

## “A study of Psychological aspects of Rural Students”

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### Abstract

The purpose of the study was to study the Psychological aspects of the students studying in Rural area of Akola district. For this purpose research selected has sixty students. These were selected from Gulam Nabi Azad Art, Commerce and Science college BarshiTakli. The selection was based on Random sampling method. The age of the students were ranged from 19 to 25 years. The standard questionnaire of Psychological aspects i.e. Aggression and Stress were used to collect data.

Collected data was analyzed . The level of significance was set at 0.5 level.

**KEYWORDS-** Aggression, Stress, Aggressive behavior, Rural students

### INTRODUCTION

The Psychological aspects of personality of individual plays a significant role in once success. All successful person have good psychological aspects specially in case of stress and Aggression . They manage the stress in important situation which brings them closer to success.

Stress relates to the force applied to a system that invariably brings about some change or modification. Psychological stress is often thought of as perceived demand of a situation in relation to the resources of the individual to cope with those demands. When the demands are judged to outweigh the person's resources, stress is the result result. McGrath(1970) suggested that stress results when there is a sub stained imbalance between (environmental) demand and response capability, under conditions where failure to meet the demands has important consequences. Some psychologist prefer to think of stress as the process itself. Various emotional reactions might result from stress. For example Facing a tough opponent is appraised as stretching one's resources.

Aggression is closely associated with human behavior and is necessary for an individual to live and struggling life for higher achievements. Struggle in life or in sports for supremacy dominance and excellence obviously involves aggression, when hostility takes some aggression, the situation becomes alarming and it takes the phase of an antisocial behavior.

Aggressive behavior may violate social boundaries. It can also lead to breakdown in one's relationships. It can be obvious or reticent. Occasional aggressive out bursts are common and even normal at right circumstances. Frustration

Aggressive behavior in students and players is unacceptable, it goes beyond the scope of colleges normal boundaries. Examples of rebellious or hostile behavior by a student consist

of losing temper easily, consistently arguing with teacher deliberately arguing with teachers, deliberately engaging in activities that irritates others.

Aggressiveness in students may be caused by several things as a self defense reaction, stressful situation, lack of routine work, excessive n or anger, over stimulation, or by reflect aggressive behaviors of other who live around them.

### **NEED OF THE STUDY**

The deviation of such behavior of students and players is caused of concern. Because increase of Stress and Aggression brings lot of discipline problem in colleges and on playground also.

Responding to students aggression with anger makes matter or situation worse. Students rely on their teachers for cues on not to control impulses and behave in class and on playground. Aloud and angry teacher who tries to intimidate on angry students and remains totally distracted from teaching.

Therefore, it has become necessary to study the Aggressive behavior and stress and to find out the basic cause of it amongst students.

### **AIM**

To study the Psychological Aspects of Rural students.

### **OBJECTIVES**

1. To study the stress level of students studying in colleges of Rural Areas.
2. To study the Aggression level of students studying in colleges of Rural Area.

### **MATERIAL AND METHODOLOGY**

**Study type-** Survey design

**Sample method-** Random sample method

**Sample size-** 50

**Place of study-**

**Duration of study** 4 weeks

**Criteria of study-** The standard questionnaire of Aggression scale constructed by R.L. Bharadwaj was used to know the Aggressive Behavior.

The questionnaire of stress scale by DR. Vijay Lakshmi was used to know the stress level.

### **PROCEDURE OF STUDY**

In the present study Researcher wanted to study the stress level and Aggression level of the students who are studying at Rural area that is Moulana college

As per expert advice research collected data from 60 students of this college.

The questionnaire was explained to students and purpose was also intimated to them.

The collected data was converted in to tabular form and was analysed with the help of statistical procedure.

Table showing the mean of stress level and Agression level-

<b>Name of variable</b>	<b>Mean score</b>	<b>SD</b>
Stress level	63	12.3
Gression level	67	13.4

## **CONCLUSION**

As per the responses collected through questionnaire the stress level was found 63 which was moderate and also Aggression level 67 which was found high.

It is concluded the students of rural area are also suffering in danger zone at psychological aspects specifically is stress level and Aggression level. Therefore, more counseling should be done to control this.

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