



How college students manage their stress?

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Abstract:

The aim of present was to study how college students manage their stress in terms of gender for which the researcher has used descriptive survey method to conduct the study. In this regard, 107 college students were selected as a sample and administered the standardized stress management scale on them. Finally, the researcher has found there is no significant difference between boys and girls in terms of their stress management.

Keywords: College student, stress management, Gender

I. Introduction:

According to G. S. Hall “Adolescent is a period of Stress and Storm”. It means the life of human being is full of problems, issues and hurdles and adolescent students are not exception from it. With the improvement of age, they have confronted with different types of problems related to academic, social, emotional, economical, psychological etc. which become stress in their life. Due to this stress, they have experienced disturbance in their sleep (Kumarswamy, 2013), loneliness, suicidal tendency and substance abuse (Daniel, 2013). So, it is very much important to reduce the stress so that they can lead a healthy life.

Stress management is a process, techniques, strategies or tools that help us to reduce stress which has impact on our mental and physical well-being. There are various types of stress management techniques available like- mental, emotional and behavioral strategies. Proper management of stress can help to optimize our life or well-being.

II. Review Of Related Literatures:

In the year of 2008 Shannon and Elizabeth conducted a study on the relationship among stress, coping and mental health and found that IB program students perceived significantly higher stress than the general education students.

Rajeswari (1992) in her study- “Employee stress: A study with reference to Bank employee” found that there is significant negative correlation

between age & stress, experience & stress and family members & stress. She also found there is no difference between level of stress and level of workers.

Devi (2007) conducted a study on “Occupational stress: A comparative study of worker in different occupation” and found that science and technology professionals and doctors have experienced significantly higher life stress and role stress.

Kothawade (2017) in his study “Correlative study of stress and stress management of trainee teachers of teacher education” found that no significant difference in level of stress between male and female trainee teacher and positively but low relationship between stress and stress management trainee teacher.

Habeeb (2016) conducted a study and found that 71% students were having internal locus of control, significant difference in the stress level of student in terms of their locus of control and no significant difference in stress management levels of the students in terms of their gender and locus of control.

Objectives of the study:

1. To study the level of stress management among the college students
2. To study the level of stress management among the college students in terms of gender
3. To study the significant difference between boy and girl students in terms of their stress management

Hypothesis of the study:

H₀: There is no significant difference between boy and girl students in terms of stress management.

Method of the study:

Method: In this study the researcher has used descriptive survey method

Sample: The researcher has selected 107 college going students from three-degree colleges. The ratio



of boy and girl sample for the present study was 41:66 respectively.

Instrument: Stress Management Scale was used in this study. This scale was developed by Dr. Vandana Koushik and Dr. Namrata Arora Chopra.

Test-retest reliability and split-half reliability were 0.87 & 0.91 respectively.

Statistical procedure: For the present study the researcher has used simple percentage, mean, standard deviation and t-test.

III. Results:

Objective-1 To find out the level of stress management among the college students.

Range score	Stress management level	Frequency	Percentage
146 and above	Excellent	6	5.60
134 – 145	Very good	2	1.86
121-133	Good	18	16.82
105-120	Moderate	19	17.75
92-104	Poor	33	30.84
80-91	Very poor	22	20.56
79 and below	Extremely poor	7	6.54

As per the objective the researcher has found that 5.60% college students were having excellent, 1.86% having very good, 16.82% having good, 17.75% having moderate, 30.84% having poor, 20.56% having very poor and 6.54% having Extremely poor stress management capacity.

Objective-2. To find-out the level of stress management in terms of gender.

Range score	Stress management level	Boys (%)	Girls(%)
146 and above	Excellent	1 (2.43%)	5 (7.51%)
134 – 145	Very good	1 (2.43%)	1 (1.51%)
121-133	Good	9 (21.95%)	10 (15.15%)
105-120	Moderate	4 (9.75%)	15 (22.72%)
92-104	Poor	13 (31.70%)	20 (30.30%)
80-91	Very poor	10 (24.39%)	12 (18.18%)
79 and below	Extremely poor	3 (7.31%)	3 (4.54%)

From the above result it can be inferred that 2.43% boys were having excellent, 2.43% boys were having very good, 21.95% boys were having, 9.75% boys having moderate, 31.70% boys having poor, 24.39% boys having very poor and 7.31% boys were having extremely poor level of stress

management capacity. On the other hand, 7.51% girls were having excellent, 1.51% girls having very good, 15.15% girls having good, 22.72% girls having moderate, 30.30% girls having poor, 18.18% girls having very poor and 4.54% girls having extremely poor level of stress management capacity.

Objective-3. To study the significant difference between boy and girl students in terms of their stress management

Group	N	Mean	SD	df	t-value	Significance
Boys	41	102.58	19.59	105	1.11	Not significant
Girls	66	106.98	20.42			

From the above table it is found that the mean and standard deviation of boy students is 102.58 and 19.59 respectively. On the other hand, the mean and standard deviation of girl students is 106.98 and 20.42 respectively. The t-value both student is 1.11 which is not significant at 0.05 level of significance. So, the null hypothesis is accepted which means there is no significant difference between boy and girl students in terms of their stress management.

IV. Conclusion:

In this study the researcher has made attempt to study the level of stress management among the college going students. Stress management plays an important role in making student's life effective and qualitative. For promoting psychological well being and good mental health among the students it is very much



important to provide the information about the stress management among the students.

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