



Gender Differences of Post Graduate College Students on Stress

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ABSTRACT

This research was aimed to investigate/study of gender difference on stress level among the post graduate students in Govt national college sirsa. This study was conducted on a sample of 100 PG College students in which 50 respondents were boys and remaining 50 respondents were girls. The response was obtained using stress scale by Dr. Perna Puri, Dr. Tejinder Kaur and Prof. Manju Mehta. On the statistical analysis of the data findings revealed that girl students have more stressed than boys students.

KEY WORDS: Stress, Gender.

INTRODUCTION:

College life can be challenging and stressful for students due to academic pressures, social pressures, financial concerns, and other factors. Stress is a common experience among college students, and if not managed properly, it can have negative effects on their physical and mental health, academic performance, and overall well-being. Therefore, it is important to understand the levels of stress experienced by college students and the factors that contribute to their stress. This study aims to compare the levels of stress experienced by college students based on gender study. Stress is an inescapable part of life generally touches a wide range of groups of population with no regard to their gender. Despite the fact stress, depression and anxiety are prevailing mental health problems among college students. College students are a group that to the translational nature of college life. College students undergo numerous educational, social, environmental and psychological adjustment difficulties in the new campus atmosphere which may affect their psychosocial well-being and learning outcomes. Stress seems to be very common in college students life because college students need to ensure their academic survival and prepare themselves for the further career. Many researchers have also noted that stress is not always negative. It also pretakes positive motivational contribution in people 'life.

REVIEW OF LITERATURE:

Kumari Suman (2017) conducted 'A study of gender difference in stress among University Students'. On the statistical analysis of the data finding revealed that male students experienced more stress than female students.

Dawit Yikealo, Werede Tareke and Ikali Karvinen (2018) conducted a study on 'the level of stress among college students: A case in the college of education, Eritrea Institute of Technology'. The results revealed that there was a moderate level of stress among the students. The students level of stress was found to have no statistically significant associations with their gender and grade point average.

Harutyunyan, Musheghyan, and Hayrumyan (2020) conducted a study on 'Gender difference in perceived stress level among undergraduate students in Armenia' This study was conducted as a research assignment during the basics of healthy lifestyle course and aimed to investigate the stress level among undergraduate students at the American University of Armenia(AUA). The majority of AUA undergraduate students experienced medium or low stress levels. Male students experience higher stress levels but their perceived stress level was much lower than in among females.

Sue Graves and Hall (2021) conducted a study on 'Gender difference in perceived stress and coping among college students'. Overall results females indicated higher levels of stress than their male counterparts. Gender difference was evident in both coping dimensions and individual coping strategies used. Females were found to utilize the emotion-focused coping dimension and endorsed the use of four coping strategies more than males. These included self distraction, emotional support, instrumental support and venting.

Devchoudhury Supriya, Devasagayam and James (2022) conducted a study on 'Academic stress and personality in relation to gender: a study on the undergraduates'. The result revealed that a significant gender difference was not found in academic stress. An understanding of the gender difference on academic stress and personality will be helpful to find out individual difference and accordingly design strategies to help students deal with the challenges of life.

Objectives of the study:

To study the stress level among Post Graduate College students.

To study the gender difference of post graduate college students on stress

Hypothesis of the study:

There is no significant gender difference of post graduate college students on stress.

Sample:

Purposive sampling technique is used to select sample. Total 100 post graduate students are selected in which 50 are boys and 50 are girls.

Tool used in the study:

Stress scale by Dr. Prerna Puri, Dr. Tejinder Kaur and Manju Mehta is used to collect the data. This scale has 34 questions. For each item, score are to be awarded according to the following scoring pattern Very often (4), often (3), Sometimes (2), never (1). No time limit should be given, although subject should be instructed not to take too long on a statement most of the subjects can finish within 20 minutes. Reliability of the scale was determined by split half method was .90 and validity of the scale was determined by tetrachoric was .97.

Results and Discussion:**Table no.1: Descriptive Statistic**

Variable	N	Mean	SD
Stress	Boys	78.76	15.08
	Girls	85.14	12.45

Table no. 1 shows Mean and SD (standard deviation) value on stress of boys and girls. The mean of boys is 78.76 and SD of boys is 15.08. The mean of girls is 85.14 and SD of boys is 12.45.

Table no.2: t-value

Variable	N	t- value
Stress	Boys	2.307
	Girls	

Significant at .05 level

Table no. 2 shows the t-value is 2.307. It shows that our null hypothesis is (there is no significant gender difference of post graduate college students on stress.) rejected at 0.05 level. Thus there is a significant difference among boys and girls. The results are also indicating that girls are more stressed than boys. Many studies are supporting my results.

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