

Measure the Level of Stress among the Students of Kolhan University, Chaibasa

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ABSTRACT

The purpose of this study was investigated to the stress level of university students. The purposive sampling technique was used in this study. The total sample consists of 80 students (40 males and 40 females) belonging to tribal and non-tribal communities selected from the Deferent Departments of Kolhan University, Chaibasa. The research tool used for this study was the Student Stress Scale, Developed by Zaki Akhtar. In this study, we found that there is no significant difference between males and females in terms of stress between tribal and non-tribal university students. Results also found that male students have higher stress levels as compared to female students. The present finding also suggests that tribal students have more stress as compared to non-tribal students.

Keywords: *Stress, University Students, Tribal, Non-Tribal*

We face many types of problems in our day-to-day living. Sometimes circumstances are such that we cannot control them, as a result of which we have to face heavy stress. This stress has a very bad effect on the working capacity of the person. As a result, its negative effect can be seen in the working capacity of the person. The presence of stress is felt when it becomes difficult to deal with a problem or adverse circumstances. In this situation, the speed of the heartbeat increases, and physical and mental consciousness also increases a lot. Due to this, many physical symptoms are also seen. Like feeling sensations, sweating, etc. According to Hans Selye, how we behave in a situation of stress, it is divided into two parts First Eustress and secondly Distress, it just depends on how we react to stress. Eustress helps to perform positively and an individual can present his optimum output and Distress presents a high level of negative stress, which contributes negatively to performance.

When we talk about the students, the level of concern in them is very high. Every student wants to be successful in his life and in today's fast-paced life, there is competition to get ahead and one form of this is also visible in the form of stress of the students. College students have to face many challenges such as pressure from family members to fulfill their dreams. There can be other reasons for this such as lack of money and the attachment of the

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students towards the house, if he lives in a hostel or a rented house. Adjusting to new people can also be stressful. At the same time, the main point of concern of the student is the stress of the exam and all these things together increase the level of stress among the college students.

REVIEW OF LITERATURE

Khatun & Siddique (2023) conducted a study to measure perceived stress on tribal and non-tribal people. They found that tribal people had more stress as compared to non-tribal people.

Bhattacharjee et al. (2020) conducted a study on tribal and non-tribal post graduate n= 120 students for findings of stress and coping, and here 60 student was tribal and 60 was non-tribal. She found that non-tribal students have more stress as compared to tribal students.

Koshy (2019) result of this study found that the Majority of students facing stress and male students have more academic stressful in compared to female students. The here sample size is n=100 students.

Parial et al. (2019) conducted a study on 200 under graduate and post graduate college students to assess the level of stress and the findings reported that some symptoms of stress are leading in females compared to male students.

Parveen et al. (2019) conducted a study to find out the difference between male and female academic stress the sample size was 120 where 60 students were male and 60 females. The result shows that there is no significant difference in stress between both genders.

Yikealo et al. (2018) conducted research on 123 students and they found that there is no significant difference in stress between males and females.

Kumari (2017) the study was conducted on 140 students where respondents are 70 male and 70 female. On the static analysis found that male students experienced more stress than female students.

Prabhu (2015) conducted a study to find out the academic stress among higher secondary students, as a result of which he found that a moderate level of academic stress is found in higher secondary students. The female student's academic stress is poor than male students.

Khan et al. (2015) conducted research on 64 students by the method of Purposive sampling technique on age group 14-18 years. He found that boys have much more stress in comparison to girls' students.

Akande et al. (2014) conducted research on 540 respondents made up of male and female students and their finding is female student tends to experience more stress than male students. In this research, he says that females are more emotional than males.

METHOD OF THE STUDY

Aims and Objective

- To examine the level of stress among male and female university students.
- To examine the level of stress among Tribal and Non-Tribal university students.

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Hypotheses

- Ho1. There would be no significant difference between male and female university students in terms of stress.
- Ho2. There would be no significant difference between Tribal and Non-Tribal students in terms of stress.

Design

Research Design: It was a cross-sectional research design.

Venue of Research: This study was conducted at the University Department of Psychology and data was collected from the P.G. Department of different departments of Kolhan University Chaibasa.

Sample: A total number of 80 students from different departments (Psychology, Hindi, English, Geography, History, Botany, Political Science & Anthropology) of Kolhan University, Chaibasa included in this study as per inclusion and exclusion criteria. The sample is divided into two genders (male & female) and Community of (tribal & non-tribal). The sample has been collected from Kolhan University, Chaibasa of West Singhbhum, Jharkhand. The purposive sampling techniques were used for this study.

Inclusion Criteria

- Male and Female Students of Kolhan University Chaibasa were included
- Age range was determined between 20 to 26 years
- Students who are able to read and comprehend English and Hindi.

Exclusion Criteria

- Students who have any history of psychiatric illness
- There may be a history of psychiatric illness in the family.
- Students having any other neurological disorder.
- Students having any other major or serious physical illness.

Tool Used

The following tools were used for data collection:

1. Socio-Demographic Data Sheet
2. Student Stress Scale Questionnaire by Zaki Akhtar (2011)

Description of the Tools

1. **Socio-Demographic and Clinical Data Sheet:** This data sheet has been specifically created to record relevant details of each case under this data sheet included the personal information of sex, age, education, marital status, occupation, duration of illness, treatment history, and other information related to the participant.
2. **Student Stress Scale Questionnaire:** Student Stress Scale developed by Dr. Zaki Akhtar (2011) scale has been used for the present study. This test consists of 51 statements to measure the level of stress in students. This scale consists of all kinds of situations faced by students. The reliability of the scale is 0.71 and the validity is 0.72.

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Procedure

In this study, 80 students who were included in this inclusion and exclusion criterion were selected using the method of purposive sampling technique. Out of the total number of students, 40 students are males and 40 students are females. This sample has been selected from the different Departments of the Kolhan University of Chaibasa. A socio-demographic data sheet was collected from all 80 students. After this, Student Stress Scale was used for the data collection.

Statistical Analysis

The statistical analysis of this study was done with the help of the Statistical Package for Social Science-20 (SPSS-20). For the analysis data of Mean and t-value were calculated.

RESULT AND DISCUSSION

Table 1 Shows Mean, SD, SED, and t value among Male & Female students on Student Stress Scale.

Gender	Mean	SD	SED	t	Level of Significance
Male	160.52	22.29	4.39	1.58	NS
Female	153.55	16.03			

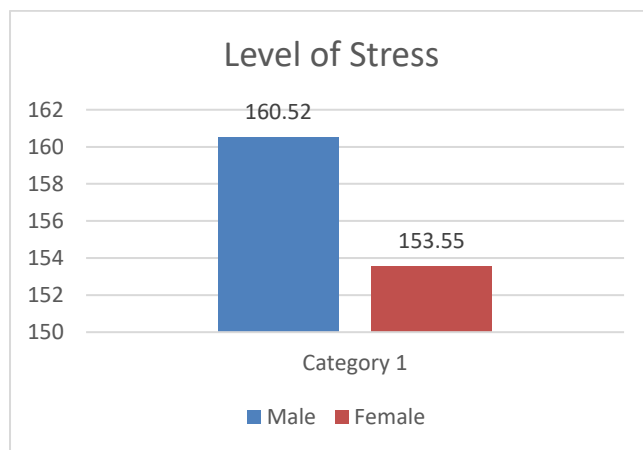


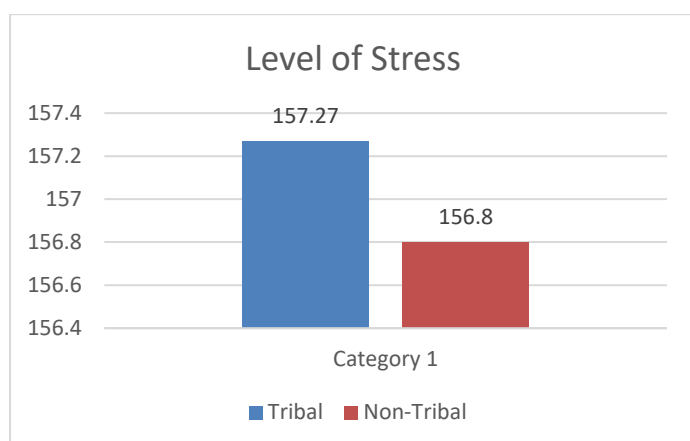
Table 1 indicates that there was no significant difference between male and female students in terms of stress. However, male students are getting higher stress levels as compared to female students, which are mentioned in their mean scores of 160.52 and 153.55 respectively. These studies were also supported by Koshy (2019), Parveen et al. (2019), Yikealo et al. (2018), Kumari (2017), Prabhu (2015) and Khan et al. (2015).

Table 2 Shows Mean, SD, SED and t value among Tribal & Non-tribal students on Student Stress Scale.

Community	Mean	SD	SED	t	Level of Significance
Tribal	157.27	15.37	4.45	0.11	NS
Non-Tribal	156.8	23.22			

Table 2 indicates that there was no significant difference between Tribal and Non-Tribal students in terms of stress. However, Tribal students are getting higher stress levels as compared to non-tribal students, which are mentioned in their mean scores of 157.27 and 156.8 respectively. These studies were also supported by Khatun & Siddique (2023).

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CONCLUSION

The present finding suggests that there was no significant difference between male and female as well as tribal and non-tribal students on stress. As a conclusion of the above findings, we can also say that after reaching this stage of life almost all the students whether they belong to tribal or non-tribal communities, become stressed about their future, careers, interpersonal relationships, responsibilities towards their family, etc.

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Conflict of Interest

The author(s) declared no conflict of interest.

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