

Stress Coping in the CA Students of Ahmedabad

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ABSTRACT

Background: The best period in the life is the stage of student life; but in the present scenario of intense competition and perfection the stress level of students has reached high level and their success of failure and its handling capacity depends on the stress coping done by them irrespective of the methods they employ and stress level they are able to bear. **Objectives:** To assess the difference in the stress coping methods of CA male and female students of Ahmedabad. **Method:** A sample size of 100 youths was used which consisted of 50 males and 50 females was collected from CA collage of Ahmedabad irrespective of their year of study was collected then their t-value was found out to check the degree of relation between their stress coping skill and gender. **Result:** the analysis shows that the 't' value is not significant so it proves that there is not much difference in stress coping methods in male and female students. **Conclusion:** These differences should be kept in mind when designing any intervention program related to coping stress in the students of professional courses.

Keywords: *Stress Coping, CA Students, Youths of Ahmedabad*

The best period in the life is the stage of student life; but in the present scenario of intense competition and perfection the stress level of students has reached high level and their success of failure and its handling capacity depends on the stress coping done by them irrespective of the methods they employ and stress level they are able to bear. This study aims at finding out different stress handling strategies used by the students in handling their stress, it also tries to find out which type of techniques are used more and which are the lesser used techniques.

LITERATURE REVIEW

Mental Health Status and Coping Among Students in Different Professional Courses Perna Sharma, Apurva Mathur, Susmita Halder, Monu Lal Sharma (2022). Findings suggested that depression level was higher in MBA students and stress level was higher in BALLB students. MBA student were higher on Emotion Focused Engagement and Disengagement Coping Strategy.

Sources of stress and coping strategies among college students in Ladakh. Mohd Mustafa. The findings of the study revealed that majority of college students were experiencing a moderate level of stress and there is a significant difference in Stress with respect to Gender,

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indicating that female college students have more stress than male college students. The findings also revealed that there was no significant gender difference in the majority of the coping strategies. However, Gender differences have been observed in the subscale of Active coping, Self-distraction, and Humor. Males were found to utilize more Self-distraction, Humor, and Active Coping than females.

Stress and strategies in coping stress among the medical students of south Indian city (2022). S. Delna, C. Pradeep, I. J. Nirmal Sujitha, B. Lakshmi Dorai. The predominant coping strategies used were problem-focused and emotion-focused coping with stress.

Causes of stress among students in higher educational institutes. Dr. Pratibha Goyal, Richa Banerjee (2020). Moderate to low level stress was experienced by majority of the students. 'Job and career' and 'financial difficulties were the main causes of stress. The next important factors were academics and work load.

A study on causes and factors of stress among college students Fayaz Ahmad Bhat, Bilal Ahmad Bhat. The findings of the study evinced that academics is the main cause of stress among college students. The other causes are financial status of family, health issues in family, relationship stress, future/career stress. The college students are prone to be affected by the high level of stress called “distress “which may result into severe psychological and physiological problems.

Significance of study

The study is to assess the stress coping behavior in the Chartered Accountant (CA) students of the Ahmedabad City. Knowing about these techniques helps in better understanding of the stress coping activities undertaken by the students and hence it helps them in better coping the stress of the student life.

Objectives

To study the stress coping behavior in the CA students of Ahmedabad city

Hypothesis

H0. There is significant difference between the male and the female CA students in their stress coping behavior.

METHODOLOGY

Variables

1. Gender
2. Stress coping behaviour

Statistical Method used

- Anova was used to find the statistical significance of the data

Sample and source of sample

- CA students of Ahmedabad

Sample Size

- Sample size is 100

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- That is 50 male students and 50 Female students of various streams irrespective of their year of collage.

Scale used

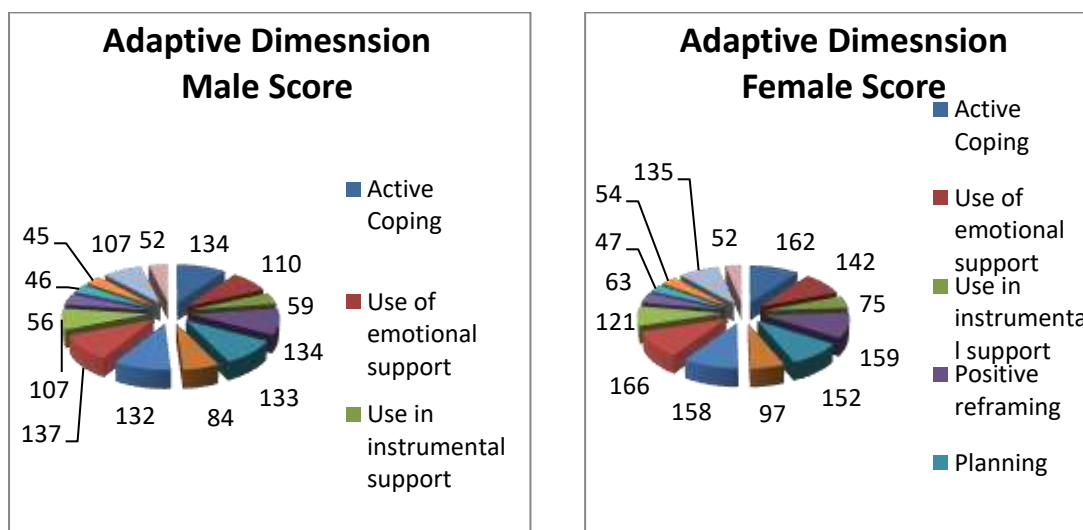
Stress Coping Behaviour Scale by Dr. Gaukaran Junghel and Dr. Priyamvada Shrivastava

RESULTS

Table 1 Add Table Name

Gender	N	Mean	S.D	SED	't' value	Level of Significance
Male	50	38	6.17	0.87	0	Not Significant
Female	50	38	1.14	0.16		

In the "t" distribution table at df =50 the "t" value at.01 level is 2.67. The obtained "t" value 0 is less than this value, hence it is not significant and the hypothesis is rejected.



DISCUSSION

The result shows that there is no significant difference when it comes to stress coping methods used by male and female students of CA in Ahmedabad city.

CONCLUSIONS

These differences should be kept in mind when designing any intervention program related to coping stress in the students of professional courses.

Limitation and Suggestions

- The sample size when taken bigger can alter the results.
- The study is done only on the CA students it may give different result when data of other professional courses is collected.
- The study has been undertaken in Ahmedabad city so with the change of the city the results can vary.
- Students stress coping skills are not gender specific so this thing should be kept in mind while designing any program or intervention.

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Conflict of Interest

The author(s) declared no conflict of interest.

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