

A Study on Intelligence and Mental Stress among Students of UAS, Raichur

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ABSTRACT

The present study on intelligence and mental stress among students was conducted during 2015-16 at College of Agriculture and College of Agricultural Engineering, University of Agricultural Sciences, Raichur. A total of 185 undergraduate and post graduate students were the respondents selected for the study. The ex post facto research design was employed in the study. The data was collected from the students personally using a standardized interview schedule developed for the study. The collected data was analyzed using appropriate statistical tools. The results of the study revealed that, more than one third (38.92 %) of the respondents belonged to medium category with respect to socio economic status, equal per cent (35.14 %) of the respondents belonged to medium and low stress categories, forty per cent of the respondents belonged to medium intelligence category. Achievement motivation and education status exhibited positive and significant relation with the intelligence level at 1 per cent level of probability. Education and management orientation exhibited significant and negative relationship with the stress level among the students. Whereas, achievement motivation exhibited negative and significant relationship with stress.

Keywords: *Association, Intelligence, Socio-economic status and Stress*

Intelligence in the 21st century takes place in an extraordinarily complex environment. Recently intelligence is playing a vital role in every institution. It is an umbrella term used to describe property of mind that encompasses many related abilities, such as planning, decision making skills, problem solving approaches to think abstractly, to comprehend idea, to use language to learn in some cases intelligence includes traits such as creativity, personality, knowledge, etc however intelligence agreed upon a majority across the various concerned disciplines. Like mental ability, mental health is also an important component for development of individual.

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In modern life every person has his or her own level of tolerance vis-à-vis mental stress and among various stresses seems to be the most prevalent today. The turning of 21st century adolescents' mental and emotional health has become a great issue of concern for psychologists, counsellors, and health professionals. Stress can overtake our adjective capacity as its affects our moods, impair our ability to experience pleasure and harm to the body. It can be in the form of tension in the family, urban living condition and students education etc,. In our present semester system students are facing one or the other mental stress problems ie, attending classes, examinations, assignments and co-curricular activities etc, So, caring and protecting adolescents there is a need for assessing their level of mental stress and advising good suggestions for improving and cope up with mental stress.

Objectives

1. To study the socio-economic profile of the students.
2. To assess the level of Intelligence of the students.
3. To study the level of mental stress among students.
4. To ascertain the relationship between socio- economic profile of students with level of intelligence and mental stress.

METHODOLOGY

The present study on intelligence and mental stress among students was conducted during 2015-16 at College of Agriculture and College of Agricultural Engineering, University of Agricultural Sciences, Raichur. The undergraduate and post graduate students were the respondents selected for the study. The total sample comprised of 185 UG and PG students of both the colleges. The ex post facto research design was employed in the study. Standard scales were used to measure the stress and intelligence. The data was collected from the students personally using a standardized interview schedule developed for the study. The collected data was analyzed using appropriate statistical tools.

RESULTS AND DISCUSSION

Socio economic status

It is clear from the results presented in table 1 that, more than one third (38.92 %) of the respondents belonged to medium category with respect to socio economic status followed by low (31.89 %) and high (29.19 %) socio economic status categories respectively. This might be due to varied socio-economic background of the students. Joseph *et al* (2015) conducted a study on assessment and determinants of emotional intelligence and perceived stress among students of a medical college in south India and reported that; three-fourth of them belonged to middle SES.

Table 1: Distribution of students according to their SES status N=185

Sl.No	Category	Frequency	Percentage
1	Low(mean-0.425*SD)	59	31.89
2	Medium(mean-0.425*SD)	72	38.92
3	High(mean-0.425*SD)	54	29.19

Stress among students

The results in table 2 depict the distribution of respondents according to their stress. As indicated in table 2, equal per cent (35.14 %) of the respondents belonged to medium and low stress categories followed by high (29.73 %) category. Iqbal *et al* (2015) reported that, 13.1 per cent of the medical undergraduates had severe or extremely severe stress and the mean scores of stress for all students were found to be at mild level. Joseph *et al* (2015) also reported that, of the total number of participants, 12 (3.0%) perceived low, 201 (49.5%) perceived average, and 193 (47.5%) perceived high levels of stress.

Table 2: Distribution of students according to their Stress status N=185

Sl.No	Category	Frequency	Percentage
1	Low(mean-0.425*SD)	65	35.14
2	Medium(mean-0.425*SD)	65	35.14
3	High(mean-0.425*SD)	55	29.73

Intelligence

It is evident from the results presented in table 3 that, forty per cent of the respondents belonged to medium intelligence category followed by high (30.81 %) and low (29.19 %) intelligence categories. Joseph *et al* (2015) reported that, of the total of 406 students, 41 (10.1%) were found to have high, 354 (87.2%) average, and 11 (2.7%) poor emotional intelligence scores.

Table 3: Distribution of students according to their intelligence N=185

Sl.No	Category	Frequency	Percent
1	Low(mean-0.425*SD)	54	29.19
2	Medium(mean-0.425*SD)	74	40.00
3	High(mean-0.425*SD)	57	30.81

Association between selected variables

With respect to association between selected socio economic characteristics of the students and intelligence level of students, achievement motivation and education status exhibited positive and significant relation with the intelligence level at 1 per cent level of probability. Whereas, management orientation exhibited positive and significant relationship at 5 per cent level of probability. Prabha (2015) also reported that, significant relationship/correlation between academic achievement and emotional intelligence among first year degree students in Puducherry.

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With regard to association between selected socio economic characteristics of the students and stress level of students, education and management orientation exhibited significant and negative relationship with the stress level among the students. Whereas, achievement motivation exhibited negative and significant relationship with the stress. *Iqbal et al (2015) also reported that, students who were satisfied with their education had lower depression, anxiety and stress scores.*

Table 4: Correlation coefficients of independent variables Students with their intelligence and stress level N=185

Sl. No.	Independent variables (SES)	Correlation coefficients (r) with Intelligence level of students	Correlation coefficients (r) with stress level of students
1.	Age	0.068 NS	0.068NS
2.	Education	0.364**	-0.289**
3.	Scientific orientation	0.134 NS	0.134 NS
4.	Management orientation	0.296*	-0.264**
5.	Achievement motivation	0.398**	-0.215*

*significant at 5 per cent level

**significant at 1 per cent level

CONCLUSION AND IMPLICATIONS

It is clear from the results that majority of the undergraduate and post-graduate students belonged to low and medium level of stress. Majority of them belonged to medium intelligence level. Education and achievement motivation of the students exhibited positive and significant relationship with the intelligence level of the students. Whereas, education and management orientation exhibited negative and significant relationship with the stress level. Hence, there is a need to conduct personality development programs for the benefit of the students. There is a need to establish college wise counselling centres to conduct regular counselling for the students.

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