

A Study of Stress and Problems Facing By Trained Unemployed Students of Physical Education in Amravati

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Abstract

This paper represents the Stress and Problems Facing by Trained Unemployed Students of Physical Education in Amravati. Total Sixty (60) subjects were selected for the present study. The data pertaining to the study was collected by self designed opinionnaire. In this study data were analysed and interpreted with the help of statistical term Chi-Square (χ^2). The findings of this study shows that due to unemployment the trained unemployed students are not facing any problem regarding stress because there are various other income sources which can give rise to lot of stress other than that mentioned above.

Introduction:

Stress is a state to which the natural body equilibrium i.e. Homeostasis is disturbed caused by any threat to organism. Only some stresses are universal. One stress may be stressful to one person but it may not be a stressful to another. The events that produce stress or the source of stress are called stressors. Stressors come in many forms. They are as under Social stressors, Chemical/bio- chemical, Bacterial, Physical, Climatic, Psychological.

Stress relates to the force applied to a system that invariably brings about some change or modification. Psychological stress is often thought of as the perceived demands 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. McGrath (1970) suggested that stress results when there is a substantial imbalance between [environmental] demand and "response capability, under conditions' where - failure to meet the demands has important consequences'. Some psychologists prefer to think of stress as the process itself; various emotional reactions might result from the stressor (i.e. the demand itself). For example, 'facing a tough opponent' (the stressor) is appraised as stretching one's .resources (the stress process).

Unemployment has become a global problem and it has brought serious economic problems particularly in developing countries. Most of the underdeveloped countries are basically characterized by the problem of unemployment and underemployment. The problem of unemployment in underdeveloped countries differs fundamentally from that in developed economies. The unemployment problem in developed countries is merely a social problem rather than an economic curse. In developing countries, unemployment differs from that in developing countries in its origin, form and composition. Different types of unemployment can be seen in underdeveloped countries which mainly arise from shortage of capital formation but in developed countries it arises

largely from the deficiency in aggregate demand which is of a cyclical nature.' Unemployment has always been a challenging and frustrating problem to the economists and administrators both in developing and developed economies.

METHODOLOGY:

In the present study the main purpose was to find out the, study of stress and problems facing by trained unemployed students of physical education in Amravati. For this purpose researcher had selected subjects from Amravati District. For the collection of data 60 subjects were selected. Only those subjects would be included in this study, which are unemployed from last five years. The subjects were selected by available sampling method. The self designed preliminary Opionionnaire was made with the help of guide and experts. After development the Opionionnaire the researcher had taken a pilot study on subjects and he discussed with the guide and experts about the required questions for testing the reliability and validity of the Opionionnaire. The self developed Opionionnaire would be distributed to the unemployed students of physical education in Amravati. The data pertaining to the study was collected by self designed opionionnaire. It is hypothesized that due to unemployment large no. of problems and too much stress are found in trained unemployment students of Amravati district. The reliability of the instrument (opionionnaire) was calculated with the help of split-half method and it was found 0.86. All the possible statements that are relevant to stress and problems faced by trained unemployed students of physical education were collected from sources and included in the opionionnaire, it can be reasonably assumed to have count validity. After finding the reliability of the Opionionnaire negative statements have been dropped from the Opionionnaire and only positive statements were included in the final Opionionnaire.

STATISTICAL ANALYSIS AND INTERPRETATION OF DATA

In this study data were analysed and interpreted with the help of statistical term Chi-Square (χ^2)

Scoring of data:

The stress of unemployed students of physical education was measured by self developed Opionionnaire. All the statement was scored on the five point (5) scale. All the items were given a score of 5 for strongly agree, 4 for agree, 3 for undecided, 2 for disagree and 1 for strongly disagree. The sum of these scores gives the attitude score for the subject. The total score varies from showing positive/ negative stress and problems facing by trained unemployed students of physical education of District Amravati.

Table No: 1
Chi Square (χ^2)

Category	Stress Level Of Unemployed Students	Attitude Of Society Towards Unemployed	Unemployment Students Are Involved In Various Crimes.	Government Policy and Unemployment
Strongly Agree	0.35	0.84	1.48	0.35
Agree	0.89	1.08	1.03	0.02
Undecided	0.00	0.17	0.09	0.67
Disagree	0.13	0.03	0.17	0.00
Strongly Disagree	0.00	0.13	0.12	0.89
χ^2	1.37	2.25	2.89	1.93

Tabulated Chi Square at 0.05, level of significance, 4df is 9.49

From the above table it is observed that the stress level of unemployed students shows that near about 41.55% students are of opinion that they are facing a lot of stress due to unemployment and at least about 38% students are not facing any stress due to unemployment. Attitude of society towards unemployed shows that near about 40.54% students are of opinion that due to unemployment the status of an individual in a given society gets declined and near about 37.55% are of opinion that due to unemployment the status of an individual in a given society is not declined due to unemployment. Unemployed students are involved in various crimes shows that near about 39% students are of opinion that due to unemployment the people are involved in various crimes and at least 40% are of opinion that due to unemployment the people are not involved in various crimes. Government policy and unemployment shows that near about 40% students are of opinion that the government policy is responsible for giving rise to unemployment in a particular state and at least 44% are of opinion that the unemployment is not due to the policy of government. Chi-square χ^2 of stress level of unemployed students is 1.37. Chi-square χ^2 of attitude of society towards unemployed is 2.25. Chi-square χ^2 of unemployment students are involved in various crimes is 2.89. Chi-square χ^2 of government policy and unemployment is 1.93. Tabulated value of Chi-square χ^2 is 9.49 at degree of freedom 4 and level of significance 0.05. That means the unemployment students of Physical Education in Amravati are not having problems of Stress of unemployment. They are not bothered about the society and government policy. They are not involved in various Crimes for day to day survival. Over all researcher also thing all together about these factors. And it given into table no. 1

Graph of Chi Square (χ^2)

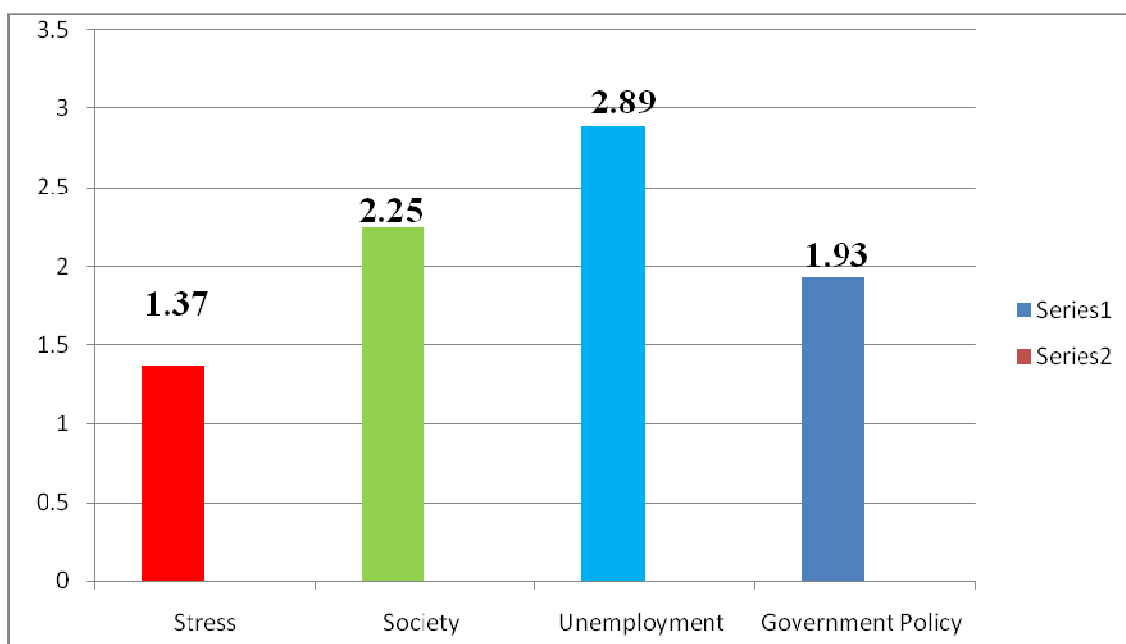


Figure No: 1

Table No. 2

Showing the table of Stress and problems facing by Trained Unemployed Students of Physical Education in Amravati.

	S.A	A	U	D.A	S.D
Fo	16.27	23.85	19.88	19.88	20.16
Fe	20	20	20	20	20
Fo-fe	-3.73	3.85	-0.12	-0.12	0.16
(Fo-fe) ²	13.91	14.85	0.01	0.01	0.02
(Fo-fe) ² /fe	0.69	0.74	0.05	0.05	0.01

Level of significance = 0.05

$$\text{Chi-square} = \sum \{ (fo-fe)^2 / fe \}$$

$$\text{Chi-square} = 0.69 + 0.74 + 0.05 + 0.05 + 0.01 = 1.54$$

From the above table it is observed that the frequency observed for strongly Agree is 16.27, for Agree it is 23.85, for Undecided it is 19.88, for Disagree it is 19.88, and for strongly Disagree it is 20.16. Near about 40.12% students are of opinion that due to unemployment the stress level of the students due to unemployment increases and near about 40.14% are of opinion that they are not facing any stress and any problems due to having and not having problems are near about same. Chi-square also shows that there was no stress level due to unemployment. The students who are facing unemployment.

The χ^2 for whole opinionnaire is 1.54. The tabulated value of χ^2 at 4 degree of freedom and 0.05 level of significance is 9.49. Because the obtained χ^2 is less than the table value of χ^2 . Percentage of both types of students stress there causes may be different from the causes which have taken by the researcher.

Graph shows that stress and problems facing by Trained Unemployed Students of Physical Education in Amravati.

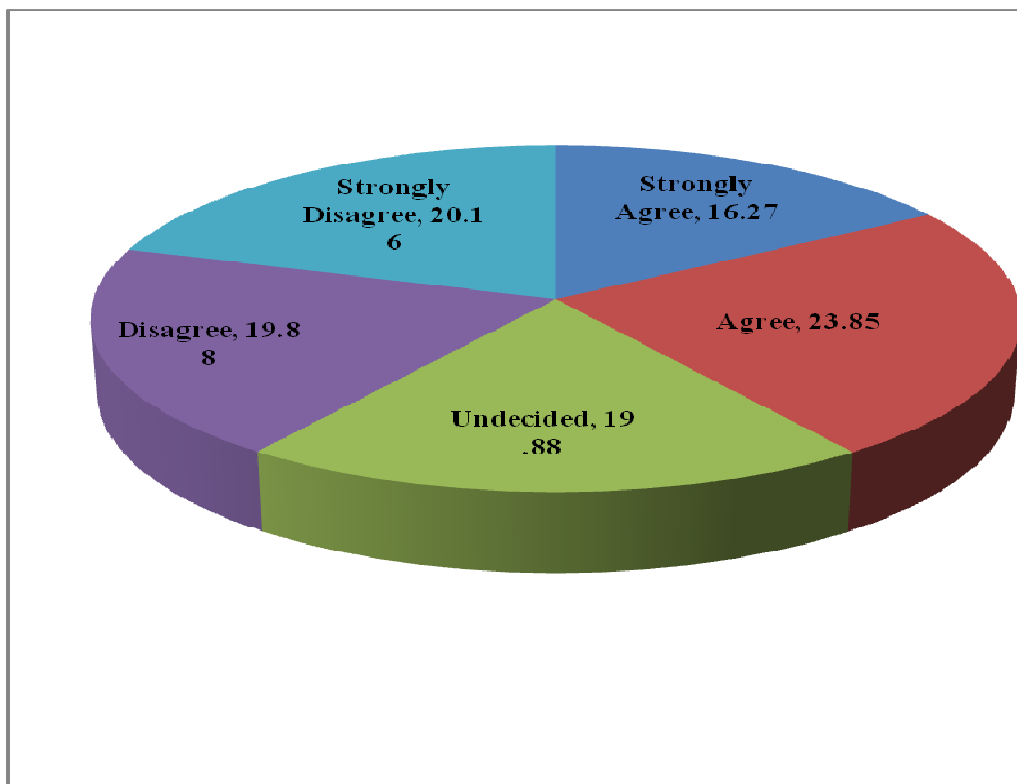


Figure No.2

Conclusion:

Within the limitations of the study and from the statistical analysis the following conclusion is drawn. At last the percentage of both types of students those who are having problems due to unemployment and those are not have the problems are near about the same.

Also, after the analysis of the gathered data, with the help of chi-square. It also shows that there is no stress level found among the unemployed students of Amravati. There are other sources which are responsible for giving rise to lot of stress among them like some have financial problems and some have different types of worries of different things. It is also concluded that it is not only unemployment which gives rise to lot stress level but there are many factors by which the stress level among the students is increased.

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