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## A STUDY OF VOCATIONAL STRESS AMONG HIGHER SECONDARY SCHOOL STUDENTS IN RELATION TO LOCALITY, PARENTAL QUALIFICATION AND BIRTH ORDER.



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### Short Profile

Altaf Hussain is working as an Assistant Professor at Department of Education in B.G.S.B.U., Rajouri. He has completed M.A.(Education), B.Ed., NET. He has professional experience of 2 years at UG Level and 1 year at PG Level.



### ABSTRACT:

Stress is a pressure, tension or worry resulting from the problems in one's life. It is the condition of the mind in which a person loses his calm tranquility and equanimity and experiences extreme discomfort. The stress in vocation means that state of worry resulting from pressure caused by the problem of too much work in vocation or poor working conditions. As the present era is the era of competition in which it is very difficult to adjust oneself in a vocation. Vocational stress is an obstacle in psychological as well as physiological adjustment

of an individual and its thwarts one to shift towards more defensive position in order to face the challenges of the circumstances. Keeping this thing into consideration, the study is aimed to study the vocational stress among higher secondary schools students of district Rajouri on the basis of locality, parental qualification and birth order. In the present study 199 students were selected which include 102 boys and 97 girls. Bisht battery of stress scale was used to measure the extent of stress. It was found that rural area students have higher level of vocational stress than urban area students. Birth order has no effect regarding vocational stress. Moreover parental qualification has no effect on the vocational stress of students.

### KEYWORDS

*Vocational stress, locality, Birth order.*

## INTRODUCTION:

Although the first stressful situation in the history of mankind began with Adam in the Garden of Eden when he ate the forbidden fruit, yet stress is by and large a modern phenomena which has assumed grave dimensions. With the changing in every aspects of life the stressful situations are increasing day by day. Stress is a pressure, tension, worry resulting from the problem in one life. Vocational stress is a major obstacle in job satisfaction as stress is condition in which failure dominates the attempts. Vocational stress disrupts psychological homeostatic. Vocational stress is the stress related to some job that involves the interaction of a person and environment. Vocational stress is an obstacle in psychological as well as physiological adjustment of the individual and it thwart him to shift to more defensive position in order to face the challenges of the circumstances. Stress is the failure to adopt. It occurs when environment or internal demands exceed individual resources to adopt. The significance of goal and strength of blockage definitely increase the degree of stress in vocations. Vocational stress is both external and internal. External stress is environmental while internal stress is always frustrating and come to an individual from within.

Mc Grath (1976) has noted that a stress involves an interaction of person and environment. To define "stress" he said, "There is a potential for stress when an environmental situation is perceived as presenting demand which threatens to exceed the person's capabilities and resources for meeting it, under condition which he expects a substantial differential in the rewards and cost from meeting the demand versus not meeting it."

## NEED OF THE STUDY

So far as district Rajouri is concerned, it is considered being militancy prone as well as backward district of Jammu & Kashmir state. Due to militancy attack schools remain close for many days, business also suffers a lot. Moreover, students see that the many people remain without work for many days. There is no proper provision of vocational and professional education. Due to such suffering, stress toward vocation is increasing day by day, that is why the present study deals with the study of the vocational stress among higher secondary school students of Rajouri district.

## OBJECTIVES OF THE STUDY

- 1.To find out the level of vocational stress among higher secondary school students belonging to rural area of district Rajouri.
- 2.To find out the level of vocational stress among higher secondary school students belonging to urban area.
- 3.To find out the effect of parental qualification on the vocational stress of the higher secondary school students.
- 4.To find out the effect of 1st & 2nd rank birth order on vocational stress.
- 5.To find out the effect of 2nd & 3rd rank birth order on vocational stress.
- 6.To find out the effect of 1st & 3rd rank birth order on vocational stress.

## HYPOTHESIS OF THE STUDY

- 1.It is likely that there is no significant difference in vocational stress between higher secondary school

students of rural and urban area.

- 2.It is likely that birth order has no significant effect in vocational stress of secondary school students.
- 3.It is likely that there is no significant difference among the student of 1st & 2nd birth order regarding vocational stress.
- 4.It is likely that there is no significant difference among the student of 2nd & 3rd birth order regarding vocational stress.
- 5.It is likely that there is no significant difference among the student of 1st & 3rd birth order regarding vocational stress.
- 6.It is likely that there is no significant difference in vocational stress among the students whose parental qualification is under matric and matric to under graduation
- 7.It is likely that there is no significant difference in vocational stress among the students whose parental qualification is matric to under graduation and above graduation
- 8.It is likely that there is no significant difference in vocational stress among the students whose parental qualification is under matric to graduation and above graduation

### DELIMITATION OF THE STUDY

- 1.The present study is concerned itself in finding out the vocational stress among the students of higher secondary school of Rajouri District only
- 2.The study is confined to 11th and 12th class students only
- 3.The study is limited to eight different schools of Rajouri district
- 4.The sample is limited to 199 boys and girls
- 5.The data was collected from rural and urban areas of Rajouri district only.

### SELECTION OF THE SAMPLE

The sample of the present investigation is drawn from the different higher secondary school of Rajouri district by using probability sampling, firstly the investigator made a list of 297 higher secondary schools from which 8 schools was selected using the random sampling technique from which 199 students was selected which include 102 boys and 97 girls.

### SELECTION OF THE TOOL

In the present study the Bisht Battery of stress scale was used to measure the extent of stress. The scale consisting of 67 items, each to rated on five points scale . Out of 67 items, 54 are true keyed and rest 30 is false keyed.

Statistical Technique Employed

- 1.Mean
- 2.Standard Deviation
- 3.Critical Ratio.

### ADMINISTRATION OF THE TOOL

For the collection of data in present study, the investigator personally visited to various higher secondary school of Rajouri district. At the time of actual administration of test, necessary steps were

taken to control and minimize the cheating tendency of the students. They were informed that their response will be kept confidential and there be frank, bold and be sincere in answering the question, the students were advised to clear their doubts before starting their work booklets of the tool-scale of vocational stress was given to the students, after the completion of the scale booklets were taken back from them, then investigator thanked to all for their cooperation.

**ANALYSIS AND FINDINGS OF THE STUDY**

**TABLE 1**

S. no	variables	N	Mean	S.D	S. E. M	S. E. D. M	C.R
1	rural	136	267.4	18.6	1.58	2.37	2.65
2	Urban	63	261.1	14.1	1.77		

**Interpretation:** - Table 1 reveals that the C.R. for mean scores of vocational stress between rural and urban students is significant at 0.01 level. As the calculated value of critical ratio (2.65) is more than 2.58 table value of (.01) level. Therefore it can be said that the vocational stress of rural students and urban students differ significantly. Further comparing the mean value of vocational stress of rural and urban students of secondary school we can say that the rural students (M=267.4) have more vocational stress than urban students (M=261.1). Thus the null hypothesis is rejected. The finding of the study reflects that rural students have more vocational stress than urban students as it may be due to over expectation of parents, less job opportunities, unawareness and lack of educational facilities of rural area.

**TABLE 2**

S.no	variables	N	Mean	S.D	S. E. M	S. E. D. M	C.R
1	Birth order 1	45	266.4	19.2	2.86	3.55	1.18
2	Birth order 2	63	262.2	16.8	2.12		

**Interpretation:** -Table 2 reveals that C.R. of mean scores of 1st and 2nd order birth order on vocational stress is insignificant at (.05) level. As the calculated value of C.R.(1.18) is less than 1.96 table value of 0.5 level. Therefore it can be said that the vocational stress of 1st and 2nd birth order students don't differs significantly.

**TABLE 3**

S.no	variables	N	Mean	S.D	S. E. M	S. E. D. M	C.R
1	Birth order 2	63	262.2	16.8	2.12	2.98	0.33
2	Birth order 3	91	263.2	20.1	2.11		

**Interpretation:** -Table 3 reveals that C.R of birth order of 2nd and 3rd Birth order students also differ insignificantly at .05 levels. As the calculated value of C.R (0.33) is less than 1.96 table value at .05 levels. Therefore it can be said that vocational Stress of 2nd and 3rd birth order students doesn't differ significantly.

TABLE 4

S. No	Variables	N	Mean	S.D	S. E. M	S. E. D. M	C.R
1	Birth order 1	45	266.4	19.2	2.86	3.55	0.91
2	Birth order 3	91	263.2	20.1	2.11		

**Interpretation:** Table 4 reveals that C.R. of 1st and 3rd birth order students also differ insignificantly at .05 levels. As the calculated value of C.R (0.91) is less than 1.96 table value at 0.05 levels. Therefore it can be said that vocational stress of 1st and 3rd students don't differs significantly.

TABLE 5

S. No	Variables	N	Mean	S.D	S. E. M	S. E. D. M	C.R
1	Under Matric	57	266.7	15.8	2.10	3.06	1.14
2	Matric to undergraduate	83	263.2	20.3	2.23		

**Interpretation:** Table 5 reveals that C.R. of under matric and matric to under graduate parents also differ insignificantly at .05 levels. As the calculated value of C.R (1.14) is less than 1.96 table value at 0.05 levels. Therefore it can be said that vocational stress of under matric and matric to under graduate parents don't differs significantly.

TABLE 6

S. No	Variables	N	Mean	S.D	S. E. M	S. E. D. M	C.R
1	Matric to undergraduate	83	263.2	20.3	2.23	3.16	0.79
2	Above Graduation	59	265.7	17.1	2.25		

**Interpretation:** Table 6 reveals that C.R. of matric to under graduate and above graduate parents also differ insignificantly at .05 levels. As the calculated value of C.R (0.79) is less than 1.96 table value at 0.05 levels. Therefore it can be said that vocational stress of matric to under graduate and above graduate parents don't differs significantly.

TABLE 7

S. No	Variables	N	Mean	S.D	S. E. M	S. E. D. M	C.R
1	Under Matric to graduation	57	266.7	15.8	2.10	3.07	0.32
2	Above Graduation	59	265.7	17.1	2.25		

**Interpretation:** Table 7 reveals that C.R. of under matric to graduation and above graduate parents also differ insignificantly at .05 levels. As the calculated value of C.R (0.32) is less than 1.96 table value at 0.05 levels. Therefore it can be said that vocational stress of under matric and matric to under graduate parents don't differs significantly.

## CONCLUSIONS

1. Significant difference in vocational stress was found between higher secondary school students of rural and urban area.
2. It is found that rural students have higher level of vocational stress than urban students.
3. There is no significant difference among the student of 1st & 2nd birth order regarding vocational stress.
4. There is no significant difference among the student of 2nd & 3rd birth order regarding vocational stress.
5. There is no significant difference among the student of 1st & 3rd birth order regarding vocational stress.
6. There is no significant difference in vocational stress among the students whose parental qualification is under matric and matric to under graduation
7. There is no significant difference in vocational stress among the students whose parental qualification is matric to under graduation and above graduation
8. There is no significant difference in vocational stress among the students whose parental qualification is under matric to graduation and above graduation

## EDUCATIONAL IMPLICATIONS

1. The present study shall be beneficial for the school authorities to abolish those activities which increase vocational stress.
2. This study guides the students in a proper way to reduce their vocational stress.
3. The findings of the study may be applied while formulating policies and programmes for the students.
4. There should be diversification in arts streams and different vocational courses should be introduced.
5. The school authorities and parents should provide an atmosphere to the students so that they should be vocational mature.

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