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SOCIAL STRESS OF FEMALE STUDENTS OF SRINAGAR, JAMMU KASHMIR

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Abstract

Stress is a state to which the natural body equilibrium i.e. Homeostasis is disturbed caused by any threat to organism. Only some stresses are universal. Stress relates to the force applied to a system that invariably brings about some change or modification. The present study was conducted in university of Kashmir. For the Present study, few departments were selected which are M.C.A, Botany, chemistry, Home Science, Education and Psychology department. Six hundred (600) women students were serving as subject in the study. The sample was consists of 100 M.C.A, 100 Botany, 100 chemistry, 100 Home Science, 100 Education and 100 Psychology women students of Kashmir University. The stress of various departments' women college students of Kashmir University was measured by the standard questionnaire of stress inventory designed by Arun Singh, K. Singh and Arpana Singh. All the statement was scored on the five point (3) scale. All the items were given a score of 3 for frequently, 2 for Sometimes, 1 for Seldom. The sum of these scores gives the attitude score for the subject. The total score varies from showing positive/ negative stress facing by various departments' women students of Kashmir University.

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Introduction:-

Stress is a state to which the natural body equilibrium i.e. Homeostasis is disturbed caused by any threat to organism. Only some stresses are universal. One stress may be stressful to one person but it may not be a stressful to another. The events that produce stress or the source of stress are called stressors. Stressors come in many forms. They are: i) Social stressors. ii) Chemical/bio-chemical iii) Bacterial iv) Physical v) Climatic vi) Psychological.

Stress relates to the force applied to a system that invariably brings about some change or modification. Psychological stress is often thought of as the perceived demands of a situation in relation to the resources of the individual to cope with those demands. When the demands are judged to outweigh the person's resources, stress is the result. McGrath (1970) suggested that stress results when there is a substantial imbalance between environmental demand and response capability, under conditions where - failure to meet the demands has important consequence. Some psychologists prefer to think of stress as the process itself; various emotional reactions might result from the stressor i.e. the demand itself. For example, 'facing a tough opponent' (the stressor) is appraised as stretching ones resources (the stress process).

Stress relates to the force applied to a system that invariably brings about some change or modification. Psychological stress is often thought of as the perceived demands of a situation in relation to the resources of the individual to cope with those demands. Some psychologists prefer to think of stress as the process itself; various emotional reactions might result from the stressor (i.e. the demand itself).

For example, 'facing a tough opponent' (the stressor) is appraised as stretching one's resources (the stress process). Stress is a state to which the natural body equilibrium i.e. Homeostasis is disturbed caused by any threat to organism. Only some stresses are universal. One stress may be stressful to one person but it may not be a stressful to another. Stress is defined by Selye (1976) as nonspecific response of the body to any demand on it. It has long been recognized that anxiety is one of the most powerful factors affecting participation and performance. More than seventy years ago McHale, Chadwick and Taylor (1931) described the negative effects of anxiety on performance in Australian football.

What causes some of the stress seen in women?

There are many causes of stress, such as money matters, job security, health, and relationship issues. Perhaps a little more unique to women are the many roles they take on. In today's society, women's roles often include family obligations, caregiving for children and/or elderly parent (statistically more likely to be a woman) and work responsibilities as well as other roles. As demands increase to fulfill these roles, women can feel overwhelmed with time pressures and unmet obligations. They may feel a sense of failure in not being able to meet expectations for themselves and others. Oftentimes women spend more time meeting the needs of others rather than nurturing their own needs. If functioning at high stress levels, women may not even recognize what their needs are. The main objective of the present study is to study the stress level in female students of University of Kashmir

Methodology:-

The present study was conducted in university of Kashmir. For the Present study, few departments were selected which are M.C.A, Botany, chemistry, Home Science, Education and Psychology department. Six hundred (600) women students were serving as subject in the study. The sample consists of 100 M.C.A, 100 Botany, 100 chemistry, 100 Home Science, 100 Education and 100 Psychology women students of Kashmir University. The simple random sampling technique was applied to select the subjects for the study.

The following criterion measure was chosen for testing the hypothesis. Standard Questionnaire of stress inventory meant by Arpana Singh, and K. Singh was used to measure Stress level. It contains 35 items. The questionnaires used in the study were standard and calibrated Standard questionnaires. The questionnaires used in this study were a standard quality.

Results and Analysis of Data:-

The analysis of the data related to the Stress of various departments' women college students of Kashmir University that has been collected through standard Questionnaire was done on the basis of scoring of Standard Questionnaire. The stress of various departments' women college students of Kashmir University was measured by the standard questionnaire of stress inventory designed by Arun Singh, K. Singh and Arpana Singh. All the statements were scored on the five point (3) scale. All the items were given a score of 3 for frequently, 2 for Sometimes, 1 for Seldom. The sum of these scores gives the attitude score for the subject. The total score varies from showing positive/ negative stress facing by various departments' women students of Kashmir University.

The data obtained from the responses given by the personal stress source inventory which was marked according to the key and analyzed by using one way analysis of variance statistical technique 't' test to find out the significant difference among stress of Various Departments Women college Students of Kashmir University.

Table1:- Stress level of woman students in different departments of University of Kashmir.

Departments	Variables	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
MCA	Stress	65.82	9.970	6.639	98	5.77*	2.98
Home Science		65.9	10.23	8.83	98	7.68*	2.98
Botany		66.07	13.19	21.50	98	18.50*	2.98
Chemistry		67.62	10.99	10.88	98	9.43*	2.98
Education		67.62	8.62	5.69	98	4.94*	2.98
Psychology		72.84	12.90	20.19	98	17.39*	2.98

Level of significance = 0.05

Data reveals that there was significant difference between different parameters of Stress in different departments of University of Kashmir. Mean of the stress level was higher in department of Psychology department which was **72.84**. The data was again analyzed by applying 't' test. Before applying 't' test, standard deviation was calculated of Stress Botany Department Women College Students S.D. **13.19**. There was found significant difference in stress level of Botany Department Women college Students because value of calculated 't' =18.50 which was greater than tabulated 't' =2.98 at 0.05 level of significance. Hence the hypothesis was accepted.

The finding of the present study has revealed that there was significant difference in Stress of Various Departments Women Students of Kashmir University.

Recommendation for the further study:-

Following are the recommendations are made on the basis of the results from the study which may be useful for the future research work.

1. It is recommended to take a study to compare the stress level of male and female students of Kashmir University.
2. It is recommended to take a study to compare the stress level of School going and college students of Kashmir University.
3. It is recommended to repeat the same study on large sample for better results.
4. It is recommended to compare the stress level of professional students of different states of India.
5. It is recommended to take a study to compare the stress level of married and un-married jobless citizens of Amravati.
6. It is recommended to compare the stress level of Government School and Private (public school) students of Srinagar city.
7. It is recommended to compare the stress level of P Graduate and Graduate students of Kashmir University.

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