

Stream of Education and its Impact on Stress

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Abstract – In today's world life is full of hassles, demands, competitions, expectations, and frustrations. An individual can be safe only when he/she can recognizing the cues and symptoms of stress and taking necessary actions to reduce its effects which are indeed very harmful. There is a gush of hormones adrenaline and cortisol which are released when a person perceives threat. The aim of the present study was to compare the students stress among the post graduate students of Physical Education, Sociology, Performing Arts and Women Studies of Bangalore University, the study sample consisted of 126 students pursuing their masters, out of which 29, 37, 30 and 30 students respectively, were administered the same questionnaire. To find out the difference in stress One Way ANOVA was applied. It was found that no significant difference existed among the Post Graduate students of the four departments of Bangalore University, this shows that the field of study does not have an influence on the stress level of students. Factors that are common across departments such as group work, interaction, and that these students are regular students who attend class with not much responsibility of running a family or working for their daily necessities, could be reasons why the stress levels do not show any significant difference.

Keywords: Performing Arts, Physical Education, Sociology, Stress, Women Studies

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1. INTRODUCTION

In today's world life is full of hassles, demands, competitions, expectations, and frustrations. Stress has become so common that it has become a way of life for most people. Stress has its own set of advantages when it's in small doses, it helps an individual in giving their best performance and motivates them to a great extent. But when there is constant stress an individual goes through a lot of psychosomatic problems. This can be reduced and keep the individual out of danger when the necessary steps are taken to reduce the harmful effects of stress.

When there is even the slightest threat or an imbalance in a person's life stress is the most prominent physical response which is seen. The body kicks into defense in high gear and rapidly, in an automatic process at the sense of danger whether it's real or imagined, this is known as the "fight-or-flight-or-freeze" reaction, or the stress response.

The stress response also helps to meet challenges. Stress is what keeps one extremely alert during an important presentation, keeps one on their toes when making those last minute decision of a pass or a throw in a game or even that force that drives a student to prepare for his/her exam. But when this stress is prolonged for a long time, it is no more helpful but starts being a huge problem and creates

a huge hindrance in the day to day life like the psycho socio problems and in turn, will have an impact on quality of life.

The Body's Stress Response

Adrenalin and cortisol are the stress hormones which are released by the nervous system when stress perceived. This helps the body prepare for an instant response. Where the senses become sharper while the physiological changes like the muscle tightens, heart pounds, the breath quickens and the raise in blood pressure is seen. This in turn has an impact on strength, speed, stamina, reaction time and focus on preparing the body for the flight or flee response.

2. RESEARCH QUESTION

The purpose of the study was to compare the stress in students across four departments of Bangalore University, namely Physical Education, Sociology, Performing Arts and Centre for Women Studies.

3. METHODOLOGY

The study sample consisted of 126 students pursuing their masters from four departments of Bangalore University, out of which 29 students from Physical Education, 37 students from

Department of Sociology, 30 students from Performing Arts and 30 students from Centre for Women Studies. All the students were administered the same questionnaire.

The Stress Questionnaire for Students was selected as a psychological variable for the study, the reason for selecting the stress questionnaire was to see to the level of stress prevailing among the students perusing there masters in the four departments of Bangalore University. The Ministry of Social Security, National Solidarity, and Reform Institutions, Republic of Mauritius developed the Stress Questionnaire for Students.

The questionnaire was distributed once the subjects were assembled in their classes. The students were given instructions on how to fill the questionnaire as efforts were made to get accurate information.

To find out the difference in stress One Way ANOVA was applied with the help of the SPSS package. THE FOUR DEPARTMENTS

Physical Education.

Is an educational course related to the physique of the human body, the students who take up this course have completed their Under Graduation with some basic sports participation.

Department of Sociology

The study of human social behavior and its origin, development, organization and institution is nothing but what sociology is all about. Social science is where different methods of empirical investigations and critical analysis are used to develop a body of knowledge about human social actions, social structure, and functions, the students who take up this course have completed their Under Graduation.

Department of Performing Arts

When the artist uses various forms of art like his/her voice, body or an object to convey a message or when visual art like paint, canvas or any material is used to express an experience it is called Performing arts. The specialty of this is that it involves a variety of discipline where it is all performed in front of live audience. This department is a fully fledged post-graduation centre.

Centre for Women Studies

Women's studies is known for its interdisciplinary views in the field of academics, politics, media, history and society from a women's perspectives. Here the focus of research and critical views are on gender, race, sexuality, class, social norms and social inequalities. It is mainly related to the field of gender studies, this is a vast area of study as there has been an enormous gap in the societies when it

comes to women and their thoughts in the society, the students who take up this course have completed their Under Graduation.

4. RESULTS

The mean and standard deviation for the stress of students in the four departments of Bangalore University, namely University College of Physical Education, Department of Sociology, Department of Performing Arts and Centre for Women Studies, were calculated.

TABLE 1 Showing the Mean and Variance of the Groups

Sl. No.	Groups	Count	Stress Scores	Average	Variance
1	Physical Education	29	820	28.27586	57.49261084
2	Sociology	37	1007	27.21622	62.06306306
3	Performing Arts	30	744	24.8	210.5793103
4	Women Studies	30	898	29.93333	54.96091954

TABLE 2 Showing Results of Students Stress

ANOVA					
Stress					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	416.643	3	138.881	1.468	.227
Within Groups	11544.730	122	94.629		
Total	11961.373	125			

The difference was established at 0.05, the 'f' value for which is 2.60.

The difference was established at 0.05, the 'f' value for which is 2.60.

1. There is no significant difference in stress among the four departments of Bangalore University, namely Physical Education, Department of Sociology, Department of Performing Arts and Centre for Women Studies.
2. Further analysis was not required as the calculated value of 'f' 1.468 is less than the table value of 'f' 2.06.

5. DISCUSSION

The study clearly shows that there is no difference in the stress of students among the four departments of Bangalore University, namely Physical Education, Department of Sociology, Department of Performing Arts and Centre for Women Studies.

This shows that the field of study does not have an influence on the stress level of students. Factors that are common across departments such as group work, interaction, and that these students are regular students who attend class with not much responsibility of running a family or working for their

daily necessities, could be reasons why the stress levels do not show any significant difference.

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