

A Comparative Study on Pre and Post Examination Stress of College Going Male and Female Students

Shreya Marathe^{1*}, Dr. Rajendra Kumar Sharma²

ABSTRACT

Background: The present study aim was to examine Stress level of undergraduate and post graduate male and female students. **Method:** For fulfilling the above mentioned purpose a sample of 40 students were taken using Purposive sampling technique. **Result:** Stress level of the students was assessed through "Stress Questionnaire" by using SPSS 25 version (paired t test). Results obtained p- value indicates <0.40 which was significant at <0.05 level. By the interpretation and the analysis of the data was cleared that the Stress level of male is more than as compare to the stress level of females in both condition. M. Lynch, Thomas J. Espenshade also supported in his study that female are mild vulnerability to have stress during exam time compare to male.

Keywords: Stress, Undergraduates, Post Graduates, Gender

The principal definition for stress was made in 1936 by Hans Selye. He expressed that pressure is "the non-particular reaction of the body to any interest for change" (Institute of Stress). Selye's definition enables others to comprehend that pressure isn't simply a response to something awful, however just a response to an adjustment in circumstance. This definition comes up short on a clarification to what sort of reaction the body has. Stress isn't just an adjustment in a body reaction yet more particularly a "physical, mental, or passionate strain or pressure" (Institute of Stress). With the end goal for worry to shape, regardless of whether it is from a decent or terrible circumstance, there must be a stressor making strain show up. Stress is a sentiment of strain and weight. Stress is a kind of mental torment. Little measures of pressure might be wanted, gainful, and even solid. Positive pressure enhances athletic execution. It additionally plays a factor in inspiration, adjustment, and response to nature. Extreme measures of pressure, in any case, may prompt real damage. Stress can build the danger of strokes, heart assaults, ulcers, and psychological maladjustments, for example, discouragement. Stress can be outer and identified with nature, however may likewise be caused by inside recognitions that reason a person to encounter tension or other contrary feelings encompassing a circumstance, for example, weight, inconvenience, and so on., which they at that point consider distressing. People encounter pressure, or see things as

¹ (Final Year Applied Psychology Student, Amity University Gwalior, Madhya Pradesh, India.)

² (Associate Professor & Head of Clinical Psychology Department, Amity Institute of Behavioral & Allied Sciences, Amity University Gwalior, Madhya Pradesh, India.)

*Responding Author

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compromising, when they don't trust that their assets for adapting to obstructions (boosts, individuals, circumstances, and so on.) are sufficient for what the conditions request. At the point when individuals think the requests being put on them surpass their capacity to adapt, they at that point see pressure.

Everyday life is loaded with pressure both on the individual and the expert fronts. Weight of time regularly results in individuals answering to their working environment with headache assaults, body hurts, mental strains, and so forth. Stress, consequently, is an expensive business issue, that influences two perspectives first, the representative's wellbeing which straightforwardly influences the second-the association's benefits. This is so on the grounds that, if the wellbeing does not enable the body to work regularly, it will prompt expanded truancy, late comings and short leaves in the association, which specifically influence the association's development and benefit since representatives are the fundamental wellspring of benefit age for an association.

Numerous individuals are starting to center around changing undesirable propensities with the end goal to accomplish better lives. Diets are being adjusted and time is being made for exercise, yet incalculable people are overlooking one key part of their life, their emotional wellness. Americans are being overburdened with extreme remaining burdens. The enormous sum individuals have on their plates combined with the strain to succeed causes an unfortunate measure of worry in the overall public. While many discount their worry as typical, many individuals stress might be of an unfortunate nature that may prompt extraordinary physical and mental challenges not far off. America must get comfortable with this risk and take measures to diminish it before we 'work ourselves to death'.

SYMPTOMATIC INDICATORS OF STRESS

Stress has for quite some time been viewed as an awful thing by the vast majority. This is most likely because of the bothersome reactions that happen when in an upsetting circumstance. Actually stress can be a spurring factor until the point when it achieves a specific limit. Expanded pressure has been appeared to build efficiency up to a specific point (Institute of Stress). Past this point, push diminishes efficiency definitely, by activating fatigue and even ailment (Institute of Stress). It is on the grounds that such a large number of individuals' pressure has outperformed this edge about 1 million laborers are missing every day. This number tripled from 1996 to 2000 (Institute of Stress).

With the end goal for individuals to all the more likely comprehend regardless of whether they have excessively worried in their lives, they should have the capacity to recognize the signs and side effects of undesirable feelings of anxiety. A few side effects of pressure incorporate (Institute of Stress):

- Reoccurring headaches.
- Digestive difficulties.
- Frequent Sweating.
- Muscle pains.
- Nightmares.
- Decreased Appetite.
- Chest pains.

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PHYSIOLOGICAL ASPECTS OF STRESS

Unfortunate measures of pressure can have hindering long haul consequences for the human body. Stress starts an arrival of cortical, nor-epinephrine, and serotonin (Stress and Cardiovascular ailment and Stress on the Brain). Typical feelings of anxiety enable the body to recover following an unpleasant circumstance and to re-balance hormone levels. Then again, interminable pressure causes an awkwardness of these hormones, with abundance in a few regions of the body and lacks in others (Stress and Cardiovascular ailment). For instance, interminable pressure causes an overflow of cortical in the mind. This can prompt harm of neurons and loss of here and now memory. What's more, the thoughtful action which stretch induces prompts a concealment of the safe framework which may decline sensitivities and prompt more prominent vulnerability to ailments (Stress and Cardiovascular illness).

Another real concern perpetual pressure makes inside the restorative network is its impacts on a people's heart wellbeing. Stress not just expands a people's odds of taking an interest in unfortunate exercises (eating horribly, not practicing because of remaining task at hand, drinking liquor, and smoking), it likewise trigger physiological reactions which incline a man to coronary illness. Incessant pressure increments both circulatory strain and danger of atherosclerosis (Stress and Cardiovascular illness). The two factors most definitely prompt coronary illness. Notwithstanding coronary illness, stress may prompt corpulence and diabetes which are both connected to cardiovascular sickness in a few different ways.

Different ailments which stretch has been appeared to build the odds of incorporate headaches, ulcers, asthma, fruitlessness, and bad tempered gut disorder. About "75-90% of all specialists visits are because of stress-related infirmities" (Stress and Cardiovascular malady). Over the physical indications related with pressure, dysfunctional behaviors, for example, despondency additionally shapes as symptoms. At the point when the brain can't stay aware of the body, there will unavoidably be mental side effects of pain. Clearly stretch is an unfavorable viewpoint in this day and age.

With the majority of the physical and mental afflictions made by pressure, it might be to the greatest advantage of the subjects of America to decrease outstanding burden with the end goal to accomplish expanded the personal satisfaction and more profitable organizations.

There are mainly 2 types of stress:-

- Eustress
- Distress

HEALTH EFFECTS AND STRESS MANIFESTATION

There is likely an association among stress and illness. Theories of the stress– sickness connect recommend that both intense and perpetual pressure can cause ailment, and a few examinations found such a link. According to these hypotheses, the two sorts of pressure can prompt changes in conduct and in physiology. Conduct changes can be smoking and dietary patterns and physical movement. Physiological changes can be changes in thoughtful initiation or hypothalamic pituitary adrenocorticoid actuation, and immunological function. However, there is much fluctuation in the connection among stress and sickness.

Stress can make the individual more powerless to physical ailments like the normal cold. Stressful occasions, for example, work changes, may result in a sleeping disorder, disabled dozing, and wellbeing complaints. Research shows the sort of stressor (regardless of whether it is intense or unending) and singular qualities, for example, age and physical prosperity

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before the beginning of the stressor can consolidate to decide the impact of weight on a person. A person's identity qualities, (for example, level of neuroticism), genetics, and youth encounters with real stressors and injuries may likewise direct their reaction to stressors.

Constant pressure and an absence of adapting assets accessible or utilized by an individual can frequently prompt the advancement of mental issues, for example, wretchedness and uneasiness (see beneath for further information). This is especially obvious with respect to incessant stressors.

These are stressors that may not be as exceptional as an intense stressor like a cataclysmic event or a noteworthy mishap, yet they hold on over longer timeframes. These kinds of stressors will in general have a more negative effect on wellbeing since they are continued and in this manner require the body's physiological reaction to happen every day. This drains the body's vitality all the more rapidly and more often than not happens over extensive stretches of time, particularly when these micro stressors can't be stayed away from (i.e. worry of living in a risky neighborhood). See all static stack for further exchange of the natural procedure by which constant pressure may influence the body. For instance, thinks about have discovered that parental figures, especially those of dementia patients, have larger amounts of despondency and marginally more terrible physical wellbeing than no caregivers.

Studies have likewise demonstrated that apparent unending pressure and the antagonistic vibe related with Type A identities are frequently connected with considerably higher dangers of cardiovascular illness. This happens on account of the bargained insusceptible framework and in addition the abnormal amounts of excitement in the thoughtful sensory system that happens as a major aspect of the body's physiological reaction to unpleasant occasions. Be that as it may, it is workable for people to display toughness – a term alluding to the capacity to be both incessantly focused and sound. Numerous clinicians are at present intrigued by concentrate the elements that enable solid people to adapt to pressure and sidestep most wellbeing and disease issues related with elevated amounts of pressure. Stress can be related with mental disarranges, for example, delusions, general tension issue, sorrow, and post-awful pressure issue. Be that as it may, everybody encounters some level of pressure, and determination of stress issue must be performed by an authorized specialist. As per a 2016 survey article, obsessive uneasiness and unending pressure prompt auxiliary degeneration and disabled working of the hippocampus.

As stress physically affects the body, a few people may not separate this from other more genuine sicknesses. In the event that the manifestation is unambiguous (e.g. a bosom knot), people are spurred to look for consideration in any case in the event that they are under pressure. In any case, if the manifestation is vague (e.g. cerebral pain), they won't look for consideration ascribing the manifestation to push if the stressor's beginning is late which started in the past 3 weeks, and will look for consideration if the beginning isn't later.

GOOD STRESS VERSUS BAD STRESS

So if stress can be so awful for you, in what capacity can there be "great" or "positive" stretch? In the event that you are experiencing extraordinary pressure or long haul pressure, your body will in the long run wear it out. In any case, now and again, little measures of pressure can really be great. Understanding your feeling of anxiety is imperative. In the event that nothing in your life causes you any pressure or fervor, you may end up exhausted or may not be satisfying your potential. In the event that everything in your life, or vast segments of

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your life, cause you push, you may encounter wellbeing or mental issues that will aggravate your conduct.

Perceiving when you are focused and dealing with your pressure can extraordinarily enhance your life. Some transient pressure - for instance what you feel before a critical activity introduction, test, meet, or brandishing occasion - may give you the additional vitality you have to perform getting it done. In any case, long haul pressure - for instance consistent stress over your activity, school, or family - may really deplete your vitality and your capacity to perform well.

REVIEW OF LITERATURE

Bernice Andrews, John M. Wilding (2004) conducted a study on “The relation of depression and anxiety to life- stress and achievement in students”. By mid-course 9% of beforehand symptom-free understudies wound up discouraged and 20% ended up on edge at a clinically huge level. Of those beforehand restless or discouraged 36% had recouped. Subsequent to altering for pre-entry side effects, monetary challenges made a critical free commitment to gloom and relationship troubles autonomously anticipated tension. Sorrow and money related troubles mid-course anticipated an abatement in exam execution from first to second year. This is the main examination to affirm observationally that monetary and different challenges can expand British understudies' levels of tension and misery and that budgetary troubles and gloom can influence scholarly execution. Be that as it may, college life may likewise have a useful impact for a few understudies with pre-existing conditions. With augmenting support in advanced education, the outcomes have imperative ramifications for instructive and wellbeing strategies.

Anna Zajacova, Scott M. Lynch, Thomas J. Espenshade (2005) conducted a study on “Self-Efficacy, Stress and Academic Success in College”. This paper researches the joint impacts of scholarly self-viability and weight on the scholastic execution of 107 nontraditional, to a great extent outsider and minority, school first year recruits at a huge urban suburbanite foundation. We built up an overview instrument to gauge the level of scholastic self-viability and seen pressure related with 27 school related errands. The two scales have high unwavering quality, and they are respectably contrarily corresponded. We evaluated basic condition models to survey the general significance of stress and self-adequacy in foreseeing three scholarly execution results: first-year school GPA, the quantity of amassed credits, and school maintenance after the principal year. The outcomes recommend that scholastic self-viability is a more powerful and steady indicator than worry of scholarly achievement.

Crockett, Lisa J., Iturbide, Maria I. (2007) conducted a study on the relations between “acculturative stress and psychological functioning, as well as the protective role of social support and coping style”, in an example of 148 Mexican American undergrads (67% female, 33% male; mean age = 23.05 years, SD = 3.33). In bivariate investigations, acculturative pressure was related with larger amounts of tension and depressive indications. In addition, dynamic adapting was related to better alteration (bring down misery), though avoidant adapting anticipated poorer change (larger amounts of wretchedness and uneasiness). Trial of collaboration impacts demonstrated that parental help and dynamic adapting cushioned the impacts of high acculturative weight on uneasiness side effects and depressive side effects. Moreover, peer bolster directed the connection between acculturative pressure and uneasiness side effects. Suggestions for decreasing the impacts of acculturative worry among

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Mexican American undergrads are examined. Chunhong Liu, Carol Koprowski, Paula Palmer (2007) conducted a study on the “Perceived stress, depression and food consumption frequency in the college students of China seven cities”. The objective of the study was to investigate the relationship between seen pressure, despondency and sustenance utilization recurrence. A self-directed poll that incorporated the apparent pressure scale, the sadness scale and dietary admission was utilized in the standard review of an associate investigation of 2579 neighborhood undergrads more than 7 urban communities in China. Sexual orientation and city contrasts were found in seen pressure scores and dejection scores. There were likewise huge contrasts among different smoking levels and among seen weight classes in seen pressure and gloom scores. Stepwise calculated relapse models discovered that recurrence of utilization of new natural product, prepared to-eat nourishment and nibble sustenance had evidently free impacts on seen pressure, while the admission level of crisp organic product, prepared to-eat nourishment and junk food was fundamentally connected with despondency. The connection between nourishment utilization recurrence, seen pressure and misery recommends that diet intercession might be viewed as an intervene system coordinated in brain research avoidance program among typical populace of the school.

Habitat Elias, Wong Siew Ping, Maria Chong Abdullah (2011) conducted a study on topic “Stress and Academic Achievement among Undergraduate Students in University Putra Malaysia”. The goal of this examination was to explore the pressure and scholastic accomplishment of college understudies in a neighborhood college from various disciplinary territories. Through bunch testing, an aggregate of 376 college understudies were chosen to take an interest in this exploration. Scholarly accomplishment of the college understudies alluded to their outcomes, Grade Point Average (GPA), for the past semester. The College Undergraduate Stress Scale (CUSS) was utilized to assess understudies' feeling of anxiety. The feelings of anxiety of college understudies were analyzed dependent on their time of concentrate in college, and their degree programs. The discoveries of the investigation demonstrated that by and large, the college understudies experienced moderate levels of pressure. The restorative understudies had the most elevated anxiety among the understudies. In addition, discoveries demonstrated that the primary year understudies had low anxiety. Most wellsprings of stress were from understudies' scholastic. It was likewise discovered that there is a huge yet frail negative connection between college understudies' feeling of anxiety and their scholastic accomplishment.

MATERIALS AND METHODS

Objective

- To investigate the pre and post exam stressors of the undergraduates and post graduates on Stress Questionnaire (SQ).

Sampling:

A purposive sample is a non-probability sample that is selected based on characteristics of a population and the objective of the study. Purposive sampling is also known as judgmental, selective, or subjective sampling. The data was collected between 20 male and 20 female using Purposive sampling. A group of 20 male and 20 female were taken for pre and post condition at Amity University, Gwalior, UG and PG Students.

Inclusion Criteria

- Amity University Undergraduate and Post graduate students.

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- Age range was from 18-30 years.
- Cooperative for Assessment and Research.
- Willingly ready to give his or her concern.

Exclusion Criteria

- Those who were not willing to participate.
- Those who have psychiatric problem.

Tools Used

- Demographic Data Sheet (A semi structure Performa used for recording details about students such as Age, Education and Religion).
- Stress Questionnaire.

The questionnaire on “Stress” was used for the following study which includes 25 questions. In which the subject has to give the answer according to them and according to their concern. The questionnaire deals with students' stress and health. The aim of this study is to develop a health promotion program based on the data collected which would be offered in future to students at PKU. Participation in the study is voluntary. The data will be used for scientific research purposes only. The stress questionnaire is used to measure the level of stress among the students. This questionnaire is used to measure the level of stress of male and female by answering 25 questions.

Ethical Consideration

A due credit was given to all the researchers whose researches were utilized in the study in some or the other way through proper citation.

Variables

The present research titled “A comparative study on Pre and Post examination stress of college going Male and Female students”. The 2 variables used here are *Independent Variable and Dependent Variable*.

- Independent Variable:- Stress
- Dependent Variable:- Gender

Hypothesis

- There will be no significant difference on pre and post examination stress on Undergraduate and post graduate student.

Analysis For The Data

Firstly, the sum of all scores was calculated and then the mean of scores were calculated. The Stress level according to their gender was calculated. The 0.05 significance level is taken as the sign for statistical significance. The results of the analysis of the data are given in the following table.

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RESULTS

Table 1. Socio Demographic Profile of 20 Male and 20 Female Data for Presentation of a Comparative study on Pre and Post examination stress of college going Male and Female students.

Variable	Average of male and female
Age	19.85

Table 2. Presentation for the percentage of representatives among religious population.

Variables	Percentage of representatives among religious population
Hindu	70%
Muslim	15%
Sikh	15%

Table 3. Presentation of percentage of Representative Population.

Variables	Percentage Of Representative Population
Under Graduate Students	85%
Post Graduate Students	15%

Table 3. Presentation of Mean, SD and t Value of Male and female students in Pre-condition on Stress Questionnaire and Post-Condition on Stress Questionnaire

Variables	Male and female students			
	Mean/SD	t- Value	df	p-Value
Pre-condition on Stress Questionnaire	14.16 /3.32	42.57	99	0.40
Post-Condition on Stress Questionnaire	30.11 /6.56			

* $p < 0.05$.

DISCUSSION

The mean score of stress of male and female students in pre-conditions of the sample were calculated and were found to be 14.16 and in post-conditions of the sample were also calculated and were found to be 30.11 respectively which does not give the clear interpretation of the relation. After finding the mean score, the SD calculated and the SD. value for pre-conditions was 3.32 and for the post-conditions was 6.56 respectively. It has been found that Male examinee had severe exam stressor is compare to the stress level of females.

CONCLUSION

The study is being conducted on the Undergraduate and Post graduate students of various departments of AUMP. The stated hypothesis indicates that there is a significant difference in level of stress between male and female students interim of exam stressor. M. Lynch, Thomas J. Espenshade also supported in his study that female are mild vulnerability to have stress during exam time compare to male.

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Conflict of Interest

There is no conflict of interest.

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