

## **STRESS AMONG ADOLESCENTS IN JAMMU AND KASHMIR**

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### **ABSTRACT**

The word “stress” is defined by the oxford dictionary as “state of affair involving of demand on physical or mental energy”. Stress is defined as an organism total response environmental demands on pressure. Stress in human results from interaction between person and their environment that are perceived as straining or exceeding their capacities threaten their well being. The business man think of its frustration or emotional tension the air traffic controller as a problem in concentration, the bio chemist & endocrinologist as a purely chemicals event, the athletics as a muscular tension. Therefore this paper is to find out the level of stress among adolescents. This paper is divided into three parts. Part one represents introduction, reviews of literature, research methodology and objectives of the study. part two represents analysis and discussion and part third represents conclusion The analysis in this paper is qualitative as well as quantitative.

*Key words: stress, level ,adolescents,J&K.*

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## INTRODUCTION

The word “stress” is defined by the oxford dictionary as “state of affair involving of demand on physical or mental energy”. Stress is defined as an organism total response environmental demands on pressure. Stress in human results from interaction between person and their environment that are perceived as straining or exceeding their capacities threaten their well being. The business man think of its frustration or emotional tension the air traffic controller as a problem in concentration, the bio chemist & endocrinologist as a purely chemicals event, the athletics as a muscular tension. The problems they face are totally different, but medical research has shown that in many respect their bodies respond in a stereotyped manner with identical bio chemical changes meant fundamentally to cope with any type of increased demand upon human machinery. Thus it is an immaterial weather the stress producing factor or stress- assist is properly called a pleasant or unpleasant. A game of chess-a kiss-pneumonia, & a broken figure all produces the same systematic reaction- thought be a specific results may be quite different or even completely opposite. While it is difficult to see how such essentially difference conditions can provide as a identical now in the body, the truth of this has been experimentally beyond doubt.

Stress is a big problem in our society (Allen, 1983) some 77% of bodily diseases said to be stress to be stress related. E.g., a stress is often a factor of heart diseases & cancer, two of the leading causes of death. Furthermore, stress related diseases cost America industry billions of dollars a year, seven billion tranquilizers pills are prescribed in the U.S each year; &, although it cannot be quantified, stress seems to be involved in much of our happiness, irritability & dissatisfaction.

Stress, or to be more accurate pressure, is an unavoidable part of everyday life, meaning different things to each of us. You only have to pick up a newspaper, read a magazine, watch television, listen to the radio or walk into any high street bookshop and see the many books written on the subject of stress, to realize that we perceive it to be a big problem. Stress is much more recognized than it used to be, we have very aware of the potential negative impact of stress on our health. Yet despite all of this information and wealth of knowledge, the subject of stress still remains vague and not well understood. There are also many myths about stress that are not accurate and this further confuses the subject. Many of us have too many tasks and too little time. We drive our children through traffic-clogged roads to maybe

two or three different schools. We then try to get to time, through more congested roads with millions more cars than there used to be, or we deal with delayed trains as some of us may have to commute hundreds of miles to work. While we are at work we have to operate computers, learn newer versions of software, deal with faxes, phones, manage many tasks and people, often without adequate training or support.

Every one experience stress and weather it is within the family, business, organizations, study work or any other social or economic activity thus in moderns tie stress and anxiety in general have become a part of the life and also become the core concern in the of everyone. There are the subjects which are head to avoid but everybody wants stress free life. There individual is subjected to it either knowingly or unknowingly. The physicochemical and other bodily changes in stress our body's way of telling us that something is going wrong and we need to current it. It is an absolutely essential signal necessary for our survival and well being. It tells us that some action is needed to avoid trouble. These are our bodies automatic working system and if we seek to do our best, to do new things, to stretch our capabilities, we will be challenged, and stressed. There are no longer jobs for life and many people are working under temporary or short- term contracts. Research has shown that today we have fewer friends than we used to and live in a more fragmented, isolated society with lower levels of social support, which is an important buffer of stress. The complexity, confusion and commonness of anxiety is reflected in the many word in English language for anticipated troubles; tension, feeling on edge, up-tight, hassled, nervous, jumpy, wound up, scared terrified, insecure, pressured, alarmed, anxious, worried, dreading what might happen, uncertain, vulnerable, apprehensive, edgy, troubled, and many more. We are less physically active, eat poorer diets, there is a greater amount of pollution, higher crime rates, greater urbanization (it is known that there is a higher incidence of stress related problems like stress, anxiety and depression in urban areas than in rural areas), increased drug and alcohol misuse, we see daily the many word tragedies of famine, flood and war beamed directly into the television in our homes, we have higher levels of debt and we longer have a religious faith to rely on. Even our children are not immune from the effects of excessive pressure Dr Lori Buffa, an American pediatrician said, the 21st century has:

“A lot of stressors that 30, 40 and even 50 years ago children did not have to deal with”. Everything is very fast paced. The level of stimuli they are exposed to is so much higher than it used to be.”

### **Teenage stress:-**

Teen stress is similar to the adult stress in terms of the signs and symptoms. But the causes of teen stress are totally different and they need somewhat different stress management programs for dealing stress. It is estimated that teens from 20% of the total population. Yet they are a neglected group of the population. The adolescent group is the intermediate group between the dependent childhood and the independent adulthood. This transition from childhood to adulthood is never to easy. This group is a vulnerable group to both physical and emotional stress. There are problems everywhere for them-problems at home with their parents and siblings, problems in the school with friends and education. Adolescent medicine is a new concept in the field of medicine. The adolescent cannot be treated as either adults or kids because their problems are totally different.

Surveys conducted shows that one third of the teenagers suffer at least one episode of stress every week. Though stress has the kind of response in all age group, the stress factors are different. Stress in teens could be due to.

### **Pubertal changes**

- Changing relationship with peers.
- New demands in their neighborhood.
- Responsibilities to their families.
- Negative thought and feelings.
- Separation or divorce of parents.
- Financial problems.

The biggest causes stress among adolescents:-

- School work (78%)
- Percentage (78%)
- Romantic relationship (64%)
- Problems with friends (64%)
- Sibling (64%)

## REVIEW OF LITERATURE

Beena and poduval (1992) they conducted study on sample of 80 executives in different organizations (40 male 40 female) within the age range of 25-45 years, to know the gender difference in work stress. The result revealed that female executives experienced higher rate of stress because woman experience greater amount of work change than men do. Mitra and sen (1993) they found that male and female executives differed significantly on role ambiguity, role conflict, inter role distance, future prospects and human relations at work and femininity and masculinity dimensions. Male executives with masculine sex role orientation faced greater job stress and anxiety than females possessing an androgynous personality.

Bhagwan (1997) studied on stress among 53 male and 47 female teachers from 20 schools in Orissa. It was found from the result that male teachers experienced more stress compared to female teachers.

Barkat and Asma parveen (1999) they studied the effect of gender on organizational role stress. The sample consisted of 50 managers, 25 male and 25 female of SBI. The age range of subjects was between 36-35 years. Results indicated that females showed lower degree of role stress than their male counterparts.

Aminabhavi and triveni (2000) they conducted a study on the nationalized and non nationalized bank employees. The sample consisted of 78 bank employees of which 39 nationalized and 39 non nationalized banks. The results revealed that male and female bank employees do not differ significantly in their occupational stress.

Pradhan and khattri (2001) they studied the effect of gender on stress and burn out doctors. They have considered experience of work and family stress as intra-psycho variables. The sample consisted of 50 employed doctors couples. The result indicated no gender difference in the experience of burnout, but female doctors experience significantly more stress.

Triveni and Amibhavi (2002) they conducted a study to know the gender difference in occupational stress of professional and non-professional. The sample consisted of 300 professionals (Doctors, Lawyers, Teachers) and 100 non-professional. The results revealed that women professionals experience significantly higher occupational stress than man due to under participation.

Compose B.E. Malcarne and fondacaro K.M. (1988) have studied that coping with stressful events in older children and young children and they have reported that both the capacity to generate alternative solutions to cope with the stressful event and the strategies actually use to cope with interpersonal and academic stressor were examination in sample of junior high school and youngsters.

Hamidreza Roohafza et.al. (2007) In their study they describe and evaluate, the relationship between stress and other life style behaviors, 5892 adults over 19 years of age were participated in this study. 36% of them had high stress levels. High stress levels were negatively associated with fruit and vegetable consumption, non-smoking and marriage, conversely, the female gender and less than 6 years of education were positively associated with stress levels.

Pearlin and schooler point out that the functions of copying included: changes that caused nervous situation, restraining things from becoming stress-based on individual experience and managing stress after events have occurred. However, price stated that not all coping behaviors also have an unfavorable influence on the mind and body, including: direct damage to the body, such as smoking and alcoholic coping method; psychological problems, such as smoking and alcoholic coping method; psychological problems, such as prolonging and avoiding coping method, continuing to cause individual to have depression, animosity and can even suicidal behaviors; inappropriate stress and coping, which can cause physiological and psychological illness, causing society to pay more costs to deal with it.

Endler and Parker developed a multidimensional coping inventory (MCI), which includes three methods: mission-focused (similar to problem-focused) coping, emotion- focused coping; and evasion-focused coping.

Halstead, Johnson and Cunningham divided the stress coping method of young people into four categories: problem-focused coping, search for social support, positive thinking and evasion coping.

Carver and scheier investigated university students and the results showed that when exams were the source of stress. These results also show that more problem-focused coping, search for also social support and positive appraisals were often used.

Thoits, research stated that when people continuously have higher self-esteem and control power, they often tend to use the problem-focused coping strategies method with initiative; when people have lower self-esteem or lack control, they tend to passively use the emotion-focused coping strategies method.

Timmins investigated the source of stress experienced by 110 university students of the nursing students of the nursing department and the results showed that school arranged education for clinical internship, guided students to face stress recognition, and incorporated counseling from direct internship professors as the main coping strategies.

Kim and Seidlitz investigated 113 university students and examined the psychological and physiological aspects of adjustment. The research results showed that stress coping method were categorized into: problem solving; search for support; rejection; sense of humor; and physiological situations.

### **PROBLEM**

Problem: - To study the effect of gender and domicile on stress among adolescents of Kashmir.

The present life is full of stress and strain due to rapid advancement and competition among adolescent stress is a part of today living. Even students are not free from stress, they also feel stressed while meeting academic demands, adjustment to view living environment & facing the cut throat competition. Mild form of stress can work as a motivator but when the level of stress is too high it creates problems & obstacles in the life of an individual. In the present study investigators have tried to find out the level of stress among adolescents. Some researcher's levels show that stress level is high among rural males as compared to urban males. Another research work reveals that there is high level of stress among urban females as compared to rural females. To know the opinion of people regarding the current research work that's why a have chosen this problem.

### **OBJECTIVES:-**

- To find out the level of stress among adolescents.
- To find out the stress level among rural and urban adolescents.

## HYPOTHESES

Hypotheses:-there are four Hypotheses in this dissertation work and there are

H1- There would be a significant difference between rural male and rural females in terms of levels of stress.

H2- There would be a significant difference in level of stress between rural male and urban male.

## RESEARCH METHODOLOGY

The chapter deals with the methodology adopted for the present investigation. The methodology used for the research has been presented under the following sub heading: -

Sample and sampling method

Research design

Psychological tools

Procedure

Statistical techniques employed

Sample and sampling method

Samples of the present study will consist 120 adolescents randomly selected from Govt. Higher Secondary school Kashmir 60 students are male and 60 are females students 30 from rural and 30 from urban areas.

Local of the study: - the proposed research work will be done and conducted in dist Baramulla (J.K) Random Sampling will be used for sampling.

Research Design

In Research work exposed factor two groups design was used where Gender a two levels and domicile to levels total sample was 120 where 60 males, 60 females, 30 rural males, 30 urban males, 30 urban females, 30 rural females, Design a soon below.

Gender-2 levels

Domicile-2

## RESULTS & DISCUSSION



Urban and rural male and female

TABLE 1

Showing means of stress levels of different groups of subjects of study.

Subject	N	Means	SD
Urban male	30	130.25	10.76
Urban female	30	150.26	12.01
Rural male	30	147.93	11.03
Rural female	30	130.30	6.93

#### Analysis of Results

Table. 1 presents the means (M) standard deviation (S.D) for the scores of stress with respective different groups of the subject employed in this study. The subjects included urban male, urban female & rural male, rural female. The mean of the urban male was 130.25 and S.D. was 10.76. For the urban female the mean was 150.26 and S.D was 12.01 similarly for the rural male subject the mean was 130.30 and S.D. was 6.93. In the each group number of was 30 and thus total no subject was 120.

Indicates that the urban female mean stress score is higher than urban male. It also indicated that the rural male stress score is higher than rural female adolescent.

#### Stress Levels

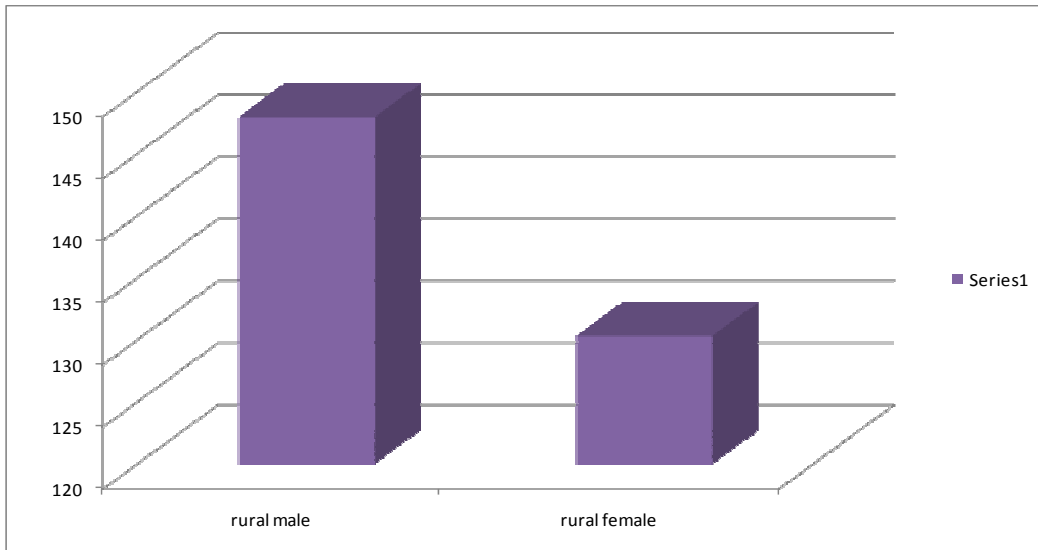
Table 1 presents the analysis of significant difference between mean stress level rural male and rural female.

The data shows that the mean stress scores of rural males (M=147.93) was found significant as compared to the mean stress scores of rural female(M=130.30) the difference was highly significant and the 't' value first hypothesis was 3.12 and df value false below the 't' value. There would be a significant difference in level of stress of rural male and rural female was confirmed. Thus hypothesis H1 was accepted.

Table 1

Showing analysis of significance of difference between mean stress level of rural male and rural female mean stress.

Group	N	Mean	S.D.	M.D.	S.E.D.	t	p
Rural male	30	147.93	11.03	17.63	5.65	3.12	<0.01



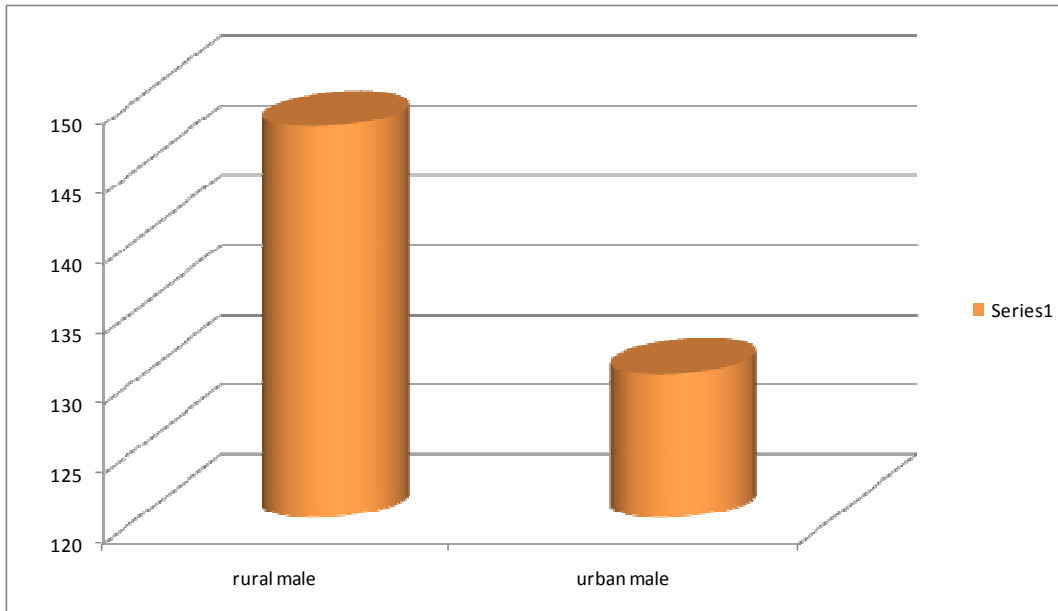
**Stress Levels**

Table 1 presents the analysis of significant difference between mean stress level rural male and urban male. The data shows that the mean stress scores of rural female (M=147.93) was found significant as compared to the mean stress scores of urban male (M= 130.25) the difference was highly significant and the ‘t’ value first hypothesis was 6.29 and df value false below the ‘t’ value. There would be a significant difference in level of stress of rural male and urban male was confirmed. Thus hypothesis H2 was accepted.

Table 2

Showing analysis of significance of difference between mean stress level of rural male and rural female mean stress.

Group	N	Mean	S.D.	M.D.	S.E.D.	t	p
Rural Male	30	147.93	11.03	17.63	2.81	6.29	<0.01
Urban Male	30	130.25	6.93				



## DISCUSSIONS

The purpose of this study was to this study was to conducted in order to differentiate the level of stress among adolescents of Kashmir valley. The obtained findings in the view of the hypotheses of the present study have been discussion below. Finding of the present study was regarding to measure the level of stress among urban male and rural male and female showed significant difference between rural male and rural female groups adolescents. The stress of female adolescents are significantly higher then male adolescent. Some findings which consistent results Pradhan and Khalri (2001). Triveni and Aminobhavi (2002). Bena and Prolual (1992), Vema Kath (2009). Some finding which have contradiction results. Mitra and sen (1993), Bhagwan (1997), Barkal ands Asma P. (1999).

As it was hypothesized (H1) that would be significant difference interims of level of stress in supported to hypothesized prediction. Hence this hypotheses was accepted.

Further, in regard to rural male and urban male group of participant. It was hypothesized H2 that there would be significant difference in level of stress among these adolescents. It was expected that participants shows much difference in comparison to one another.

The stress level of rural male adolescents is significant then urban adolescent. Some findings which have consistent results. Hawkins D-and Both A (2005). Yahaya L.A.el. al. (1991). The

main factor behind such results maybe the responsibilities attached to work load, academic stress, parental stress, disturbance in emotional in stability. They always be in state of high pressure due to lots of work. The rules adolescent has less work load as compared to urban adolescents. That is why there stress level is high.

Results analyses of t. test revealed that difference in level of stress in high among rural male as comparison to rural female of two groups.

Mean SD standard error degree of freedom reveled that. The df. Fall below the  $t_c$  value therefore the results of second hypotheses would be declared significant. Further it was hypothesized shows the significant results and this hypotheses was expected. It was also hypothesized that H4 was insignificant as compared to H1, H2, H3 and so on. Thus this hypothesis falls down. Stress in common problem day life. As noticed is result comparison rural male experience more stress in comparison rural females.

### **CONCLUSION**

Academic achievement has become the prime factor in bringing up a confident, smart & successful personality. It makes people compatible in this competitive world, globalization demands one to be more adjustable i.e., good "stress smart" (one who adjust oneself according to environment), compatible, expressive, creative & above all knowledgeable along with these. Academic achievement is considered as a key to judge one's potentialities & capacities.

We find significant difference between rural male & urban female on the HR scale. Yoga, meditation, belief in religion are the upcoming sources acknowledged by science that could help the individual to build the personality that could convert stress into useful energy that could bring out more productive activities.

In nutshells, on the basis present study the conclusion must be draw that:-

The stress level of rural male is higher as compared to rural female.

The stress level of rural male is significantly higher as compared to urban male.

### **LIMITATION**

There are many limitations in this research work and these are:-

- The sample size of the present study was small (120). I can't take more than it because of the shortage of time.
- The sample was selected from the small area of Kashmir valley from Distt-Baramulla. That's why we can't generalize the findings over a large population.
- The questionnaires used in this study were not absolutely perfect for the samples that are why the findings are not so reliable and valid.
- For data collection only questionnaires were used, not another way of data collection were used with questionnaires.
- The environment was not too ideal when the subjects were responding. That's why they get affected by some relevant variables also.
- The tools were not so much scientific which give us reliable results of the findings.

### **SUGGESTIONS**

- In further studies, researchers should take a large number of samples to make the findings generalized over a large population.
- In further studies, samples should be taken from different areas to make the findings generalized over people of different areas of the country.
- In further studies, psychological tools and instruments which will be used, should be more adequate, reliable and valid.
- In further studies, researchers should take interviews of 10 to 20 % of subjects, to make responses more reliable and perfect.
- In further studies, during data collection the environment should be ideal and the relevant variables should be controlled in a well manner to have reliable and valid results.

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