
Study the Religiosity and Stress among Graduate Students

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ABSTRACT

The present study is conducted to measure religiosity and stress of graduate students belonging to gender living in Marathwada. The investigators employed one independent variables, gender can influence the religiosity and stress of students. The study was carried out on the sample of graduate students. To measure the religiosity and stress the researcher used the standardized scale of Bhusan and Bisht Battery of stress. The sample consisted of 100 students, out of which, 50 were males and 50 females. The findings of the study revealed that there is significant difference in the religiosity and stress of undergraduate students. Correlation between religiosity and stress is not significant found.

Keywords: Religiosity, Stress, Graduate Students

Religion is important factor in human life. Every child gets religious identity after birth. Religiosity is individual part of every one's life. Studied by previous research Religiosity and stress is correlated factors. It is very difficult to trace the antiquity of all great religion of the world. But it is true that ever religion is ethically evolved and the fundamental principle is to lead a moral life. In almost all the religious activities are performed by the priests of some types. The priests in every religion exercise greater influence upon the people. Religion is a very widespread significant social and cultural force in the life of human beings. We can not say at what stage man has become religious.

The birth of psychology of religion arose out of a particular intellectual climate in which scientific method and study of religion had matured to the point that they were bound to rub against one another again and again as both approached different questions. The nineteenth century, was witness to the first great flowering of non-sectarian disciplined approaches to the study of religious phenomena in the West.

In psychology, stress is a feeling of strain and pressure. Small amounts of stress may be desired, beneficial and even healthy. Positive stress helps improve athletic performance. It also plays a

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Received: December 30, 2016; Revision Received: January 19, 2017; Accepted: January 30, 2017

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factor in motivation, adaptation, and reaction to the environment. Excessive amounts of stress, however, may lead to bodily harm. Stress can increase the risk of strokes, heart attacks, ulcers, and mental illnesses such as depression.

Stress is a very important factors every one's life. Without stress life is nothing but stress level is high also effected human life. That way student's life stress level check by this study. Stress can be external, but may also be created by internal perceptions that cause an individual to experience anxiety or other negative emotions surrounding a situation, such as pressure, discomfort, etc., which they then deem stressful.

According to Richard S Lazarus, stress is a feeling experienced when a person thinks that "the demands exceed the personal and social resources the individual is able to mobilize." Present studies examine the gender differences between religiosity and stress. Many previous studies showed these differences.

Objective of the Study

1. To find out the gender differences of religiosity between male and female graduate student
2. To find out the gender differences of stress level between male and female graduate student
3. To find out the relationship between religiosity and stress.

Hypothesis of the study

1. There will be significant difference of religiosity between male and female graduate students.
2. There will be significant difference of stress between male and female graduate students.
3. There will be positive relationship between religiosity and stress level.

METHOD

Sample:

Subjects were included in this study special kind of graduate in Marathwada region. Total 100 students have been selected from colleges. This sample included 50 female and 50 male graduate college students. All included subjects age range is 15–18.

Design:

In the present study descriptive statistical method was used. For measuring two variables of the study two scales were administered to the subjects. Her gender was the independent variables, where as Religiosity and mental health was dependent variable.

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Tools:

1. Religiosity Scale:

Religiosity Scale was used to measure religiosity of the subjects. Religiosity Scale developed by Bhushan's (1970). It is primarily a group test although it can be used for individual testing as well. It is a 5- Points Likert type scale. Against each item five response categories have been provided. As the number of items in the scale is 36, the range of possible scores on it is 36 to 180, higher score indicating greater degree of religiosity.

The final form of the test, therefore, contained only 36 items, out of which 25 items were positive and 11 were negative. They covered all the dimensions of religiosity. In content and form, the items were made common for the different religions like Hinduism, Islam, Christianity and Sikhism. The scale contained items related to faith in all powerful and virtuous God and common forms of religious practices and beliefs. It also included the items to elicit degree of emotional involvement of the subjects in giving expression of his faith in God and religious acts. The test-retest reliability of the scale is 0.78. The content, predictive and concurrent validity coefficients were also reported to be satisfactorily high.

2. Bisht Battery of Stress Scales:

Bisht Battery of Stress scales by Dr. Abha Rani Bisht. This Battery including all the four components of stress, viz., frustration, conflict, pressure, and anxiety in them therefore, for the measurement of thirteen types of stresses, a Battery of Stress Scale was developed and standardized. All the thirteen scales of the battery were developed and standardized simultaneously.

The scoring is as follows for positive statements. For the frequency of stress scoring always, often, sometimes, rarely and never respectively 4, 3, 2, 1, and 0 score. Scoring for quantity of stress is five point scales too much, much, average, less and not at all respectively 4, 3, 2, 1, and 0 is donning. For negative statements, it is just vice-versa. The stress scored in each scale can be interpreted as; Total frequency of stress, Total quantity of stress and Total amount of stress. The total will show the sum of frustration, conflict, pressure, and anxiety scores frequency and quantity-wise. The grand total will be the sum of both frequency and quantity scores and will show the total amount of stress.

Only one scale of this battery is used for the purpose of this study. The scale of Social Stress (SSS) is used this study.

The scale of social stress consist 84 items including 74 items is positive and 10 item is negative. The scale of social stress reliability is calculated in three ways for knowing test- retest method, Internal stability method and Internal consistency method coefficients correlation is 0.77, 0.70 and .88 respectively. The scale of social stress validity is calculated in two ways for knowing content validity and item validity. All the scales appear to be having content validity and item validity. The method of selecting items supports this supposition. In addition construct validity

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was estimated for all scale in a twofold passion. The first type tested if the construct measured differentiated students on some related construct. For this memory was taken. The second type tested if the construct measured by the scales was not related to construct predicted by theory. For this internal evaluation was taken. In both the construct validity was affirmed.

RESULTS AND DISCUSSION

Table No. 1: Shows that mean, SD, t-value of religiosity among graduate students on the basis of gender

Gender	N	Mean	SD	t	S.
Male	50	51.70	11.51	5.46	0.01
Female	50	66.64	15.52		

Figure no. 1 Shows that mean and S.D. of religiosity

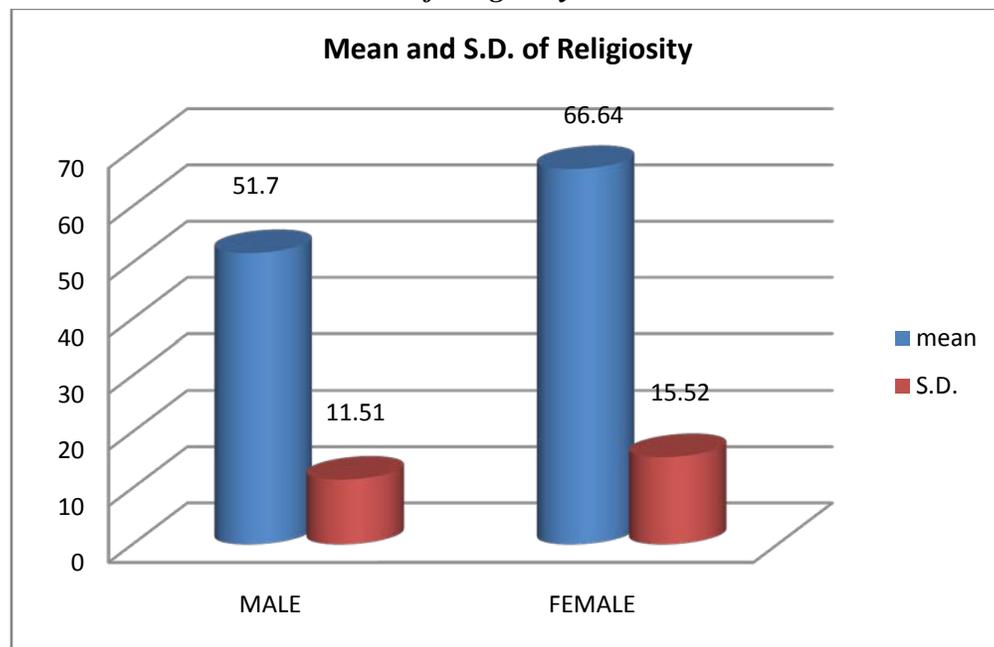


Table No. 1 and Figure no. 1 shows that the mean, SD, t-value and level of significance of religiosity among graduate students on the basis of gender. From the analysis of the table, it is inferred that both males (51.70) and females (66.64) come different mean score in religiosity. As the obtained t-value (5.46) is statistically significant, there is significant difference between males and females in their religiosity. It means female graduate students are more religious than the male graduate students. Hence, it is inferred that there is significant gender difference between male and female graduate students.

Various theories have been used to explain gender differences in religiosity. Traditional Freudian perspective view religion as manifestation of an immature need for protection and deference to authority. By harmonizing them we can actually being to understand the reasons men tend to be

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less religious than women in modern society. Previous many studies found gender differences in religiosity. This gender differences in religiosity found because all sample included in this study is rural and semi-urban arias. There social, economical, family culture is traditional as well as they believe in traditional religious ritual.

Table No. 1: Shows that mean, SD, t-value of stress among graduate students on the basis of gender

Gender	N	Mean	SD	t	S.
Male	50	114.54	21.13	9.64	0.01
Female	50	153.88	19.64		

Figure no. 2 Shows that mean and S.D. of stress

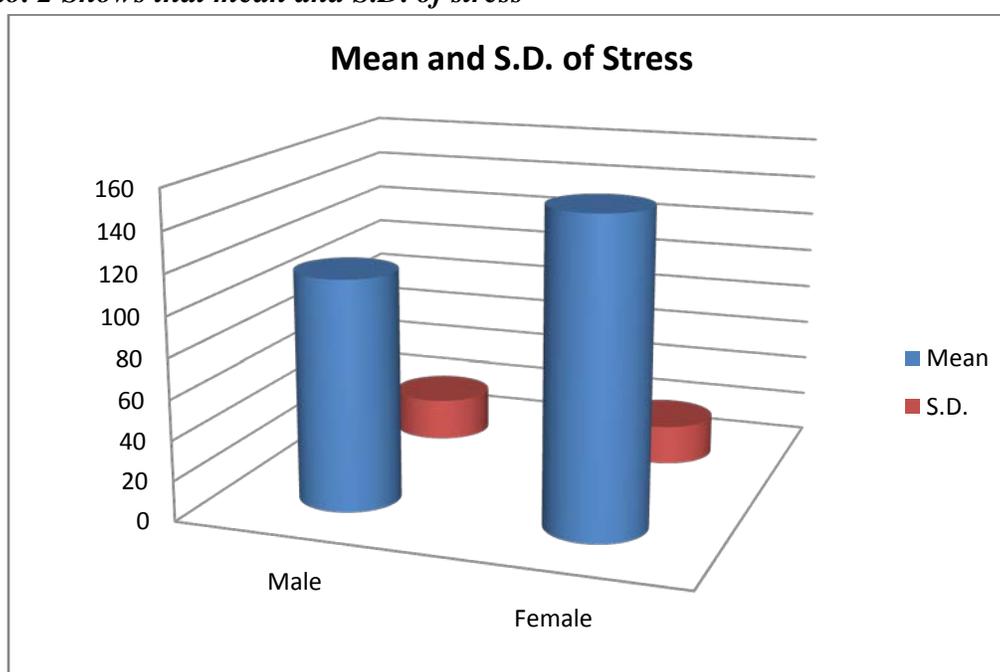


Table No. 2 and Figure no. 2 shows that the mean, SD, t-value and level of significance of stress among graduate students on the basis of gender. From the analysis of the table, it is inferred that both males (114.54) and females (153.88) come different mean score in stress. As the obtained t-value (9.64) is statistically significant, there is significant difference between males and females in their level of stress. It means female graduate students are high stress level than the male graduate students. Hence, it is inferred that there is significant gender difference of stress level between male and female graduate students.

American psychological association study stress and gender also found gender differences in stress. This study focus on general population stress differences in men and women. Some previous studies Brougham, Mishra, Maloney, Stephanie and Rout also found gender differences in stress.

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Pearson correlation coefficient about the correlation between religiosity and stress indicate that is statistically not significant correlation. Correlation coefficient between religiosity and stress is 0.094 it is not significantly correlated.

There are also grounds for anticipating that religious involvement may reduce distress and enhance feelings of well-being directly, above and beyond its impact on stress and social and psychological resources. There are several possible reasons for this. The theoretical literature in this area suggests that individuals who regularly attend religious services may benefit from strengthened religious beliefs and richer spiritual experiences, as well as from feelings of hopefulness, optimism, and peace and the release of negative emotions.

People often turn to religion in times of stress, especially in extreme cases of anxiety and threat. As there are different types of religious orientation, there are different ways in which people use religion to adapt themselves to stressful situations.

We studied the previous research had linked between religiosity and mental health, stress spirituality and aggression. Contributed to this review relationship between religiosity and stress is negatively correlated. Findings are broadly not congruent with those of several previous studies in this area.

CONCLUSION

1. There is significant difference of religiosity between male and female graduate students.
2. There is significant difference of stress between male and female graduate students.
3. There is not significantly relationship between religiosity and stress level.

Acknowledgments

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interests

The author declared no conflict of interests.

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How to cite this article: Akolkar A (2017), Study the Religiosity and Stress among Graduate Students, International Journal of Indian Psychology, Volume 4, Issue 2, No. 86, ISSN:2348-5396 (e), ISSN:2349-3429 (p), DIP:18.01.023/20170402, ISBN:978-1-365-68609-2