

Comparative study of stress level among education students and other professional students of Sant Gadge Baba Amravati University

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Abstract

The Present study is state as, in Stress level of Education Students and other professional students i.e. M.B.A. and M.C.A. students of Sant Gadge Baba Amravati University, Amravati. For this study, the research was selected both from non-grantable as well as grantable Education College students and various professional students of Sant Gadge Baba Amravati University Amravati. The students age was ranging from 18 years onward. The total Number of Students were thirty, 10 students from each department (Education, M.B.A and M.C.A) were selected by simple random Sampling Method. The data was collected by Standard Questionnaire and analysis and interpretation was done on the basis of special statistical techniques Viz. Mean, Standard Deviation and 't' Test. It is clearly seen from the table 5 that 90% Education students has moderate level stress and 80% M.B.A. and M.C.A. students has moderate level stress and remaining 20% students has high level stress. None of them has low level of stress.

Keywords: stress level, education students, professional students, Amravati University

Introduction

Psychology is a science of behaviour of the organization. The word 'psychology' has come from the Greek word 'psyche' meaning 'soul' and the 'logos' meaning 'study'. In ancient time psychology was not a separate discipline. It was a part of philosophy. In the later part of the nineteenth century psychology was perhaps dissociated from philosophy. Since then it has never looked back. It was arts subject like philosophy. Gradually it developed into scientific discipline. Objections are still raise to considering psychology as a science. Thus, the literal meaning of psychology is the science or study of soul. Greek philosophers believed that soul was responsible for various mental activities such as learning, thinking, feeling etc. It was believed that soul was the essence or true being of an organism, the cause and the principles of life. As the relation of soul to the body and the functions of soul could not be explained, some philosophers tried to define psychology as a science of mind.

Meaning of Profession

In general, a profession is made up of a group of people who provide a unique social service to humankind. For providing this service, the members have secured specialized skills obtained in a body of knowledge of an academic discipline; the services are rendered according to the standards for moral behavior and ethical practices. In sports, a professional is someone who receives monetary compensation for participating. The opposite is an amateur, meaning a person who does not receive monetary compensation. The term "professional" is commonly used incorrectly when referring to sports, as the distinction simply refers to how the athlete is funded, and not necessarily competitions or achievements. Same thing can be called as business if ethics are not followed. A teacher teaching properly in the class-room, completing the course of study, solving the difficulties of the students, helping them in appearing the various examinations is called as he is

professional man. While a teacher will not paying attention in the working of the school but inviting the students for highly charged private classes may be called as a businessman. Hence the purpose, the motto, the ethics is important for the same work to be called as business or profession, though in both the case earning is a common factor.

Meaning of Stress

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 non specific response of the body to any demand on it. The sources of stress are referred as stressors. The body reacts to different kinds of stressors in the same way.

Sources of Stress

Situational Sources of Stress

There are two common sources of situational stress. These general areas are:

- (i) The importance placed on an event or contest.
- (ii) The uncertainty that surrounds the outcome of that event.

i. Event Importance: In general, the more important the event, the more stress provoking it is. Thus, a championship contest is more stressful than a regular-season game. The more critical the situation, the more

stress and nervousness the young athletes exhibited. The more important an event, the more stress provoking it will be.

- ii. **Uncertainty:** Uncertainty is a second major situational source of stress and the greater the uncertainty, the greater the stress. The greater the degree of uncertainty an individual feels about an outcome or others' feelings and evaluations, the greater the state anxiety and stress. When two evenly matched teams are scheduled to compete, there is maximum uncertainty, but little can be done about it. After all, the essence of sport is to put evenly matched athletes and teams together. But the coaches should be aware of how they might unknowingly create uncertainty in participants. Sometimes athletes can experience stress as a result of uncertainty in their lives in general. Therefore, it is important that teachers and coaches make efforts to understand uncertainty that may be going on in an athlete's life outside the sport environment.

Personal Sources of Stress

Some people characterize particular situations as important and uncertain, viewing them with greater anxiety than other people do. Two personality dispositions that consistently relate heightened state anxiety reactions are high trait anxiety and low self-esteem (Scanlan, 1986) A third important anxiety disposition within the context of sport is social physique anxiety.

- i. **Trait Anxiety:** Trait anxiety is a personality factor that predisposes a person to view competition and social evaluations more or less threatening. A highly trait-anxious person perceives competition as more threatening and anxiety provoking than a lower-trait-anxious person does.
- ii. **Self-Esteem:** Self-esteem is also related to perceptions of threat and corresponding changes in state anxiety. Athlete's with low self-esteem, for example, have less confidence and experience more state anxiety than do athletes with high self-esteem Strategies for enhancing self-confidence are important means reducing the amount of state anxiety that individuals experience. Hence high trait anxiety and low self-esteem are related to heighten state anxiety reactions in athletes.

Cultural Sources of Stress

Stressors can be specific to a particular society. Suinn (1990) provides non-sport-related examples and case studies of individuals whose experiences with stress are believed to have been culturally induced or shaped by prevailing religious beliefs or social taboos and practices. Young children experiencing significant emotional discomfort due to peer and parental pressures that push them into certain sport activities or into sport itself, despite their strong aversions is another example of culturally induced stress. Environmental noises and pollutions may also serve as culturally induced stressors. The stress response has a strong perceptual or subjective dimension. Environmental stimuli may be interpreted as threatening in order for them to cause stressful reactions.

Biological Sources of Stress

Stress may be observed and measured through its physiological responses and certain biological characteristics may predispose

individuals to high anxiety states (Barlow, 1988). Among the parameters frequently employed for such assessment are heart rate, blood flow, sweat production, and muscle tonus. Selye (1982) conceived of stress as the unsettling of the body's delicate homeostasis resulting from any demand.

Psychological sources of stress

Psychological factors, particularly cognitive process are causally related to almost all human stress. In other words, the ways in which athletes interpret objects in space, make judgments, and solve problems, determine how they make sense of what is happening in their world. Some of these individual perceptual-cognitive differences have been discussed by Singer (1986) and Pragman (1993).The manner in which athletes interpret stress-induce events and the ways in which they behave while experiencing stress also depend on other psychological factors, including personality.

Methodology

Source of Data

For the present study the source of subjects were selected from non-grantable as well as grantable Education Colleges and other professional students of Sant Gadge Baba Amravati University, Amravati.

Selection of the Subjects

Fifty (30) subjects were selected for this study. Ten (10) subjects were taken from Education department and Twenty (20) subjects were taken from professional departments of Sant Gadge Baba Amravati University, Amravati.

Sampling Method

The subjects were selected by using simple random sampling method.

Equipments used for collection of data

The standard questionnaire of stress inventory framed by Arun Singh, K. Singh and Arpana Singh were used for the collection of data. This Inventory consists of 35 items.

Criterion Measures: Following are the criterion measures which were responsible for collection of data, to testing the hypothesis.

Level of Significance

To test the hypothesis the level of significance at 0.05 level of significance was considered adequate for the purpose of this study.

Analysis of data

The data was collected from the subjects by using standard questionnaire and analysis and interpretation was done on the basis of special statistical techniques viz. mean, standard deviation and 't' test.

The statistical analysis of the data gathered to know Stress Level among Education Students and Other Professional Students of Sant Gadge Baba Amravati University is given below.

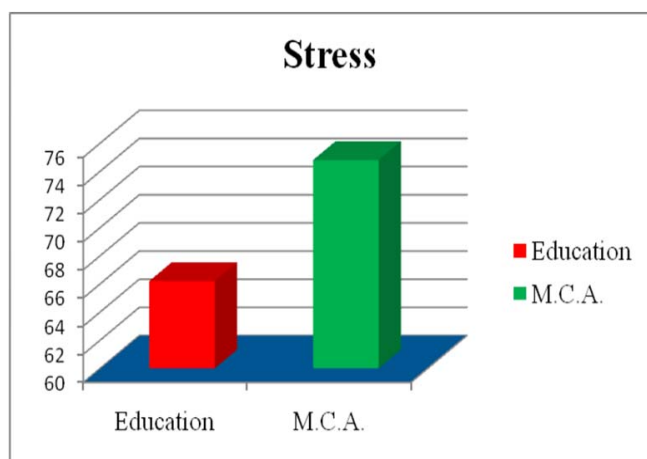
The level of significance was kept at 0.05 for testing the hypothesis.

Table No. 1: Comparison of Stress between Education and M.C.A. students of Sant Gadge Baba Amravati University, Amravati

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Education	66.20	7.57	8.60	18	2.72	2.101
M.C.A.	74.80	6.53				

Level of significance = 0.05

Table-1 reveals that there is significant difference between means of Education and M.C.A. group as mean of Education is 66.2 is less than mean of M.C.A. is 74.80 and their mean difference is 8.60. To check the significant difference between Education and M.C.A. students, the data was again analyzed by applying 't' test. Before applying 't' test, standard deviation was calculated between Education Students whose S.D. is 7.57 and M.C.A. students whose S.D. is 6.53. There was not found significant difference in stress level between Education and M.C.A. students because value of calculated 't' = 2.72 which is greater than tabulated 't' = 2.101 at 0.05 level of significance. Hence the hypothesis is accepted.



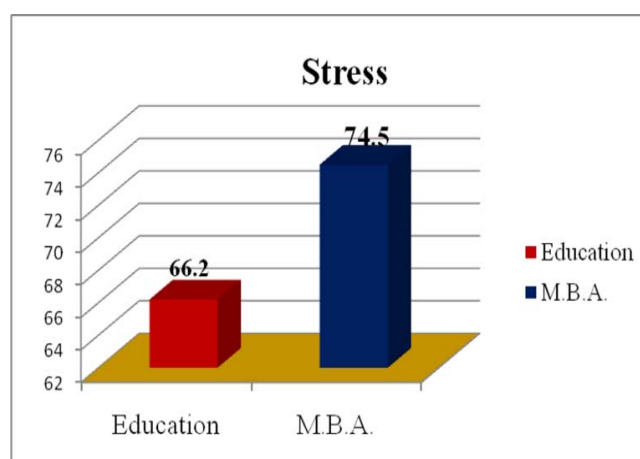
Graph 1: Graphical Representation of Mean Difference of Stress between Education and M.C.A. students of Sant Gadge Baba Amravati University, Amravati

Table 2: Comparison of Stress between Education and M.B.A. Students of Sant Gadge Baba Amravati University, Amravati

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Education	66.20	7.57	8.30	18	2.54	2.101
M.B.A.	74.50	7.04				

Level of significance = 0.05

Table-2 reveals that there is significant difference between means of Education and M.B.A. Group as mean of Education is 66.20 is less than mean of M.B.A. is 74.5 and there mean difference is 8.30. To check the significant difference between Education and M.B.A. students, the data was again analyzed by applying 't' test. Before applying 't' test, standard deviation was calculated between Education Students whose S.D. is 7.57 and M.B.A. students whose S.D. is 7.04. There was found significant difference in stress level between Education and M.B.A. Students because value of calculated 't' = 2.54 which is greater than tabulated 't' = 2.101 at 0.05 level of significance. Hence the hypothesis is accepted.



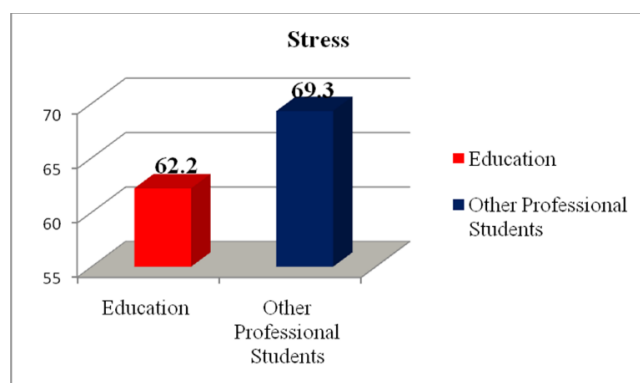
Graph 2: Graphical Representation of Mean Difference of Stress between Education and M.B.A. Students of Sant Gadge Baba Amravati University, Amravati

Table 3: Comparison of Stress between Education and Other Professional Students of Sant Gadge Baba Amravati University, Amravati

Group	Mean	S.D.	M.D.	D.F.	O.T.	T.T.
Education	66.20	7.57	3.10	18	1.22	2.101
Other Professional	69.30	2.66				

Level of significance = 0.05

Table-3 reveals that there is no significant difference between means of Education and other professional group as mean of Education is 66.2 is less than mean of other professional group is 69.30 and there mean difference is 3.10. To check the significant difference between Education and other professional group, the data was again analyzed by applying 't' test. Before applying 't' test, standard deviation was calculated between Education Students whose S.D. is 7.57 and other professional group whose S.D. is 2.66. There was a significant difference between Education and other professional group students because value of calculated 't' = 1.22 which is less than tabulated 't' = 2.101 at 0.05 level of significance, which shows that there is no significant difference between Education and other professional group. Hence the hypothesis is rejected.



Graph 3: Graphical Representation of Mean Difference of Stress between Education and Other Professional Students of Sant Gadge Baba Amravati University, Amravati

It is clearly seen from the table 5 that 90% Education. students has moderate level stress and 80% M.B.A. and M.C.A. students has moderate level stress and remaining 20% students has high level stress. None of them has low level of stress.

Summary

As we all know that Today man is not living in happy state of mind. Most of men run after money. Money is everything, for most of them, it is mother, it is future and it is God. Some of them full Prey to Lust, there are people who have all material comforts and modern amenities at their command but even then, they are much worried and disturbed. The condition of poor and the farmers is always pitiable. They are victimized by the politicians and the hoarders, thus we find everyone sick having mental tension in one form or other. In the simple language they suffered from the condition of stress. Stress results from an interaction between physiological, psychological, and environmental processes. It is common to refer to stress as a response to a stressor.

Conclusion

Within the limitations of the study and from the statistical analysis the following conclusion is drawn. On the basis of available literature, researcher own experience and knowledge of Psychology, it was hypothesized that there will be a significant difference between the Stress level of Education Students of Amravati University and other professional students of Amravati University but after the statistical analysis of data related to the stress of various departments it was found that in all cases there was not found difference between the Stress level of Education Students of Amravati University and other professional students of Amravati University. Hence the Researchers Pre- assumed Hypothesis is partially accepted.

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