

Impact of Gender and stream on Stress among University Students

Dr. Abha Ekka^{1*}

ABSTRACT

In today's life every person is undergoing through stress related to job, business, family, work, expectations, behavior, love, goals etc. A different type of stress affects different things like health, physics, company productivity, emotions, thoughts and behavior etc. Through stress many persons come in physiological and behavioral problems. Stresses are of two types positive and negative it varies from person to person. A study was undertaken to find out the impact of Gender and Stream among University students for which 60 students were selected. Finding revealed that Female students have more Stress than Male students in their Stream wise selection.

Keywords: Stress, Arts, Science

The concept of stress has attracted the attention of many scholars in the recent past, with a remarkable change in the way of life of people belonging to all sections of the society. People from all walks of life face stress of many forms. Stress doesn't spare anybody; whether at work place or at home. Students are no exception to this. In fact, they are the ones who are worst hit by stress due to various factors. Stress results in various psychological disorders such as depression, anxiety, posttraumatic stress disorder, emotional strain (such as dissatisfaction, fatigue and tension), maladaptive behaviors (such as aggression and substance abuse), and cognitive impairment (such as problems in concentration and memory). These conditions may lead to poor concentration on work, and biological reactions

Thus, Stress can be defined as any change that causes significant physical, psychological, and emotional strain on the individual causing cardiovascular disease.

REVIEW OF LITERATURE

Various research articles in the relevant topic have been reviewed. Across various countries, cultures and ethnic groups academic stress has been identified as an unfavorable issue (Wong, Wong & Scott 2006).

According to Rangaswamy (1982) and Verma, Sharma & Harson (2002) In India studies connect the academic stress as negative consequences

¹ Assistant Professor, University Department of Psychology, Ranchi University, Ranchi, India

*Corresponding Author

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In India students of rural area are vulnerable to depression, anxiety and stress as it has been found on study on depression, anxiety and stress among science, commerce and arts in a junior college of students of rural area (**Baviskar et al. (2013)**).

It has been found that students of Arts had higher level of depression as compared to their companion from science and commerce streams. Students who were in 12th class seem more stressful as they have to face board exams. Regarding correlation between parental expectations and stress among adolescents, it was observed that few studies were carried out in India. Comparably none of the studies were carried out in the Assam and in the north eastern region.

According to **Krishna Lal (2013)** students today are facing with new challenges in education calling for greater effort from students. **Kaur (2014)** accredited that mental health of teenagers get affected due to the academic stress. Girls were found poor mental health as compared to the boys in reference to academic stress.

Prabu (2015) researched on various social, financial, environmental factors that affect level of stress. In his study on the higher secondary students, it was implied that male students are more stressed than the female students. Urban student's academic stress is greater than the rural students. Private student's stress is higher than the Govt. school student's stress. Students from Arts students are less stressed than the students from Science stream.

Reddy (2018) in his study concludes that stream wise difference in stress exists in students. Correlational Studies conducted on academic performance and academic stress show a clear negative correlation between the variables. (**Saha, 2017**) It becomes very important to deal with stress at all levels, whether it is personal or social or professional level. Stress may result in varied effects on an individual. Stress effects can commence on different levels: physiological, psychological and behaviour related.

OBJECTIVES

1. To examine the impact of Gender on Stress among University Students in Total as well as Sample sub-groups.
2. To examine the impact of Stream on Stress among University Students in Total as well as Sample sub-groups.

HYPOTHESIS

1. There will be no significant impact of Gender on Stress among University Students in Total as well as Sample sub-groups.
2. There is no significant impact of Stream on Stress among University Students in Total as well as Sample sub-groups.

Sample

Total 60 University students of Ranchi University were selected for the present study out of which 30 were enrolled in Arts stream (Male = 15 and Female = 15), 30 were enrolled in Science stream (Male = 15 and Female = 15)

Tool

Stress sub scale of ADSS Scale of Pallavi Bhatnagar and Megha Singh was used to measure the stress of the students. It has 14 items, and they cover the symptoms that people experience in the state of Stress.

Table 1: Mean, Standard Deviation and 't' Value of Total Sample

Gender	N	Mean	SD	t
Male	30	5.80	2.08	1.45 (NS)
Female	30	6.60	2.21	

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Table 1 shows that in Total Sample, Female students scored more (M = 6.60) than Male students (M = 5.80) but there is no significant difference in their Stress level.

Table 2: Mean, Standard Deviation and 't' Value of Arts Male and Female Students

Gender	N	Mean	SD	t
Arts Males	15	6.00	2.07	0.30 (NS)
Arts Females	15	6.27	2.64	

In Table 2 it is very clear that in Arts Stream both Male and Female students did not differ in their Stress level. Female students scored High Stress level (M = 6.27) than Male students (M = 6.00)

Table 3: Mean, Standard Deviation and 't' Value of Science Male and Female students

Gender	N	Mean	SD	t
Science Males	15	5.60	2.09	1.82 (NS)
Science Females	15	6.93	1.77	

In Table 3 again Male and Female students of Science stream were compared in their Stress level, but no significant differences were found. Female students scored high in their Stress level (M = 6.93) than Male students (M = 5.60).

Table 4: Mean, Standard Deviation and 't' Value of Students enrolled in Science and Arts streams.

Gender	N	Mean	SD	t
Arts	30	6.14	2.36	0.24 (NS)
Science	30	6.27	1.93	

In Table 4 Total students were compared Stream wise in their Stress level, but no significant differences were found.

Table 5: Mean, Standard Deviation and 't' Value of Arts Male and Science Male students

Gender	N	Mean	SD	t
Arts Males	15	6.00	2.07	0.51 (NS)
Science Males	15	5.60	2.09	

In Table 5 Steam wise Male and female students were compared in their Stress level, but no significant difference were found. However, Arts Male students scored higher (M = 6.00) than Science Male students (M = 5.60) in their Stress level.

Table 6: Mean, Standard Deviation and 't' Value of Arts Female and Science Female students

Gender	N	Mean	SD	t
Arts Females	15	6.27	2.64	0.51 (NS)
Science Females	15	6.93	1.77	

In Table 6 Arts Female Students were compared with Science Female students and no significant differences were found, but Science Female students scored high Stress (M = 6.93) than Arts Female students (M = 6.27).

CONCLUSION

In this study no impact of Gender and Stream were found in the level of Stress of Post Graduate Students. Though, result table shows that Female students have more Stress than Male Students. Female students are more worried about their Academic performance and Parental expectation. Females react more emotionally and become more exhausted. As a result, Stress is more often higher in female students than their Male counterparts. Only Arts Male students scored higher than Science Male students in their Stress level.

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Conflict of Interest

The author declared no conflict of interest.

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