surrounded by positive people is an important aspect of overcoming stress.

Conclusion

It is apparent from the locating of this look at that ladies had better stage of pressure than boys because the ladies have greater demanding situations to comply with Indian orthodox customs, triumphing withinside the society. When pressure influences the mind, with its many nerve connections, the relaxation of the frame feels the effect as well. So it stands to motive that in case your frame feels higher, so does your mind. Exercise and different bodily interest produce endorphins-a chemical withinside the mind that act as herbal painkillers-and additionally improves the cappotential to sleep, which in flip reduces pressure. Meditation, acupuncture, rub down therapy, even respiration deeply can purpose your frame to provide endorphins. And traditional awareness holds that a exercising of low to slight depth makes you experience energized and healthful. Scientists have determined that everyday participation in cardio workout has been proven to lower usual degrees of tension, raise and stabilize mood, enhance sleep, and enhance self-esteem. Albert and Monika (2001) pronounced that even 5 mins of cardio workout can stimulate anti-tension effects. Finding of this look at additionally imply that coping method of bodily training college students are higher than college students of scientific career due to greater possibilities of acting bodily activities. Brown (1991) determined that lifestyles activities have been much more likely to purpose college students to are searching for scientific recommendation if the scholars have been low in bodily fitness, compared to college students excessive in bodily Therefore, College and dad and mom want to wait unique education and meetings concerning pressure control to manual the scholars on the way to control their stresses in an powerful Students may also want steering and reassurance from a tremendous position version and a person whom they are able to agree with to speak to approximately such pressures, otherwise, they will select poor methods to address the pressure of their lives. Teachers, dad and mom, and university management need to paintings collectively to lessen the extent of pressure and decorate their coping method that promotes a healthful lifestyle.

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