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THE STUDY OF DAILY STRESS FOR JUNIOR COLLEGE AMONG GIRL STUDENTS OF JUNIOR COLLEGE



Prakash Mangaonkar
Smt. K.R.P. Kanya Mahavidyala, Islampur.

Short Profile

Prakash Mangaonkar
Smt. K.R.P. Kanya Mahavidyala, Islampur.

Co-Author Details :

R. T. Potdar
Jalgaon.



ABSTRACT:

Stress is carefulness every man of during our lifetime. The twentieth century is rightly described as an era of stress. It is impossible to come across any field of biological, physical and social science without reference to this most prevalent phenomenon of stress.

There is no real stress at all and that it is our feeling that is likely to be stressful. It is situational, which is more likely to bring about stress. Where the stress is rather inescapable a surgeon stressed by the condition of his patient, or a company agent stressed as a

custodian of coddle cash. In large number of other circumstances, it is our perception, which experiences stress. It is here that, one Man's stress may be another man's pleasure. We may find examples in daily life as.

KEYWORDS

daily stress, biological, physical and social science.

INTRODUCTION:

Stress is a term which was used to refer to hardship, strain, adversity or affliction. Wingate pointed out "as any influence which disturbed natural equilibrium of the body and includes within its reference physical injury, deprivation, all kinds of disease and emotional disturbances. Stress is an important topic for social scientists, which has its impact in all spheres of life, hence various models and theories have been proposed such as interactional model, cognitive model, person-environment model etc. to understand its causes, effect on human behavior.

Stress is the subjective feeling that is produced by events that are perceived as overwhelming and beyond one's control. Stress is an adaptive reaction to circumstances that are perceived as threatening (Dougall et al. 2001).

Academic pressure compounded with the pressure of getting all students to attain minimum proficiency on assignments and tests, the growing cognitive skill of adolescents widens their horizon while at the same time they become more aware of the realities of their future choices. Academic stress is a mental stress with respect to some anticipated frustration associated with academic failure or even an awareness of possibility of such failure (Gupta and Khan 1987).

According to Hans Selye (1936), stress is a non-specific physiological response of the body to any demand made upon it, including efforts to cope with wear and tear in the body caused by a situation or even at any one time. Stress is a mental state that occurs when one is faced with demands from the environment that requires one to change in some way. Johnson (1986) stressed that events encountered by adolescents have been shown to be related to psychological as well as physical problems.

OBJECTIVES:-

- 1) The study of daily stress for among girl students.
- 2) The study of the difference of daily stress among commerce and science girl students.

Hypothesis:-

- 1) The high level of stress among girl junior students.
- 2) There is a significant mean difference between commerce and science girl junior students.

METHOD:-

Sample:-

The sample comprising of junior college 80 girl students of both commerce 40 and science 40 was selected randomly from Smt. K.R.P. Kanay Mahavidyalaya of Islampur city.

Tool:-

Daily stress inventory was measured by using Dillip J. Brantley and Glenn N. Jones' daily stress inventory. This test's reliability to be 0.83 for event scores and 0.87 for impact score. The test-retest reliability coefficients of 0.72 and 0.41 for event score and impact score respectively. This test is valid.

Procedure:-

The junior college students selected in randomly for studding tallow class in Islampur city, 40 commerce and 40 science girl students selected and daily stress inventory was given and data was collected.

RESULT AND DISCUSSION:-

Table-01: Showed daily stress variables of the commerce and science girl students.

Group	N	Statistics				Significant
		Mean	SD	df	t- test	
Commerce	40	233.10	36.25	78	1.02	N.S.
science	40	241.97	41.19			

Mean and standard deviation were calculated for the two groups of the commerce girl students and science girl students to compare the no significant difference between them, t-test was applied to determine the significant different between them. The Mean are 233.10 and SD is 36.25. The science girl students Mean is 241.97 and SD is 41.19, between the two group different the mean is 8.87 and between the two group different the SD is 5.94. The commerce girl students and science girl students had no significant difference ($t=1.02, < n.s.$). The junior college girl student's stress is high level. These results support to the studies conducted by Shinde A.C. (2010).

CONCLUSION:-

- 1)The junior girl students are high level stress.
- 2)There are not significant different commerce and science girl students in stress level.

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