

## Stress among Youth- A Scientific Inquiry

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### ABSTRACT

Stress is inevitable in life. In youth, stress is specific to the age. Stress is also complex, as youth face many complexities of life. Stress is an area where psychological studies are abundant. However, in Indian studies, most of them are not in-depth and specific to youth. Present study dwelt with construction details of tool which focuses on identifying variety of stressors faced by Indian Youth. Study was conducted among 400 youth (200 males, 200 females) aged ranging from 18-40 years. Participants included youth from Kerala State, with Indian nationality residing in different parts of the world. Stratified random sampling technique was used. Using item analysis technique 75 item scale was developed. Ten sub-factors were identified. Sub-factors include stress due to personal factors, environmental factors, social factors, financial factors, familial factors, health factors, factors related to intimate relations, job-related factors, study related factors and emotional factors. Using Pearson's, product moment correlation test-retest reliability was established and was found to be 0.671, which is significant. Face validity and content validity was established. Inter-scale comparison is also illustrated. Five groups formed and their cut of points is also discussed.

**Keywords:** *Youth, Stress, Indian Youth, Test construction*

Present day living condition has put enormous demands on each one of us. Everyone experience stress of one form or the other. No individual is free from stress. Present century, that is the twenty first century, is known as the “age of anxiety, conflict and stress” (Subbarao, (2017). Even though the term stress is very common, people perceive situations differently. Two people respond to same situation in a different manner. For one, a situation is stress creating and for someone else it is taken in a relaxed manner. This shows that stress is a serious matter of concern which has to be taken care in a serious note in every group.

Scholars have done extensive studies on stress of children (Haggerty, Sherrod, Garmezy. & Rutter, 1996), adolescent group (Ducat, Punia & Goyalm, 2007) and even on the elderly population (Vedhara, Cox, Wilcock, Perks, Hunt, Anderson, Lightman& Shanks,

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1999 and Fredman, Cauley, Hochberg, Ensrud & Doros, 2010). Studies have been conducted in youth groups too (Eg: Monteiroa, Baloguna & Oralilea, 2014 and Azizi, 2011). Many studies on youth stated that transition to adulthood stage is problematic for many of the youth (Macmillan, Biliari & Furstenberg, 2012). Sociological studies of youth stated, “Young people today are struggling to become adults, when they are compared with the previous generations” (Maguire, Ball & Macrae, 2001, as cited in King, 2013). According to Child welfare information gateway (2014), “adolescents face a range of developmental issues and as teens approach adulthood, living independently become a significant goal”. That is, young adults have to prepare themselves for leaving parent home, finding a job, getting married, taking care of elderly, entering into parenthood stage, building own home and finally settling down (Buchumann & Kriesi, 2011, Shanahan & Elder, 2006, cited by Schulenberg & Schoon 2012). This shows that when compared to other age group, youth faces lot of issues in a period between adolescent and adulthood stage. In addition, being the greatest wealth and strength of any nation, issues that youth face has to be dealt with effectively. Successful business magnet Ratnan Tata once said, “The youth of today will need to recognize that they shoulder a great responsibility. They will need to fight for rooting out corruption, for ensuring that no one is above the law and uniting the citizens of India as India first instead of communal or geographical factions”. This all shows the importance of studying issues of youth and especially the cream of India who is gone take India towards heights in coming years.

When analyzing research studies on youth it was observed that very limited studies have been conducted in Indian youth (Darshan, Rama, Rao, Ram & Annigeri, 2013). Studies have been observed from other Asian Countries (An, Chung, Park, Kim, Kim & Kim, 2012) and European Countries (Gibbons, 2010). In addition, the famous theories and works on young adults were conducted by the Western theoreticians (Carl Jung, Hurlock, Levinson and Arnett). As India is a young nation where majority are going to be in the age range of 29 (Hindustan times, 2014) more studies which focuses on Indian youth is the need of the hour and the need of India.

From the interviews, discussion and own personal experience it was found that most of the youth in India are highly stressed due to various issues. This shocking fact motivated the researchers to work more on the concept so that the findings would be utilized to help the needy which intern would result in the growth of nation. Lack of scientific tool on stress again motivated the investigators to come up with a psychological tool to study the stressors faced by Indian youth. Hence, the tool constructed by the investigators could be used by people working with youth to identify the issues and develop training programs or counselling sessions after knowing different issues faced by the present generation youth.

### ***Problem***

- To construct a psychological tool to assess stress of youth.

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### *Hypothesis*

*“Proposed scientific tool named as Youth Stress Rating Scale (YSRS) will be assessing stress experienced by youth”*

### *Planning Of The Scale*

In the planning phase of tool construction, investigators had widely studied and reviewed available literature in the area of stress and particularly stress experienced by young adults. Investigators had also examined theories in the area of stress. Qualitative works in the form of interview with youth were also adopted in order to get a thorough understanding about the field under the study. Observations, discussion with experts in the field of Psychology, Social work and youth, reviewing related literature and analyzing content of interviews with youth using content analysis technique also helped in the planning phase of constructing Youth Stress Rating Scale (YSRS).

### *Preparation of the Scale*

In the preparation phase of test construction, investigators had prepared a list of items using different stressors evolved from discussion with experts and from the content analysis of data collected using in-depth interviewing technique with young adults. Researchers also made sure that there exist no overlapping between items mentioned in the scale. Items were prepared by consulting with experts in the field of Psychology, Social work, Life skills and Youth and using interviews with youth, experts and researchers in various fields. Tool was prepared in both Malayalam and English languages. A pilot study was also conducted to identify suitable items for the tool and to avoid less important items. Later, items were submitted for examination by experts to avoid vagueness and confusion. Items for the tool were arranged under each sub-factor. Some of the items were deleted and some others were modified and also items were added as per the suggestions of the experts.

### *Descriptions of each sub-factor are given below.*

**Personal Factors-** This includes factors, which personally creates stress to individuals. This sub-factor includes items which talks about stress due to lack of punctuality, increasing age, waking up early and late, feeling of loneliness, bad dreams, inability to take responsibilities, worries about own character, concerns about future, personal problems, lack of assertive behavior, life planning and failure in life.

**Environmental Factors-** This sub-factor talks about factors in our surrounding which causes stress to the participants. Individuals who score high in this category face stress due to different noises, traffic jam, untidy surroundings, unhealthy conditions and being in a queue.

**Social Factors-** Stress on social factors stems from one’s relationships with others in society and from the social environment in general. Anything that disrupts or threatens to disrupt their relationships with others can result in social stress. Criticism from others, lack of interest in social relations, inability to maintain relationships, lack of social support and low social status in society or in particular groups, giving a speech and facing interviews are some factors discussed under this sub-factor. People with high stress on social factors may face above-mentioned issues.

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**Financial Factors-** This sub-factor talk about financial problem which includes financial difficulties like bank loan, increased gold rate, increased expenses, payments for credit cards, debts, rising cost of education and health, low income etc. Individuals with high stress on this sub-factor may face above-mentioned issues related to finance.

**Familial Factors-** Families act as a motivating factor of each youth but at times issues related to family can cause stress to the participants. This involved stress in family, such as fights in family, issues with in-laws, death of loved ones, broken family, parental conflict, problem of partner, arguments with spouse, parent, sibling or child, burden of household chores etc. Problems among other members of the family, even if the person is not directly involved, cause additional stress. Youth with high stress on familial factors may experience above given issues.

**Health Factors-** Different diseases can be the cause of stress. Health issues discussed under this sub-factor includes personal illness, illness of a family member, lack of sleep, lack of appetite, use of drugs and lack of exercise, maintaining good health, reducing weight, increasing weight, and being unable to lead a healthy life-style.

**Factors Related to Intimate Relations-**Individuals high on this sub-factor feel stressful due to issues related to intimate relationships. Some of the features of this sub-factor include stress due to marriage proposals, love affairs and failures, pressure from family to get married, sexual issues etc.

**Job-Related Factors-** This sub-factor deals with stress due to various jobs related issues. Individuals high on this sub-factor may experience stress due to lack of job, over work, lack of rest, job insecurity, low salary, lack of interest in work, negative or bullying behavior of higher authority, office politics, losing job, difficulty in managing personal and professional roles etc.

**Study Related Factors-** Academic related issues come under this sub-factor. This sub-factor talks about academic issues such as difficulty in learning,difficulty to memorize, lack of punctuality ,lack of exam skills, anxiety about exams, problems associated in facing interviews, viva and presentations, exam results, worries about studies/ education and stress due to lack of support from family to study. Youth who score high on this sub-factor face above-mentioned issues.

**Emotional Factors** -Emotional factors include a major area of stress. Feeling unable to relate to someone or want to express emotions but not being able to can weigh down a person with additional stress. Some of the peculiar features of this sub-factor include stress due to grief, pessimistic attitude, general dissatisfaction in life, feeling of no body to love, inability to control emotions, anxiety, depression, feeling of inferiority, guilt, suppressed anger etc. Some of the examples of items are as follows.

1. Difficulty in making decisions
2. Traffic Jam
3. Lack of interest in social relations
4. Increasing expenses
5. Parental conflict

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### *Try out*

In try out phase of tool construction, items arranged under each sub-factors were administered to the participants with appropriate instructions. Preliminary form of Youth Stress Rating Scale (YSRS) consisted of 75 items, which comes under 10 sub-factors. Sub-factors are personal factors, environmental factors, social factors, financial factors, familial factors, health factors, factors related to intimate relations, job-related factors, study related factors and emotional factors. Sub-factors personal factors, social factors, familial factors, job-related factors and emotional factors consisted of 10 items. Sub-factors named as environmental factors, financial factors, health factors, intimate relations and study related factors consisted of 5 items. Participants were provided with a 6 point rating scale (0, 1, 2, 3, 4, and 5) to mark their responses towards a given situation based on the severity level from 0 to 5. A score of 5 was provided for high stress and 0 for low stress. If stress comes in between 0 and 5, they were asked to mark from 1 to 4 based on the intensity. Tool consisted of items in the form of phrases, which denote stressful life situations faced by Indian youth.

### *Sample*

Participants consisted of 400 young men and women aged 18-40 years who were studying/unemployed/working and who were married/unmarried. Participants of the study consisted of Young adults from Kerala State, Indian citizens who resided at different parts of the world. Stratified random sampling technique was used here. Sample distributions based on the sex are given in table (1).

*Table 1 Sample Distribution Based on Sex*

Group	Sex		Total
	Male	Female	
Youth	176	224	400

### **Administration**

As an initial step researcher introduced themselves and purpose of the research to youth who comes under the age limit of 18-40 years. Individuals who showed interest in the study were met again. After establishing good rapport with all the participants the researchers presented the participants with the drafted Youth Stress Rating Scale (YSRS). They were also provided with all needed instructions. They were instructed as follows: "Given below are situations, which are seen in most of the people's life. Read each clause carefully and note how much they create stress in your life. Based on the intensity of the stress, mark your responses ranging from 5 to 0. If you feel high stress towards a situation mark as '5', and if you don't feel stress at all towards a situation mark as '0' and if your responses come in between 5 and 0 mark your responses from 4 to 1. Mark your responses either in the boxes provided or next to each clause. I assure you that your responses will be used only for the research purposes and it will be kept strictly confidential".

After the participants have filled up the form, tool was received back thankfully and it was checked to verify whether all the responses were provided or not. None of the participants

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were forced to be a part of the study. Participants were also given the opportunity to withdraw from the study at any point. Researchers also made sure that by being a part of the study the participants do not face any personal and psychological harm.

### Scoring

Drafted form of Youth Stress Rating Scale (YSRS) consisted of 75 items. All items in the tool were positively scored. Items were scored as 5, 4,3,2,1 and 0 for varying degrees of stress. Maximum scores a participant can score in this scale is 375 and the minimum score is 0. Responses are also scored under 10 sub-factors. Details of sub-factors and item numbers are presented in table (2).

**Table 2 Sub-Factors and Item Numbers of Drafted Youth Stress Rating Scale (YSRS)**

Sub-Factors	Item Numbers
Personal factors	1,2,3,4,5,6,7,8,9,10
Environmental factors	11,12,13,14,15
Social factors	16,17,18,19,20,21,22,23,24,25
Financial factors	26,27,28,29,30
Familial factors	31,32,33,34,35,36,37,38,39,40
Health factors	41,42,43,44,45
Factors related to intimate relations	46,47,48,49,50
Job-related factors	51,52,53,54,55,56,57,58,59,60
Study related factors	61,62,63,64,65
Emotional factors	66,67,68,69,70,71,72,73,74,75

### Item Analysis and Selection of Final Items

To verify the hypothesis which stated that “*Proposed scientific tool named as Youth Stress Rating Scale (YSRS) will be assessing stress experienced by youth*” item analysis was done and the details are given below. In order to fix the credibility of items, the content of tool was evaluated by seven psychologists, three social workers and two trainers in the field of youth and adolescence, so that the face validity of the tool was fixed. More importantly item analysis was done using the data collected from 400 young adults. Here researchers used item analysis technique given by Edward 1957. According to this technique, all the 400 participants were rank ordered according to their total score on Youth Stress Rating Scale (YSRS). That is, the total group was arranged in ascending order. Then the top 100 and bottom 100 participants were selected to represent the high stress group and low stress groups separately. Here, the upper and lower 25% of the sample were studied. As per the rule given by Edward middle group (N=200) was dropped from final item analysis. Then the significance of difference between high stress group and low stress groups was compared using statistical test, t-test. Using t-test discriminating power of each items were identified. The higher the t-value, higher the discriminating power of items.

Drafted form of Youth Stress Rating Scale (YSRS) consisted of 75 items. All the items of tool were subjected to item analysis. Items with t-value above 2.58 were selected for final tool. Item analysis technique carried out using t-test found that all the items have a t-value

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above 2.58 and hence, none of the items was deleted from final form of Youth Stress Rating Scale (YSRS). Final form of Youth Stress Rating Scale (YSRS) constitutes of 75 items, which comes under 10 sub-factors named as personal factors, environmental factors, social factors, financial factors, familial factors, health factors, factors related to intimate relations, job-related factors, study related factors and emotional factors. Details of item analysis are given in table (3).

**Table 3 Mean Scores, Standard Deviation and t-Value of Youth Stress Rating Scale (YSRS) Draft Tool for High Stress and Low Stress Groups**

Items	High group		Low group		t-value	Selection
	Mean	Standard Deviation	Mean	Standard Deviation		
VAR-1	4.06	1.15	2.21	1.59	9.42	✓
VAR-2	3.51	1.38	2.4	1.68	5.11	✓
VAR-3	3.54	1.13	1.88	1.39	9.24	✓
VAR-4	3.18	1.45	1.14	1.49	9.80	✓
VAR-5	3.26	1.43	0.99	1.31	11.74	✓
VAR-6	2.64	1.45	1.08	1.48	7.54	✓
VAR-7	3.04	1.44	1.49	1.48	7.50	✓
VAR-8	2.75	1.59	1.51	1.43	5.81	✓
VAR-9	3.09	1.16	1.22	1.37	10.41	✓
VAR-10	3.2	1.35	1.18	1.43	10.27	✓
VAR-11	3.61	1.24	2	1.68	7.71	✓
VAR-12	3.73	1.07	1.88	1.68	9.29	✓
VAR-13	3.91	0.94	2.2	1.81	8.38	✓
VAR-14	4.14	0.85	2.18	1.59	10.85	✓
VAR-15	3.22	1.09	1.74	1.65	7.49	✓
VAR-16	3.49	1.20	1.71	1.50	9.26	✓
VAR-17	2.71	1.32	0.94	1.32	9.49	✓
VAR-18	2.89	1.42	0.64	1.01	12.91	✓
VAR-19	2.98	1.32	1.2	1.39	9.28	✓ ✓
VAR-20	3.22	1.29	0.62	1.08	15.44	✓ ✓
VAR-21	3.1	1.11	0.82	1.18	14.08	✓ ✓
VAR-22	3.28	1.31	0.64	1.06	15.66	✓
VAR-23	3.48	1.18	1.13	1.37	13.03	✓
VAR-24	3.81	3.02	0.6	0.85	10.22	✓
VAR-25	3.48	1.31	1.83	1.74	7.58	✓
VAR-26	3.96	1.12	1.87	1.61	10.65	✓
VAR-27	4.12	1.12	1.29	1.63	14.31	✓

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<b>VAR-28</b>	3.85	1.08	2.37	1.73	7.25	✓	✓
<b>VAR-29</b>	4.17	0.80	2.58	1.63	8.73	✓	
<b>VAR-30</b>	3.66	1.20	2.43	1.73	5.84	✓	
<b>VAR-31</b>	3.31	1.61	0.27	0.72	17.26	✓	
<b>VAR-32</b>	3.85	1.21	0.44	1.03	21.49	✓	
<b>VAR-33</b>	2.9	1.69	0.29	0.76	14.09	✓	
<b>VAR-34</b>	4.52	0.83	2.11	2.09	10.72	✓	
<b>VAR-35</b>	3.3	1.26	1.42	1.41	9.95	✓	
<b>VAR-36</b>	3.73	1.08	1.2	1.62	12.99	✓	
<b>VAR-37</b>	4.01	1.26	0.75	1.42	17.15	✓	
<b>VAR-38</b>	3.99	1.24	0.68	1.40	17.69	✓	
<b>VAR-39</b>	3.27	1.38	0.64	1.17	14.52	✓	
<b>VAR-40</b>	3.63	1.68	0.53	1.32	14.51	✓	
<b>VAR-41</b>	3.69	1.21	1.11	1.43	13.74	✓	
<b>VAR-42</b>	3.21	1.39	0.73	1.23	13.34	✓	
<b>VAR-43</b>	2.68	1.22	0.44	0.94	14.56	✓	
<b>VAR-44</b>	2.57	1.78	0.2	0.77	12.25	✓	
<b>VAR-45</b>	2.91	1.45	1.14	1.41	8.74	✓	
<b>VAR-46</b>	2.88	1.66	0.34	0.88	13.53	✓	
<b>VAR-47</b>	3.41	1.58	0.49	1.07	15.33	✓	
<b>VAR-48</b>	3.57	1.58	0.58	1.30	14.64	✓	
<b>VAR-49</b>	3.12	1.64	0.53	1.19	12.77	✓	
<b>VAR-50</b>	2.52	1.68	0.1	0.50	13.81	✓	
<b>VAR-51</b>	3.72	1.26	0.67	1.14	17.94	✓	
<b>VAR-52</b>	3.7	1.24	0.7	1.10	18.17	✓	
<b>VAR-53</b>	3.98	1.33	1.25	1.65	12.88	✓	
<b>VAR-54</b>	3.5	1.30	0.57	1.02	17.76	✓	
<b>VAR-55</b>	3.23	1.50	0.66	1.27	13.08	✓	
<b>VAR-56</b>	3.18	1.29	0.32	0.72	19.34	✓	
<b>VAR-57</b>	3.51	1.11	0.57	1.17	18.23	✓	
<b>VAR-58</b>	3.16	1.49	0.91	1.52	10.56	✓	
<b>VAR-59</b>	3.83	1.28	1.05	1.67	13.20	✓	
<b>VAR-60</b>	3.3	1.52	0.35	0.81	17.13	✓	
<b>VAR-61</b>	3.55	1.47	1.39	1.66	9.74	✓	
<b>VAR-62</b>	3.37	1.55	1.25	1.50	9.83	✓	
<b>VAR-63</b>	3.26	1.47	1.16	1.60	9.65	✓	
<b>VAR-64</b>	3.13	1.48	1.17	1.56	9.10	✓	
<b>VAR-65</b>	3.44	1.43	1.07	1.27	12.41	✓	
<b>VAR-66</b>	3.78	1.14	0.82	1.23	17.60	✓	
<b>VAR-67</b>	3.69	1.12	0.94	1.36	15.62	✓	
<b>VAR-68</b>	3.39	1.52	0.44	1.03	16.05	✓	
<b>VAR-69</b>	3.43	1.21	0.74	1.18	15.95	✓	



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<b>VAR-70</b>	3.35	1.31	0.55	0.89	17.64	✓
<b>VAR-71</b>	3.6	1.18	1.15	1.34	13.70	✓
<b>VAR-72</b>	3.71	1.16	0.6	1.11	19.39	✓
<b>VAR-73</b>	3.55	1.27	0.42	0.83	20.58	✓
<b>VAR-74</b>	2.28	1.58	0.24	0.67	11.91	✓
<b>VAR-75</b>	2.67	1.39	0.33	0.64	15.28	✓
<b>STRESSTT</b>	255.46	23.21	79.1	20.84	56.55	✓

### Scoring

Final form of Youth Stress Rating Scale (YSRS) consisted of 75 items. All items in the tool were positively scored. Items were scored as 5, 4,3,2,1 and 0 for varying degrees of stress. Maximum scores a participant can score in this scale is 375 and the minimum score is 0. Responses are also scored under 10 sub-factors. Items vary in each sub-scales, so in order to make inter-sub scale comparison items in each sub-scale were converted into percentage scores using the formula:

Percentage score of each sub-scale= Raw score/ maximum score of each sub-scale x 100

Details of sub-factors, item numbers and percentage scores are presented in table (4).

**Table 4 Sub-factors, item numbers, maximum score and percentage of youth stress rating scale (YSRS)**

Sub-Factors	Item Numbers	Maximum score	Percentage
<b>Personal factors</b>	1,2,3,4,5,6,7,8,9,10	50	Raw Score/ 50 X 100
<b>Environmental factors</b>	11,12,13,14,15	25	Raw Score/ 25 X 100
<b>Social factors</b>	16,17,18,19,20,21,22,23,24,25	50	Raw Score/ 50 X 100
<b>Financial factors</b>	26,27,28,29,30	25	Raw Score/ 25 X 100
<b>Familial factors</b>	31,32,33,34,35,36,37,38,39,40	50	Raw Score/ 50 X 100
<b>Health factors</b>	41,42,43,44,45	25	Raw Score/ 25 X 100
<b>Factors related to intimate relations</b>	46,47,48,49,50	25	Raw Score/ 25 X 100
<b>Job-related factors</b>	51,52,53,54,55,56,57,58,59,60	50	Raw Score/ 50 X 100
<b>Study related factors</b>	61,62,63,64,65	25	Raw Score/ 25 X 100
<b>Emotional factors</b>	66,67,68,69,70,71,72,73,74,75	50	Raw Score/ 50 X 100

### Reliability

In test construction, reliability is known as the consistency of scores derived from a test (Wade & Tavris, 1987). For the present study the researchers used the method of test-retest to establish reliability. Tool Youth Stress Rating Scale (YSRS) was administered twice within a period of two month to the same sample of 50. Pearson's Product Moment Correlation for test-retest reliability was calculated between two sets of measures and it was found to be 0.671 which is statistically significant (P <0.01).

### Validity

The ability of a test to measure what it is intended to measure is known as validity (Hockenbury & Hockenbury, 1998). For establishing validity of the present tool several approaches were taken into consideration. Items in the tool were prepared by considering different theories of stress and using studies on stress among youth population. Items for the tool were also prepared after conducting a thorough qualitative analysis of data collected using in depth-interviewing technique from youth. This was done to ensure content validity. Face validity of the tool was assured by many experts in the field of Psychology and Youths. They had assessed each item contents and helped to edit the final draft. Items for the final tool were also selected using the item analysis technique given by Edward, by comparing high stress and low stress group of youth. Only those items which were having high discrimination power were received for the final scale. By fixing reliability and validity, the proposed hypothesis was accepted.

### Standardization

Tool Youth Stress Rating Scale (YSRS) was first constructed in Malayalam. Then the tool was translated and standardized to English. For standardization purpose, a sample population of thirty was given both the tools and was scored. Using Pearson's Product Moment Correlation method two scores were compared and correlation value was calculated as 0.983 which was significant at 0.01 level.

## DISCUSSION

To prove the hypothesis which states that "The proposed scientific tool named as youth stress rating scale will be assessing the stress experienced by Youth", youth stress rating scale was constructed and validated. In order to calculate the cut of point's final form of the scale was administered to a sample of 450. Descriptive statistics for the total of YSRS score was calculated and details are given in table 5.

**Table 5** *Descriptive statistics for Youth Stress Rating Scale*

N	Maximum	Minimum	Mean	Standard Deviation
450	321	25	161	66

Maximum and minimum score of the sample was found to be 25 and 321. Mean and standard deviation scores was found to be 161 and 66 respectively. Five groups were formed using the formula  $M+1.5\text{ Sigma}$ ,  $M+\text{ Sigma}$ ,  $M-\text{Sigma}$  and  $M-1.5\text{ Sigma}$ .  $M+1.5\text{ sigma}$  was found to be 260,  $M+\text{ Sigma}$  was found to be 227,  $M-\text{Sigma}$  was calculated as 95 and  $M-1.5\text{ Sigma}$  was found to be 62.

Very high stress group was calculated using the formula  $M+1.5\text{ Sigma}$  and it was found to be 260 and above. High stress group comes between  $M+1.5\text{ Sigma}$  and  $M+\text{ Sigma}$  and their mean scores were found to be between 259 and 227. Average stress group comes between  $M+\text{ Sigma}$  and  $M-\text{Sigma}$  and it is between 226 and 95. Low stress group were formed using the formula  $M-\text{Sigma}$  and  $M-1.5\text{ Sigma}$  and it was found to be between 94 and 62.  $M-1.5$

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Sigma was used to calculate very low stress group and it was found to be 61 and below. Group details and cut of points calculated using mean and standard deviation scores are given in table (6).

**Table 6 Groups and cut of points of youth stress rating scale (YSRS)**

Groups	Cut of Points
Very High Stress	260 and above
High Stress	227-259
Average Stress	95-226
Low Stress	62-94
Very Low stress	61 and below

### CONCLUSION

The prepared scale known as Youth Stress Rating Scale (YSRS) is valid enough to assess the variable stress. So the proposed hypothesis is accepted.

### SAMPLE CASE ILLUSTRATION

Name: X

Sex: Male

Age: 32

Marital status: married

Educational Qualification: MBA

Nationality: Indian

The Youth stress rating scale (YSRS) was administered to a subject X, 32 year old male, married MBA graduate working at Oman. His scores on ten sub-factors of youth stress rating scale and for the total score of the scale are given in table (7).

**Table 7 Factors, Raw Score and percentage score of the subject**

Sub-Factors	Raw Score	Percentage
Personal Factors	26	$26/50 \times 100=52$
Environmental Factors	18	$18/25 \times 100=72$
Social factors	33	$33/50 \times 100=66$
Financial Factors	17	$17/25 \times 100=68$
Familial Factors	35	$35/50 \times 100=70$
Health Factors	16	$16/25 \times 100=64$
Intimate relationships	21	$21/25 \times 100=84$
Job Related Factors	28	$28/50 \times 100=56$
Study Related Factors	15	$15/25 \times 100=60$
Emotional Factors	31	$31/50 \times 100=62$
Youth Stress Rating Scale Total	240	High stress

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When all the sub-factors were compared it was found that subject scored maximum for sub-factor stress related to issues with intimate relationship with a score of 21 and percentage of 84%. Second most stressed factor was found to be environmental factors. Raw score obtained in this category is 18 with a percentage of 72. For stress due to personal factors the subject scored least with a score of 26 and percentage score of 52. Second least stressed factor was found to be factors related to job. Here the score was found to be 28 with 60%. Total score of subject on the scale was found to be 240 which indicate that subject fall under high stress group.

From analyzing the scores as a whole it could be interpreted as that subject is more stressed due to issues related to intimate relationship and least stress in issues connected to job. Sub-factor intimate relationship talks about stress which develop from marriage proposals, love affairs and failures, pressure from family to get married, sexual issues etc. Least score on stress due to personal factors indicated that subject is less stressed with issues which related to personal factors such as running of age, waking up early and late, feeling of loneliness, bad dreams, inability to take responsibilities, worries about own character, concerns about future, personal problems, lack of assertive behavior, life planning and failure in life. When the total score of subject on scale is analyzed it could be interpreted as that when compared to his age group, subject is having high stress due to different issues connected to youth stage. This also indicated that subject need support from friends, family and other professionals which will help him to take up all the issues in life in a positive manner.

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