
Survey Study of Socio-Demographic Profile and Prevalence of Stress among Students of Firozabad (Uttar Pradesh)

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Abstract: A cross-sectional study was carried out which was containing 430 respondents randomly sampled from students at universities, all in the age group of 18-24 years from Firozabad district. A standardized stress scale is used to measure stress. On the bases of 10 factors of stress the demographic study of stress level in university students has been done. In general, average level of stress has been observed in all students. For most of the student this study is related to educational activities to measure stress. Sometimes many types of stressors in the family, society and school inadvertently affect the students psychologically whose continuously negative effects gradually push the students towards distress. In college teachers can make aware students about the stress management and can provide various bases to reduce stress level.

Keywords : Stress, Stress Factor, Stressor, Distress, Demographic, University Students

INTRODUCTION

According to Gandhiji, healthy brain develops in a healthy body. That is, when we insist on developing mental actions and intellectual, logical, understanding, problem solution and decision making of the child, it should be ensure that the child is physically healthy. Because positive correlation is found to affect the actions of the body and brain. negative psychological effects on the brain produce hormonal imbalances inside the body that not only bring about behavioural changes inside the person but also affect their physical health. Stress is a psychological factor that primarily affects a person's mental status instantaneously or permanently because the functioning of the various tissues and glands of the body is controlled by the brain and the behaviour of the person is a mixed result of mental and physical activity. Due to this, immediate and permanent changes of stress also begin to be seen. By observing this changed behaviour, it is realized that the person is going through a state of tension. "According to Psychology stress is feeling strain and pressure."

The Stress

"Stress is a type of psychological disorder" and it occurs in a person's life when he fails to establish proper adjustment with the situation presented before him, neither can he get away from that negatively affecting situation nor is he able to take care of himself in those situations. The child must face many types of positive and negative situations at different stages of life which may be external or internal. Change in living condition, change in friend, noise during study, good relation breaks down, poor economic condition, death of family member, high expectation of family member, no adjustment in school environment etc. are external factors. They may cause psychological pressure on the student. Besides this, physical illness, negative thinking, more expectations than their abilities, imaginative thinking etc are internal factors. Four types of stress are described in psychological terms.

1. Acute Stress

These arise rapidly due to unexpected situation in everyday life and once fear ceases, the person goes into a reallocation state.

2. Episodic Stress

Stress affects uncontrolled person repeatedly over a long period of time due to some special circumstances that causes distressed life.

3. Eustress

This is a positive type of stress. It arises due to happiness, enthusiasm and helps in keeping the person energetic. It provides motivation to the person.

4. Chronic Stress

It is a long-lasting stress that is unlikely to end, due to this stress, the student goes into distress and most of the students are unable to understand it themselves and sometimes do not accept it. That they are under the

influence of bad stress and this stress damages the person both physically and mentally. As a result, different types of disorders are seen, such as depression, fatigue, dissatisfaction, aggression, irritability, anxiety etc.

The Objective

The purpose of the study was to assess the level of stress along with demographic profile of the university students.

The Hypothesis

It was hypothesized that there will not be any significant level of stress among university students.

Study Participants

A cross-sectional study was carried out containing 430 University level students from Firozabad district who belong to 18 to 24 age groups. Subjects were selected purposively.

Study Measures

Keeping the feasibility criterion in mind, stress variable along with socio demographic profile was selected for the present study. It was assessed with the help of self-designed questions related to socio demographic profile as well as Stress Scale developed and standardized by Dr. Prerna Puri and Tejinder Kaur and Professor Manju Mehta. It contains 36 Likert type items which were divided over ten dimensions of stress

Administration of the test

This research has been done at the time of lockdown. Questionnaire was mailed with clear instructions to 200 students of 5 different colleges of Agra university and 300 students at JS University of Firozabad district. Questionnaire was sent to 500 students out of which 430 students responded by filling up the questionnaire in three days. Responding students belong to various disciplines, gender, socio-economic background.

Data Analysis

A sample of 430 students has been taken for this research. The total score of all the students was calculated that is 13319. According to analysis based on data in Table-2:

- The percentage of score of Generalized Stress was found to be 55.056% of the total student, which falls under stanine grade 5.
- The percentage of score of career and academic stress factor was found to be 51.58% of the total students, which falls under stanine grade 5.
- Stress prone tendencies factor in total stress of students was found to be at the level of 61.907% which falls under stanine grade 6.
- Irritability level 49.68% was found in total student stress score which falls under stanine grade 5.
- Level of Easy-Going Personality 48.03% was found in the total stress score of the students, which falls under stanine grade 5.
- Low level of stress management stress factor was found to be up to 55.63% in total stress score of students which falls under stanine grade 5.
- The factor -negative mood state level in student's total stress score was found to be 62.008%, which falls under stanine grade 6.
- Percentage score of Factor-meaningless thought in the total stress score was found to be at the level of 59.43% which falls under stanine grade 5.
- In total stress, the factor-physical symptoms of stress were found to be at the level of 59.43%, which falls under stanine grade 5.
- In Total Calculated Stress of students, Factor Apprehensive Behaviour was found to be at the level of 64.409% which falls under stanine grade 6.

Table 1: Socio-demographic profile of the study subjects (n=430)

Variables	Subjects (%)
Age	
18-21	65
21-24	35
Residential status	
Rural	64
Semi-urban	28
Urban	8
Marital status	

Married	15
Unmarried	85
Divorced / Separated	0
Parents' Occupation	
Service (Govt. / Pvt.)	18
Own business	14
Agriculture	65
Laborer	3

The socio-demographic characteristics of the participants of the study are shown in Table 1. As per this study, age break up of total 430 subjects studied shows that age group of 18-21 years was the most represented (65%) compared to 21-24 years of age group (35%). While on asking their marital status, majority (85%) were found to be unmarried. As per the residential status 64% of the subjects were from rural background whereas 28% were from semi urban and 8% were from urban background. Regarding the respondent's family profession, it was noted that more than half, i.e., 65% of subjects were from agriculture background, which is followed by govt/ Pvt Service 18% and 14% are running their own business, very rare participants around 3% were categorized as labourer.

Table 2: Stress Factor Response

Stress Factor	Response Percentage	Mean	Standard Deviation	Interpretation at accumulated percentage
GENERALISED STRESS	55.0553902	30.83101852	7.644457882	High > 96% Above average 77% ~ 96% Average 40% ~ 77% Below Average 11% ~ 40% Low 0% ~ 11%
CAREER & ACADEMIC STRESS	51.5806265	8.252900232	3.029096832	
STRESS PRONE TENDENCIES	61.9068287	9.905092593	2.371088816	
IRRITABILITY	49.681713	3.974537037	1.747865724	
EASY GOING PERSONALITY	48.0324074	3.842592593	1.576580558	
LOW LEVEL OF STRESS MNGT SKILLS	55.6278935	8.900462963	2.432723502	
NEGATIVE MOOD STATE	62.0081019	4.960648148	1.518891874	
MEANINGLESS THOUGHTS	59.4328704	2.377314815	1.032530832	
PHYSICAL SYMPTOMS OF STRESS	59.4328704	2.377314815	1.032530832	
APPREHENSIVE BEHAVIOUR	64.4097222	5.152777778	1.288820993	

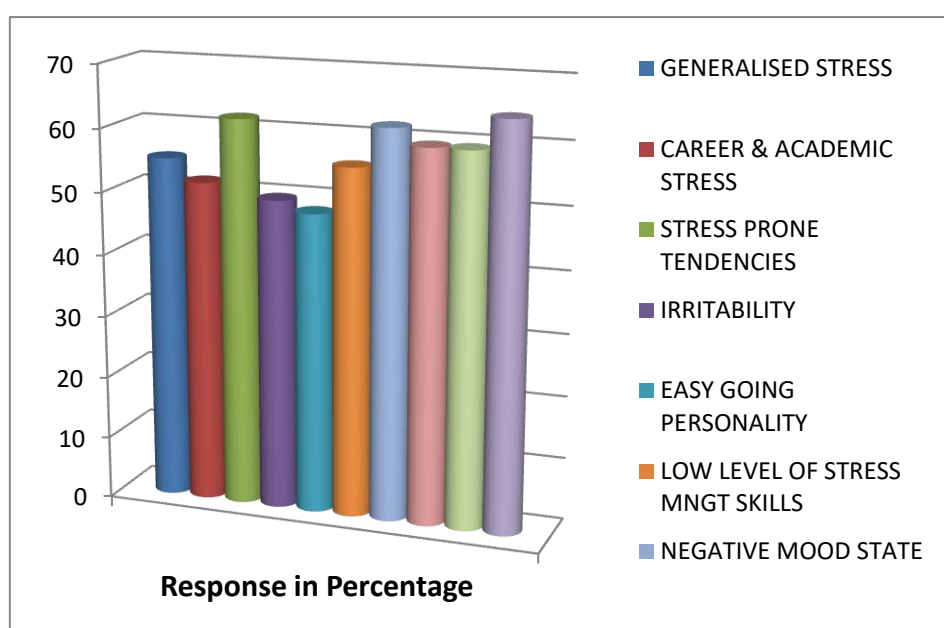


Fig.1: Study Response in Percentage

RESULT

Total stresses of samples from 430 students were analysed. Various Factor are: Generalized Stress, Career & Academic Stress, Irritability, Easy Going Personality, Low Level of Stress Management Skills, Meaningless thought, Physical symptoms of Stress. stanine grade 5 and 3 Factor Stress prone tendencies 7 Negative Mood State 10 apprehensive Behaviour levels found at stanine grade 6. Stanine grade 5 and 6 are both related to the average level of stress. Therefore, the stress level of all the students involved in the research was found to be average. Hence the hypothesis of research is not accepted.

CONCLUSION

The average stress among all the students represented in the research results is neither too low nor too high. Health is a major concern of student and therefore the promotion of healthy dietary and lifestyle habits should be encouraged as well as when teacher, parent and even students themselves should be aware that undue expectations about educational and in other field achievement can lead to stress. In the end we can say that regular study or work completion habits can help students to avoid stress.

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