

A Comparative Study of Stress in Male and Female College Going Students

Omidullah Khadem^{1*}

ABSTRACT

The aim of the study is find out the stress level in male and female students. For this purpose of the study the researcher randomly selected 200 students that comprise 100 males and 100 females aged between 18-25. To collect the data the researcher used Perceived Stress Scale developed by Sheldon & Cohen (1988). The data was collected randomly from different universities of North India. The result of the study showed that the female students have more stress than male students.

Keywords: *Stress, Gender*

Stress can be defined as the failure to cope with an apparent threat (real or imagined) to one's mental, physical, emotional and spiritual welfare which results in a series of physiological responses and adaptations. Examples of stress include economic, marital, work and health related stress. We all have our ways of coping with change, so the causes of stress can be different for each person.

Stress can be either good or bad. Good stress positively compels people to action (e.g. to study for a test, or a baby learning to move slowly), whereas bad stress results in negative feelings such as disbelieve, anger and depression (e.g. the death of a loved one). Bad stress and tension can be acute or chronic and may lead to serious health problems.

Stress is unavoidable phenomenon in every aspect of student's life. Stress is generally an emotional imbalance that can be due to different reasons like exams, tests, assignments, papers and projects. Students are usually deal with pressures related to earn good marks and to get a degree with high levels. Adolescence has been described as a period of squall and stress (Hall, 1904). The most irritating daily hassles were usually school-related stressors such as constant pressure of studying, too little time, writing term papers, taking tests, future plans and boring instructor Schafer (1996). Stress is one of the major challenges to students to overcome in their studies.

REVIEW OF LITERATURE

The stress level in male and female student is topic that many researchers have been worked on. Many researchers have worked to find out the comparison of the stress level in male and female students. They used different scales and tool to collect data for their studies about the

¹ Department of Psychology, University Institute of Liberal Arts, Chandigarh University Mohali, Punjab, India
**Responding Author*

Received: January 24, 2019; Revision Received: February 26, 2019; Accepted: March 8, 2019

A Comparative Study of Stress in Male and Female College Going Students

topic. Some researchers like Kariv and Heiman (2005) Misra and McKean (2000) Von, Ah, Ebert, Ngamvitroj, Park, and Hang (2004) reported that course requirements; time management issues, individual aims, social performance, the ability to adopt with the environment of the schools and inability to access the protection of networks are some demands for academic stress.

Diverse findings of researchers on the different rates of male and female students show some similarities and differences between them. For example Eun-Jun (2009) has found that the stress of female that administered with the international students is higher. But Vein Matud (2004) has got the higher score of female stress in comparison with male students. Sulaiman et al. (2009) found that male students experienced less stress compared to the female students.

Hypothesis

- Based on the review of literature the following hypothesis was proposed: It was expected that female student tend to score high in Perceived Test as comparative to male students.

METHODOLOGY

Sample

The samples of the present study were taken from different universities of North India. For the purpose of study 100 male and 100 female students were randomly selected. Their age ranged between 18-25 years.

Tests and Tools

For collecting the data the following standardized questionnaire was used: Perceived Stress Scale (PSS) (Sheldon & Cohen, Kamrck & Mernelstein, 1983)

Statistical Analysis

Descriptive statistics like Mean and Standard Deviation were calculated and t-test was also carried out comparing male and female. The results have been tabulated as under:

Table 1.1, N=200, Female 100, Male 100

Variables	Males		Females		t-ratio
	Mean	SD	Mean	SD	
Stress	18.77	4.74	20.89	5.89	2.99**

t-value of significance at 0.5 level 1.97

t-value of significance at 0.1 level 2.60

RESULTS

The primary aim of the study was to compare the level of stress among male and female students of different universities. The raw scores were analyzed using the appropriate statistical analysis viz. Descriptive Statistics and t-test. The t-ratio was calculated to find out the significant difference between the means of groups on measured variable. Female students scored higher on Perceived Stress Scale ($t=2.99$, $p<0.1$) in comparison to male students.

DISCUSSION

The aim of the study was to find out the level of stress in male and female students. As per the hypothesis female score higher than males in Perceived Stress Scale. There are many researchers who work have been worked to find out the stress level in male and female students; for example research work done by Vijaya and Karunakaran (2013). This resulted that boys are much more stressful than girls. There can be many reasons for it. Parents' expectations from them and also their future goals to achieve are the factors to affect the boys. But recently, Mazumdar, et al. (2012), reported that the various symptoms which lead to stress mostly seen in more numbers in females as compared to males.

Garrett (2001) demonstrated five major provenances among females that respectively are failing in their exams, the pressure of exams, to be rejected by someone, the break up in their relations and finally financial problems. Reducing the level of stress in students is the responsibility of parents and as well as the teachers. Parents and teachers can find out the stressor and help the students to handle the situation. . Thus, it is the duty of family and schools to provide stress free and congenial environment to students for their academic growth and well-being. School authorities and teachers may keep in mind that the students are not overloaded with work as it may negatively affect their efficiency. The ideas of students should also be taken into consideration while framing curriculum. Students should also be given enough freedom to incorporate their innovative ideas to make classroom teaching interesting. It should be ensured that students should be provided with the environment and facilities conducive to their abilities and interest which can be helpful in the development of divergent thinking. All this can be easily done if teachers, parents as well as the children themselves join hands & beat the stress.

CONCLUSION

Thus it can be concluded that as the responsibilities of the female students along with studies including their social and cultural values and home related activities are the main reasons for the their stress. The researcher in present study also found out that colleges going female students are more stressful than male students.

REFERENCES

- Backović, D. V., Zivojinović, J. I., Maksimović, J., & Maksimović, M. (2012). Gender differences in academic stress and burnout among medical students in final years of education. *Psychiatria Danubina*, 24(2), 175-181.
- Bang, E. J. (2009). *The effects of gender, academic concerns, and social support on stress for international students* (Doctoral dissertation, University of Missouri--Columbia).
- Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of health and social behavior*, 385-396.
- Garrett, Garret, J. B. (2001). Gender differences in college related stress. *Undergraduate Journal of Psychology*, 14(7), 5-9.
- Hall, G. S. (1916). *Adolescence: Its psychology and its relations to physiology, anthropology, sociology, sex, crime, religion and education* (Vol. 2). D. Appleton.
- Khan, Z., Lanin, A. B., & Ahmad, N. (2015). The Level of Stress in Male and Female School Students. *Journal of Education and Practice*, 6(13), 166-168.
- Matud, M. P. (2004). Gender differences in stress and coping styles. *Personality and individual differences*, 37(7), 1401-1415.

A Comparative Study of Stress in Male and Female College Going Students

- Mazumdar, H., Gogoi, D., Buragohain, L., & Haloi, N. (2012). A Comparative study on stress and its contributing factors among the graduate and post-graduate students. *Advances in Applied Science Research*, 3(1), 399-406.
- Misra, R., & McKean, M. (2000). College students' academic stress and its relation to their anxiety, time management, and leisure satisfaction. *American Journal of Health Studies*, 16(1), 41.
- Schafer, W. (1996). Passing the test of college stress. *Stress management for wellness*, 543-563.
- Sulaiman, T., Hassan, A., Sopian, V. M., & Abdullah, S. K. (2009). The level of stress among students in urban and rural secondary schools in Malaysia. *European Journal of Social Sciences*, 10(2), 179-184.

Acknowledgements

The authors profoundly appreciate all the people who have successfully contributed in ensuring this paper is in place. Their contributions are acknowledged however their names cannot be able to be mentioned.

Conflict of Interest

The authors carefully declare this paper to bear not conflict of interests

How to cite this article: Khadem. O (2019). A Comparative Study of Stress in Male and Female College Going Students. *International Journal of Indian Psychology*, 7(1), 607-610. DIP:18.01.068/20190701, DOI:10.25215/0701.068