



To identify the stress levels among students of selected junior college in Pune city

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Abstract

Introduction: Adolescence is a period when individual become independent from their parents. Apart from home environment they spend time in school, college environment which may influence the level of stress by adolescents. Academic matters are the important sources of chronic and sporadic stress for young people in both Western and Asian countries, it has significant associations with mental health problems, such as depression, anxiety and suicidal ideation. Suicide is the third leading cause of death among adolescents. Academic stress may be contributing factor in depression. Keeping this in mind a study was undertaken to exploratory study to identify the stress levels among students of selected Junior College in Pune city, with the objective of assessing the stress levels among Junior college students.

Materials & Methods: An exploratory design was selected with a quantitative approach; the samples selected were through a non-probability convenient sampling method. The total sample size was 200 and the variable studied was stress level. The setting of the study was selected junior colleges. Tool consisted of two sections, the first dealing with the demographic data, and the second section consisted of a modified stress scale.

Results: 130 (65%) of the students were female. In type of family, 126 (63%) are from nuclear family and 67 (33.5%) are from joint family. Birth order among adolescents 100 (50%) were 2nd child in their family, 65 (32.5%) were the first child and 33 (16.5%) were the third child. Students aged 16 were 78 (48%), age of 17 years were 76 (39%) and age of 18 years were 22 (11%). Occupation of mothers 169 (84.5%) were homemakers, 16 (8%) were in any other professions, 07 (3.5%) were private employees and 05 (2.5%) were business women. In terms of occupation of father 70 (35%) were business man, 56 (28%) were in other profession, 50 (25%) were private employee. Science stream had 39 (58.20%) were having mild stress and 27 (40.30%) were having moderate stress. Commerce stream students had 47 (70.15%) were having moderate stress and 20 (29.85%) were having mild level of stress. Arts Stream Students had 34 (51.50%) were having moderate stress and 32 (48.50%) were having mild level of stress. Male adolescent students had 39 (56.50%) were having moderate stress and 29 (42%) were having mild level of stress. Female adolescent students i.e. 68 (53.30%) were having moderate stress and 62 (47.70%) were having mild level of stress. Overall stress levels were 108 (54%) were having moderate stress and 91 (45.5%) were having mild level of stress.

Conclusion: The purpose of the present study was to assess the stress levels among adolescent students attending junior colleges in Pune city. Overall analysis reveals that the stress levels among adolescent students i.e. 108 (54%) were having moderate stress and 98 (45.5%) were having mild level of stress.

Keywords: stress, students

Introduction

The WHO defined an adolescent (from Latin "adolescere" meaning "to grow up") as any person between age 10 – 19. Today, every fifth person in India is an adolescent & every third person a young population of adolescents. Adolescent is a period during which the relationship both between young people & their parents undergo significant changes, such as – conflicts becoming more frequent with the problem in self – image identification & role conflict. This is a peak age of onset for serious mental illnesses due to overload of stress from physical, emotional, social & sexual changes make them over burdened with stress. WHO estimates that 70% of pre mature deaths among adult is initiated during adolescence such as – self harm & suicide. Adolescence is a period when individual become independent from their parents. Apart from home environment they spend time in school, college environment which may influence the level of stress by

adolescents. Adolescence is a transitional stage from childhood to adulthood and is a time of major changes in all areas of functioning. Academic matters are the most important sources of chronic and sporadic stress for young people in both Western and Asian countries, and has significant associations with mental health problems, such as depression, anxiety and suicidal ideation. There is an increasing concern regarding study pressure and its relationships with mental health problems among school children and adolescents in India. Suicide is the third leading cause of death among adolescents, and unrevealed depression is a major cause. Academic stress may be contributing factor in depression.

Methodology

An exploratory design was selected with a quantitative approach and the samples selected were through a non-probability convenient sampling method. The total sample

size was 200 and the variable studied was stress level. The setting of the study was selected junior colleges. Tool consisted of two sections, the first dealing with the demographic data, which included age, gender, stream, family type, birth order, and occupation of the parents. The second section consisted of a 5 point scale modified stress scale with 20 statements to identify the stress levels. The stress scale was scored as 5,4,3,2,1 for positive statements and 1,2,3,4,5 for negative statements. The tool was validated by 5 experts from nursing department. Valuable suggestions were incorporated & tool was finalized. Permission was obtained from research committee & institute ethical committee. The data collection was done in the selected from selected junior colleges in Pune city. Administrative permission was sought from the colleges. The researcher briefed the participants of the study and consent was taken. The time by the participants to complete the questionnaire was approximately 15 minutes.

Major findings

i) Demographic characteristics of sample

130 (65%) of the students were female. In type of family, 126 (63%) are from nuclear family and 67 (33.5%) are from joint family. Birth order among adolescents 100 (50%) were 2nd child in their family, 65 (32.5%) were the first child and 33 (16.5%) were the third child. Students aged 16 were 78 (48%), age of 17 years were 76 (39%) and age of 18 years were 22 (11%). Occupation of mothers 169 (84.5%) were homemakers, 16 (8%) were in any other professions, 07 (3.5%) were private employees and 05 (2.5%) were business women. In terms of occupation of father 70 (35%) were business man, 56 (28%) were in other profession, 50 (25%) were private employee.

ii) Stress levels among science stream students

Table 1

N=67

| S No. | Stress levels | Frequency | Percentage |
|-------|----------------------|-----------|------------|
| 1 | Mild (00 - 40) | 39 | 58.20% |
| 2 | Moderate (41 – 80) | 27 | 40.30% |
| 3 | Severe (81 - 100) | 01 | 01.50% |

39 (58.20%) of the adolescents studying in the Science stream had mild stress levels were as (40.30%) had moderate level of stress.

iii) Stress Levels among Commerce Stream Students

Table 2

N = 67

| S No. | Stress levels | Frequency | Percentage |
|-------|--------------------|-----------|------------|
| 1 | mild (00 - 40) | 20 | 29.85% |
| 2 | moderate (4-80) | 47 | 70.15% |
| 3 | severe (81 - 100) | 00 | 00% |

Among the Commerce stream students 47 (70.15%) were having moderate stress and 20 (29.85%) were having mild level of stress.

iv) Analysis of the Stress Levels among Arts Stream Students

Table 3

N=66

| S No. | Stress levels | Frequency | Percentage |
|-------|----------------------|-----------|------------|
| 1 | mild (00 - 40) | 32 | 48.50% |
| 2 | moderate (41 – 80) | 34 | 51.50% |
| 3 | severe (81 - 100) | 00 | 00% |

Stress levels among Arts Stream Students was (51.50%) i.e 34 of the students were with moderate stress and 32 (48.50%) were having mild level of stress.

v) Analysis of the Stress Levels among Males

Table 4

N=70

| S No. | Stress levels | Frequency | Percentage |
|-------|--------------------|-----------|------------|
| 1 | Mild(00-40) | 29 | 42% |
| 2 | Moderate (41 –80) | 39 | 56.50% |
| 3 | Severe (81 - 100) | 1 | 1.50% |

The stress levels among Male adolescent students were (56.50%) i.e. 39 of them were having moderate stress and 29 (42%) were having mild level of stress.

vi) Analysis of the stress levels among females

Table 5

N=130

| S No. | Stress levels | Frequency | Percentage |
|-------|----------------------|-----------|------------|
| 1 | Mild (00 - 40) | 62 | 47.70% |
| 2 | Moderate (41 - 80) | 68 | 52.30% |
| 3 | Severe (81 - 100) | 0 | 00.00% |

The data represent in Table No. 6 stress levels among female adolescent students i.e. 68 (53.30%) were having moderate stress and 62 (47.70%) were having mild level of stress.

Overall Analysis of the stress Levels among Adolescents

Table 6

N=200

| S No. | Stress levels | Frequency | Percentage |
|-------|----------------------|-----------|------------|
| 1 | Mild (00 - 40) | 91 | 45.5% |
| 2 | Moderate (41 – 80) | 108 | 54% |
| 3 | Severe (81 - 100) | 01 | 0.5% |

Overall stress levels among adolescents revealed that 108 students i.e. (54%) were having moderate stress and 91 (45.5%) were having mild level of stress.

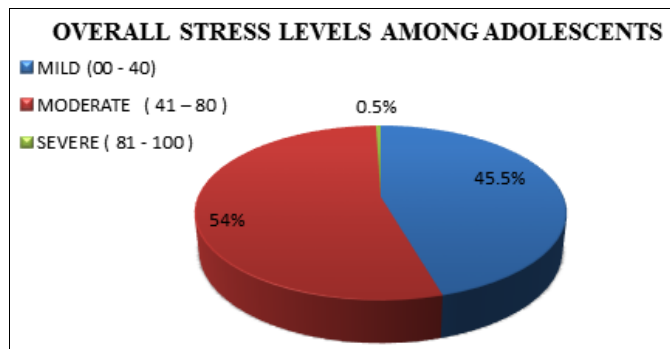


Fig 1: shows the overall stress levels among adolescent students 108 (54%) were having moderate stress and 98 (45.5%) were having mild level of stress.

The result of the analysis shows that maximum numbers of students were having moderate level of stress.

Conclusion

The purpose of the present study was to assess the stress levels among adolescent students attending junior colleges in Pune city. The stress levels among Science stream adolescents i.e. 39 (58.20%) were having mild stress and 27 (40.30%) were having moderate stress. The stress levels among Commerce stream students i.e. 47 (70.15%) were having moderate stress and 20 (29.85%) were having mild level of stress. The stress levels among Commerce Stream Students i.e. 47 (70.15%) were having moderate stress and 20 (29.85%) were having mild level of stress. The stress levels among Arts Stream Students i.e. 34 (51.50%) were having moderate stress and 32 (48.50%) were having mild level of stress. The stress levels among Male adolescent students i.e. 39 (56.50%) were having moderate stress and 29 (42%) were having mild level of stress. The stress levels among female adolescent students i.e. 68 (53.30%) were having moderate stress and 62 (47.70%) were having mild level of stress. Thus the shows overall analysis and conclusion reveals that the stress levels among adolescent students i.e. 108 (54%) were having moderate stress and 98 (45.5%) were having mild level of stress.

Ethical Clearance

The topic of the study was approved by the Institutional Research Committee. The permission for conducting the study was obtained formally from the administrative authorities of Junior colleges of Pune City. The nature of the study, aims & objectives were explained to them. Written consent was obtained from the students after assuring that the information collected would be kept confidential & used for the research purpose only.

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