

## Assessment of Stress Level of Various Professional Courses Student: A Comparative

**Tanuja S. Raut**

(Asst. Prof.) P.G.T.D of Physical Education (S.G.B.A.U.Amravati), Maharashtra, India

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### Abstract

The purpose of this research paper is to Assess Stress Level of Various Professional Courses Student. The literature is supportive of the fact that stress places demands of an Student, common theme in the research article is that Professional Courses Student are faced with a unique set of stressors that may be overwhelming, thus altering the ability to cope with a situation. Strategies to reduce stress have been associated with Professional Courses Student. Total eighty subjects from Amravati University were selected for the present study. The data pertaining to the study was collected by standard Questionnaire of Stress constructed by Arun Singh, Ashish, K, Singh, and Arpana Singh were used for the collection of data. The subjects were selected by using simple random sampling method. In this study data were analysed and interpreted with the help of statistical term 'F' test.

**KEYWORDS:** - Stress, Professional

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**Introduction:-** Stress is a common element in the lives of every individual, regardless of race or cultural background. Over the past few decades, there has been significant aspects were found to be largely responsible for stress (86%) among the investigation on the issues of stress and management of stress. In addition, college students have been shown to possess a unique set of stressors which can affect their daily experiences. The focus of this research paper is on stress and how it can affect Professional success. Stress is a “nonspecific response of the body to any demands made upon it”. In other words, as demands are made on an individual or as situations arise, the body attempts to adjust or adopt to the situation in order to re-establish normalcy further states that there is a series of physiological reactions that occurs in response to environmental demands or any noxious stimulus. Also states that prolonged and severe stress may be psychologically damaging in that it may hinder a person’s ability to engage in effective behaviour. Another view of the effect of stress on the body was presented by Lazarus and Folkman (1984), in that they state stress is more than a response to environmental demands, but is also related to personal perception. If an individual perceives a situation as stressful, then it is indeed stressful. Also, if an individual is susceptible or vulnerable to the negative effects produced by stressors, the situation may pose a threat or may be harmful to the individual. Furthermore, an individual’s well-being may be at risk whenever their resources to manage the stressful situation is limited or depleted. All in all, when multiple demands are made on an individual, they usually experience intense feelings of stress related to role-ambiguity, role-strain and role-overload. Along with the improvements during the scientific era and the rapid development of information, competitiveness among people has become increasingly intense, as a consequence, people have become busier and, therefore, stress is a natural consequence. Even though appropriate stress is a juncture for self-growth, it is also a motivation for people to progress actively. It not only

affects our thoughts and feeling but our behavioural models, as well. However, over stress causes problems and discomfort, and can have serious effects on people. Specifically, student faces the stress when they enter a completely new world of professional education. Today's students are more interesting in taking admission on professional courses, they want to secure their job by acquiring first position in this professional courses. But due to this competitive atmospheres they are getting stress. Researcher want to see which professional students are having more stress, so researcher had under taken a study entitled Assessment of Stress Level of Various Professional Courses Student: A Comparative

## **METHODOLOGY**

In the present study the main purposes of the study is to investigate the stress level within various Professional students of Amravati University. For this purpose researcher had selected subjects from Amravati University. For the collection of data 80 subjects were selected from various Professional courses likes Physical Education, M.B.A, M.C.A, and LAW, from Amravati University. For selection of subjects Twenty subjects from each professional course were selected from Amravati University. The subjects were selected by simple random sampling method. The standard Questionnaire of Stress constructed by Arun Singh, Ashish, K, Singh, and Arpana Singh, (Personal Stress Sources) are used for the collection of data. This standard Questionnaire contains 35 items. These types of Questionnaires are associated with particular validity and reliability which is reliable for the study. For the collection of data, the questionnaire is to be given to the subjects by the researcher and giving explanations about the given questionnaire for getting best results. In this way, the data were collected from the respondents for the given study. The given responses by the subjects were analyzed and interpreted. The raw data were converted into standard one by using a statistical technique 'F' test for testing of hypothesis.

## **STATISTICAL ANALYSIS AND INTERPRETATION OF DATA**

In this study data were analysed and interpreted with the help of statistical term 'F' test.

### **Scoring of data:**

The Stress Level within various Professional Students of Amravati University Were measured by standard Questionnaire prepared by Arun Singh, Ashish, K, Singh, and Arpana Singh. After the collection of data from the various Professional Students of Amravati University the raw data were converted into standard one by using a statistical technique 'F' test for testing of hypothesis.

**Table No.-1**  
**Table Showing comparison of stress level between various professional courses**

Sources of Variation	d.f	SS	MSS	F value
Treatment	3	1476.9	492.3	9.47
Error	76	3948.3	51.96	

Significance at 0.05 level

$$\text{tab } F_{0.05} (3,76) = 3.96$$

Above table shows comparison of stress level between various professional courses of Amravati University. On the bases of mean all four courses i.e Physical Education, M.C.A, LAW, & M.B.A. are having different stress level . But to see this stress level is significant or not researcher calculated (F) test. And table shows that this difference is significant at 0.05 level. Because calculated (F)  $9.47 > \text{tab } F_{0.05} (3,76) = 3.96$ . Difference between mean are significant therefore post hoc test was applied . It is given in the below table no. 2

**Table No. 2**

Name of Department	Name of Department	M.D	C.D
M.C.A (77.8)	Phy.Edu (65.95)	11.85	14.41
	Law Dept. (69.55)	8.25	
	M.B.A (71.3)	6.5	

Graph Showing mean of stress level between various professional courses

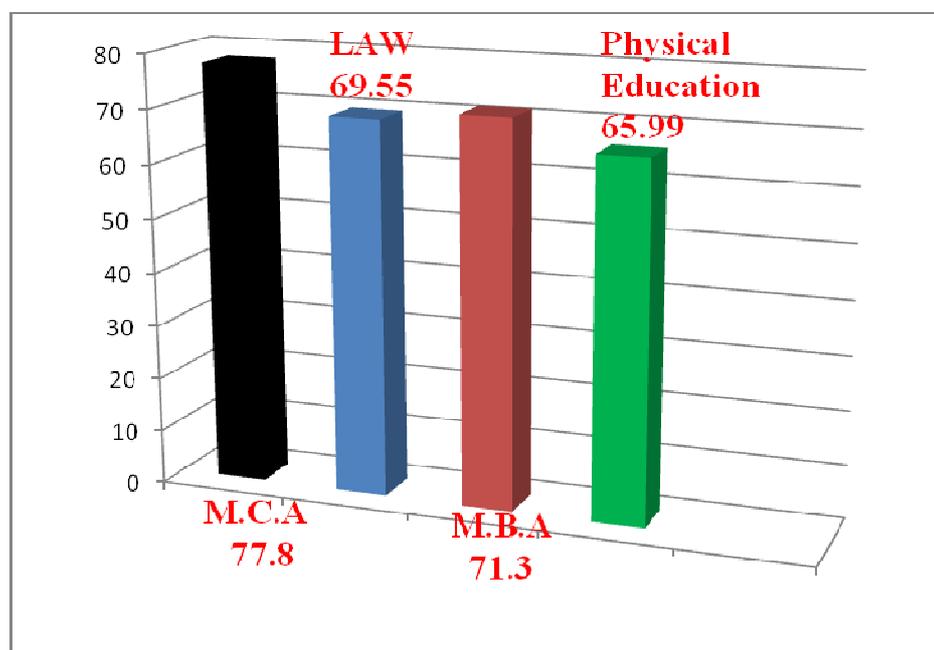


Table No 1 reveals that there was difference mean between Professional group because mean of Professional group (M.C.A) = 77.8 which is greater than the mean of Physical Education = 65.95 it show that means difference between M.C.A and Physical Education is 11.85. This shows that M.C.A students are having more stress level than Physical Education Students. Mean difference between M.C.A and Law Dept. 69.55 it show that means difference between M.C.A and Law Dept is 8.25. This shows that M.C.A students are having more stress level than Law Department Students. And also mean difference between Professional group (M.C.A) = 77.8 which is greater than the mean of M.B.A =71.3) it show that means difference between M.C.A and M.C.A is 6.5. This shows that M.C.A students are having more stress level than M.B.A Students. And also critical difference among them is 14.41. Stress levels between all four departments are different but that this difference is not significant at 0.05 levels because C.D is greater than all mean differences

### Conclusion:-

stress was found to be more prominent among the students of professional courses by many research studies, The causes of stress may be different components of academic activity in the professional course such as work setup. The components of academics, in general, are curriculum and instruction, team work, assessment and placement. these aspects were to be largely responsible for stress . Finding of the study shows that Physical Education students are having comparatively less stress than other three departments. Researcher thinks that it may be due to M.P.Ed students are involving in more physical and recreational activities. They are also having same work load as compared to other departments, but they are performing their work through play way method. That means physical education students are able to manage their stress .

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