

A Study of Stress Management among Secondary School Students in Relation to Gender

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Abstract: *Stress free environment is an integral aspect of an individual as a human being. But today's growing world is creating a lot of pressure on human beings. Adolescence stage can be considered as one such stage in our life, where stress is experienced as a stressor. It is that transitional phase that plays a crucial role in the life of an adolescent. Stressors in the form of academic stress, interpersonal relationships, career expectations, socio-economic status, fashion, etc. creates excessive stress among adolescents. If timely coping is not done, then it can lead to maladaptive behaviour among adolescents. Thus, stress management becomes the need of the hour. The main aim behind doing this research is to find out the Stress Management among Secondary School students. Descriptive Research method was taken for this study. The sample of the study included 126 students of seven Secondary Schools of Shimla District of Himachal Pradesh. Random Sampling technique was used. Modified version of Stress Management Scale by Kaushik and Charpe (2005) has been used.*

Keywords: Secondary School Students, Adolescents, Stress, Stressors, Stress Management

1. Introduction

Stress is the reaction of one's body and mind to some unpleasant situation that causes a change in the balance of his life. It has become an evitable part of our daily life. Every phase of an individual is under the continuous and unexpected threat of stress. It has become so common these days that everyone experiences it in one way or the other. Adolescence stage is one of the stage or phase of an individual's life, which is affected by most of the stressful situations. A large number of secondary school students belong to the adolescence stage.

Excessive stress leads to psychological problems like depression and nervousness which could ultimately have a negative impact on the academic achievements of the students (Waghacharve, 2013). If timely management of stress is not done, then it can lead to maladaptive and anti-social behaviour among adolescents. Thus, stress management becomes the need of the hour.

2. Literature Survey

Williams & McGillicuddy (1999) studied the coping strategies in adolescents. They examined that coping with the stressors of daily hassles and major life events by male and female students in early, middle and late adolescence. The findings of the study showed that there is difference in the coping strategies used by older and younger adolescents.

Sami (2002) studied the coping strategies of dealing with stress and manifestations of depression in United Arab Emirates University. The sample consisted of 234 students. The studies revealed that females are more depressed and are using methods directed for managing their stress.

Hampel & Peterman (2006) investigated on the perceived stress, coping and adjustment in adolescents. The studies revealed that as compared with boys, girls showed a higher amount of perceived interpersonal stress and used more social support. A positive association was found in perceived stress and maladaptive coping with adjustment problems. These relations were stronger than in females than in male adolescents.

Waghacharve, Chavan, Dhumale and Gore (2013) in their study on stress management concluded that stress management education should be incorporated in the school curriculum. As the adolescence stage leads to psychological problems like depression and nervousness which could ultimately have a negative impact on the academic achievements of the students.

Qanbari, Habibi and Shama-Aldini (2013) on their study on stress managing strategies stated that with the use of strategies to manage stress such as relaxation and muscular relaxation, stress and anxiety could be reduced. These strategies also helped students in gaining psychological well being.

Akande, Olowonirejuaro and Okwara (2014) conducted a study on the level and sources of stress among secondary school students. The findings of the study revealed that the main cause of stress among senior secondary students is academic, inter-personal, intra-personal and environmental factors and there is a great need to provide essential strategies for management of stress at secondary school level.

Alborzkouh, Nabati and Zainali (2015) on their study on the effectiveness of stress management skills training on academic vitality and psychological well-being of college students, showed that stress management skill training had a significant impact on enhancing academic vitality and

psychological well-being. The findings also concluded that stress management skill training had a greater and major impact on increasing academic achievement.

Ghatol (2017) reviewed his study on Academic Stress among higher secondary school students. The study was based on the causes and symptoms of stress as well as coping mechanism for stress among the secondary school students. The findings of the study focused on the role of counselors and teachers and suggested that their role should be maximized in order make reduction in stress among students.

3. Objectives of the Study

To study the significant difference in mean scores of male and female secondary school students on Stress Management.

Hypothesis of the Study

There will be no significant difference in mean scores of male and female secondary school students on Stress Management.

Methodology

Descriptive Research method was used by the investigator for the present study.

Sampling and Sample

Shimla district of Himachal Pradesh was selected among twelve districts of Himachal Pradesh through Random sampling Technique. Afterwards, seven schools from Shimla District were taken through purposive sampling. Sample of the study constituted 126 students from seven secondary schools of Shimla district of Himachal Pradesh based on random sampling.

Procedure for Data Collection

Mean, Standard Deviation and t-test statistical techniques were used to test the hypothesis of the study and to carry out the conclusions.

4. Findings of the Study

In order to compare the mean scores of male and female secondary school students on Stress Management and also to find the significance difference between the mean scores of male and female secondary school students on Stress Management, a detailed analysis and interpretation of the data has been given in the following table:

Table 1: Comparison of mean scores of Male and Female secondary school students on Stress Management

Group	Number of Students	Mean	Standard Deviation	t-test	df	Level of Significance
Male	63	122.07	26.08	3.99	124	Significant at 0.01 level
Female	63	120.13	17.98			

t-value at 0.01 level of Significance = 2.62

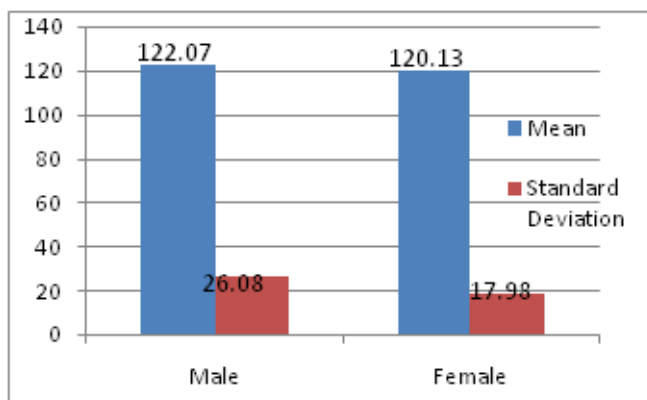


Figure 1: Graphical representation of the comparison of mean scores of male and female secondary school students on Stress Management

5. Results and Discussion

It is clear from the above (table-1) that the t-value is significant at 0.01 level of significance. Therefore, the null hypothesis stating that "There will be no significant difference in mean scores of male and female secondary school students on Stress Management" stands rejected. It shows that stress management among male and female secondary school students differs significantly.

Moreover, on the basis of mean scores, it can be concluded that Stress management among male students is high as compared to their female counterparts, therefore it can be concluded that male students are able to manage stress in an efficient manner as compared to female students. Males are more content with their coping mechanisms than females.

6. Conclusion

An attempt was made in the paper to study the review related to stress management among secondary school students and tried to present the stress management by adolescents. The results of the hypothesis testing revealed a significant difference in stress management among female adolescents and male adolescents. The stress management among females is less as compared to males, the reason being the nature of females, who are generally more emotional than males.

7. Future Scope

The following suggestions are provided on the basis of the findings of the study. The suggestions are more focussed for female adolescents, as females are more prone to stress and also lack in stress management.

[1] School administrators should work on the following grounds:

- Try to identify student's stress as soon as possible.
- Adequate support should be provided to students so that early coping could be done.
- Workshops should be a part of academic curriculum, so that adolescents learn to realise their inner strength and they learn to cope with stressful situations.
- Providing proper guidance and counselling facilities to the students in the school campus.
- Making provisions for communicating with the parents of the students under stress.
- Organising seminars for female students to enhance their emotion management abilities.

[2] Along with this following things should also be focussed upon by the students:

- Managing time.
- Thinking positive.
- Proper planning and organising of work.
- Involving in various recreational activities.
- Communicating with family and friends.
- Having nutritional food and physical exercises.
- Learning study and learning skills.
- Avoiding procrastination.
- Forming healthy relationships with peers, family members.etc.

[3] Parents should also work in co-operation with the school authorities to reduce the level of stress experienced by their children. They should talk freely about the problems faced by their children with the school authorities.

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