

Vol 5 Issue 8 Sept 2015

ISSN No : 2230-7850

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International Multidisciplinary  
Research Journal

*Indian Streams  
Research Journal*

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RNI MAHMUL/2011/38595

ISSN No.2230-7850

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## A COMPARATIVE STUDY OF STRESS BETWEEN UNDER GRADUATE AND POST GRADUATE STUDENTS OF DIFFERENT PROFESSIONAL COURSES



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### ABSTRACT

**Purpose:** the purpose of the study was to assess and compare Stress between under Graduate and Post Graduate Students of different Professional Courses. **Materials and Methods:** Thirty two male students of different professional courses (4 from each profession) were selected from D.A.V.V Indore M.P. Age of the subjects were being ranging from 19 to 28 years. Stress Assessment as traits of Life style was considered as dependent variable. Stress was measured by 'Life-Style Assessment Inventory' developed by Anspangh David S. Michal, H.Hamrich and Fran D. Rosato. To assess and compare Life Style related variable (Stress) between undergraduate and post graduate students, Descriptive statistics and Independent T- test was used. Results: Mean and Standard deviation for under graduate and post graduate students was found  $67.93 \pm 9.22$ ,  $62.62 \pm 12.08$  respectively in relation to stress at .05 level and t value of stress was 2.398 which was found greater than the required value 2.042 at 30 df. Conclusions: 1) significant difference was found between the means of under graduate and post graduate students in relation to stress. 2) Under graduate students were having greater mean of Stress in comparison to post graduate students.



**KEYWORDS :** Life style, Professional Courses, Stress

### INTRODUCTION :

Stress is simply a reaction to a stimulus that disturbs our physical or mental equilibrium. In other words, it's an omnipresent part of life. A stressful event can trigger the "fight-or-flight" response, causing hormones such as adrenaline and cortisol to surge through the body. A little bit of stress, known as "acute stress," can be exciting—it keeps us active and alert. But long-term, or "chronic stress," can have detrimental effects on health. You may not be able to control the stressors in your world, but you can alter your reaction to them [1]. Some situations which are not negative ones may still be perceived as stressful. This is because we think we are not completely prepared to cope with them effectively. Examples being: having a baby, moving to a nicer house, and being promoted. Having a baby is usually a

wonderful thing, so is being promoted or moving to a nicer house. But, moving house is a well-known source of stress [2]. Stress is not always bad. An appropriate level of stress can effectively motivate your student toward growth, achievement, and self-satisfaction. Talking with a trusted adult helps students feel they do not carry the burden of stress alone. Encourage your children to discuss their feelings, but refrain from telling them how they should feel. Ask open-ended questions which require more than a yes or no response. Remember to listen. Parents who spend twice as much time listening as they do giving advice are more effective. Teach problem-solving skills and constructive action. Stress is often the result of feeling trapped and overwhelmed by the problems in our lives. Students are sometimes immobilized by their inability to see a positive outcome for a difficult situation. By teaching them to solve problems one step at a time, we provide them with a useful resource to deal with stress. Slow down. The fast pace of our complex lives is often stressful in itself. College students living at home need privacy and quiet time, and unstructured time when they can exercise their imagination and process the events of the day. [3]. under graduate and post graduate affects the stress because under graduate students are new in experience but due to spend long time of post graduate students do not interested to take a part in physical activity so scholar is interested to know differences between under graduate and post graduate students in relation to stress.

### Objectives of the study

The main objective of the study was to assess and to compare stress between undergraduate and postgraduate students.

Following sub objectives were formulated to achieve main objective of the study:-

- First sub- objective of the study was to assess life style related one variable (Stress) among students of undergraduate and post graduate of different Professional course (Institute of management science, Institute of Engineering Technology, Institute of Pharmacy and Physical Education).
- Second sub- objective of the study was to compare stress between undergraduate and post graduate students.

### Material and Methods

The subjects for this study were selected from Devi Ahilya Vishwavidyalya Indore Madhya Pradesh. A total of thirty ( 32) male students was selected, four (4) from each profession (Physical Education, Institute of Business management, and institute of Engineering technology) of Devi Ahilya Vishwavidyalya Indore Madhya Pradesh . Age of the subjects was being ranging from 19 to 28 years. Stress was measured by 'Life-Style Assessment Inventory' developed by Anspangh David S. Michal, H.Hamrich and Fran D. Rosato. Stress was considered as dependent variable.

### Results, Discussion and Conclusions

The statistical analysis of data was conducted on the Life style related variable (Stress) of thirty two male students of D.A.V.V Indore. The descriptive statistics [4] was applied to characterize the life style related trait (Stress) among male students of undergraduate and postgraduate students. T- Test [6] used was also applied to compare the Life style related trait (stress) between undergraduate and postgraduate students. The results are given in table 1, 2.

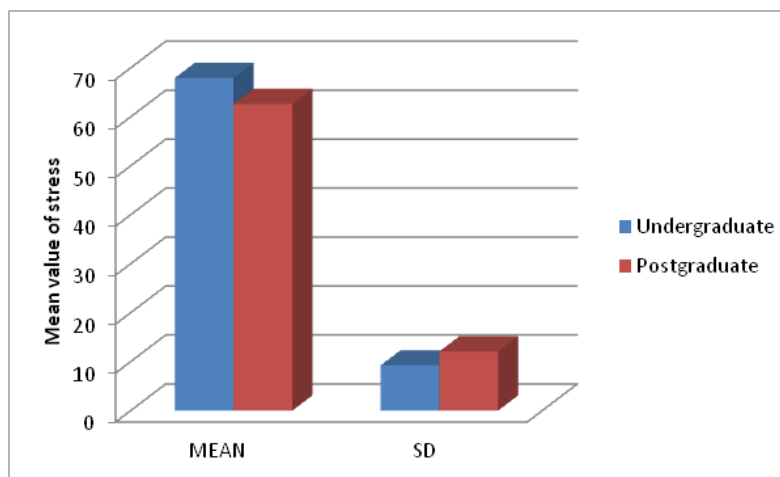
**Table – 1**  
**Comparison of Stress between Undergraduate and Postgraduate students**

GROUP	MEAN	SD	t- value
Undergraduate	67.9375	9.22655	2.398*
Postgraduate	62.6250	12.08236	

\*significant at .05 level of significance

From the above table it is observed that the mean of undergraduate and postgraduate students is 67.93 and 62.62 respectively. After applying “t” test it is found that the t-ratio is 2.398 which were significant at the 0.05 level of significance. This table has shown in figure 1

**Figure: 1- Comparison of Stress assessment between undergraduate and post graduate students**



### Discussion of Findings

On the basis of result it was concluded that significant difference was found between undergraduate and postgraduate students in relation to stress, this might be due to that undergraduate students have stress to take admission in Post Graduate course and also they feel to raise good percentage of marks. Reda Abouserie (1994) investigated into the sources and levels of stress in relation to locus of control and self esteem in university students. Two stress questionnaires (ASQ and LSQ) were used to assess students’ stress. The first deals with academic sources of stress, and the second assesses the student's life stress levels. The achievement scale of the Multidimensional Multi-attributinal Scale Causality (MMCS) was used to measure locus of control, and the Rosenberg Self Esteem Scale to assess students’ self esteem. The study sample consisted of 675 (202 males and 473 females) second-year undergraduate students. The results indicated that examination and examination results were the highest causes of stress in students, followed by studying for exams, too much to do and the amount to learn, respectively. Results showed that 77.6% and 10.4% of the students fall into the moderate and serious stress categories, respectively, and that there were significant differences between females and males students in both academic and life stress, with female students more stressed than males. Results also indicated a significant positive correlation

between locus of control and academic stress, suggesting that students with external beliefs are more stressed than those with internal. A significant negative correlation between self esteem and both academic and life stress emerged, indicating that students with high self esteem are less stressed than are those with low [7].

## CONCLUSIONS

- Insignificant difference was found between undergraduate and post graduate students in relation to stress.
- Under graduate students were having greater mean of Stress in comparison to post graduate students.

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