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## REVIEW ARTICLE

### A STUDY ON STRESS AMONG YOUTH REGARDING SOCIAL, EDUCATION & FINANCIAL PROBLEMS

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# A Study on Stress among Youth Regarding Social, Education & Financial Problems

**Gayatri Chugh**

Supervisor W.C.D Department

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## INTRODUCTION

Youth are projected as the most vociferous and vocal section of the society and are active, energetic and vivacious. When their energy is channelized constructively it yields to a delightful future not only for the youth but also for the whole nation.

Youth represents energy, enthusiasm and vigour which is a vulnerable but untapped human resource. However, when the energy is exploited negatively it culminates a deviant situation causing discomfort to all sections of the society.

The state of stress, frustration, unruliness and aggressiveness is explicitly seen in youth's behaviour; their reasons for agitation are often superfluous academic and unwarranted.

Today the youth fail to generate an environment which could succeed in sustaining the fabric of the prevailing order.

Youth in every country are the supreme symbol of strength and it is essential for any country to pay attention to the specific needs and problems of its youth.

The problem of youth are however compounded and complicated by environmental factors and other socio-cultural process like economic insecurity, unsafe, - future, self-dependency which produces stress among youth today and might produce may emotional, mental and personality problems.

Youth adult becomes worried about jobs, future plans, marriage and settlements. Youth face basisrn and tolerate repression, when they break the bonds of tolerance; they have moments of anxiety and anger. They feel disguised, detected and become withdrawn. They suffer from the feelings of inadequacy, guilt, aggressive behaviour, mental depression, sulkiness attempts of suicide etc.

## STRESS

The process of blocking or thwarting of needs causes stress in human beings or the delaying of some ongoing course of action or goal gratification. This situation psychologically effects, as when someone is in stress tends to react with anger, with drawl, depression. Stress has important implications for personality development.

A certain amount of stress is perfectly normal. Yet when people are asked to describe stress—they most often choose the words like anxiety, overwhelmed, danger and illness; conditions that causes tissue damage for beyond daily tear and wear of living in stress.

Stress is a type of stimulus that occurs in sufficient amount to cause psychological disturbance.

## CONCEPT OF STRESS

Stress can have undesirable effects on behaviour, thought and bodily functioning; stress can arise either from specific situation or from development transitions. Stress events vary in several ways: duration, severity, predictability and self-confidence of the person living with the family, which is seen as protection by some individuals and as restraint by others. Some individuals enter more directly into the adult role of marriage and full time work; whereas others enter a more or less extended adolescence through university or job training experience. So this life traditional task like development of personal identity, renegotiations of the relationship to the family, development of stable and enduring ties to others may be stressful situations.

We may tackle the concept of stress as the unpleasant feelings of that result when motive satisfaction is blocked or delayed, The concept of stress is said as psychological assault on tissues and the effect of this assault disturbance or facilitation of adaptive functioning produced by conditions of deprivations, thwarting or the prospects of this are anger, depression, despair, helplessness and guilt, Stress is not one of these things, nor it is the stimulus-response or intervening stress but rather a

collective term referring to the field of stress which covers psychological sociological and physiological area of problems.

## SOCIAL STRESS IN YOUTH

A great variety of different social circumstances and environmental conditions are capable of producing state of stress. The community involvement, disturbed interpersonal relationships, unwanted marital life, death of family member or intimates, breakage of engagement, break off with the girl/ boyfriend etc. are some of the bereavement conditions which produces a great deal of stress on the individuals.

In addition, the loss of valuable possession in the society due to unemployment, failure of occupation started : effects the mental health of individuals and produces stress in them.

## EDUCATIONAL STRESS IN YOUTH

In this era of competition in each and every field business, services, job etc.; every person is competing to achieve his aim according to his aspirations. There are condition when the achievement is delayed or remains unfulfilled which causes frustration and stress in the individual. High stress interferes with vocational and certainly regretting one's tentatively chosen field of study. Dissatisfaction with teacher's attitudes, politics in education increases the level of depression and stress in youth's. Undecided career and inadequacy/incapability of coping with the subject selected to acquire the aim leads to stress in youth.

High unemployment rates of graduates a growing factor in developing and developed nations is pointed as a major stress during a university education.-

## FINANCIAL STRESS IN YOUTH

Stress occurs whenever the organism meets a more or less insurmountable obstacle or obstruction in its route of satisfaction of their vital needs. Financial dependency is one of reason for the stress in young people, When youths are dependent on their family for money for their studies including form fee, examination fees, academic fees etc. and ask time and again for money produces inferiority complex in them which in turn causes stress; unemployment adds strain to the problem.

The methodological details of report entitled "Stress among youth regarding social, educational, and financial problems" are organized as follows: When the requirement of youth's increase and parents deny finance for the purpose, this causes much of frustration and tension in youngsters, behavioral problems occur in them.

## EFFECT OF STRESS UPON YOUTHS

Marshall and copper (1997) point out the term "stress has been used to denote any of three things.

An Excessive environmental force

The harm caused

The individual's reaction in such a situation

Mental health and development of young's are much affected by the state of stress and ultimately cause can probably be traced to the environment; poor diet, sleep disturbances, ageing, smoking, excessive alcohol drinking; all tax the body. There is an increased susceptibility to stressor induced abnormal effects-diabetes skin disorders, stomach ulcers, high blood pressure, asthma, susceptibility to cancer and a host of other diseases (Allen, 1983; Newberry and Bammer, 1983).

Most headaches, according to Barbara Brown (1977) result from muscle tension and chronic stress he noted that regardless of the original source of the headache is stress, injury or chemical agents, which can unwillingly propel us into vicious cycles. Headache acts as a stressor that can lead to muscle tension, thereby increasing headache.

## REACTIONS OF THE BODY TO STRESS

Selye (1978) described the characteristic way that bodies react to the continuing presence of stress as the general adaptation syndrome (GAS). He indicated that our bodies show three stages of responses to stress: alarm, resistance and exhaustion.

### Alarm stage

The first stage of the general adaptation syndrome mobilization of physiological resources to deal with the stressor. Components of the alarm reaction include rapid pulse, sweaty palms, pounding heart, tensing of leg and arm muscles, clenched jaw and, so on:

### Resistance Stage

The second stage of the general adaptation syndrome physiological resources cope with prolonged stress but at a cost of taking away resources from other bodily function and leading to various symptoms such as inability to concentrate, irritability, frequent anger, disrupted digestion and elimination, anxiety, lack of interest in love making.

### Exhaustion Stage

The third stage of general adaptation syndrome, the individual's defenses give out and he or she becomes especially vulnerable to diseases and tissue damage, There is an increased susceptibility to stressor induced hormonal effects} diabetes, skin disorders, stomach ulcers, high blood pressure, asthma, susceptibility to cancer. etc.

## SURVEY REPORT

The methodological detail of report entitled stress among youth regarding social education and financial problems are organized as follows:

### 1. STATEMENT of THE PROBLEM

The present report aims at the findings of stress among youth produced due to social, educational and financial problem.

### 2. TOOL'S DESCRIPTION

Name of the tool A life stress scale for University student. Author-Agrawal and R. Naidu.

The scale was designed to fine out the amount and king of life stresses encountered by University students. The scale consists of 58 items describing the undesirable experiences and event likely to occur in the lives of University. Out of these 18 items which lies under social education and financial stress had been selected

### 3. SAMPLE: DESIGN & SELECTION

The study was conducted in different professionally qualified as the persons who had qualified NET Exam., LL.B., M C.A., Finernann'S (1979} views—Stress is characterised by a persistent and high level of experienced anxiety and tension, Method of sampling purposive convenience sampling.

### 4. LOCALE OF THE STUDY FOR THE PRESENT RESEARCH WORK

The sample for the present study was the students residing in Laxmibai, Malviya and Kasturba girls hostel of University of Rajasthan, Jaipur.

### 5. PROCEDURE OF DATA COLLECTION

Procedure of data collection was through questionnaire method, consisting of seven point scale assigning. 'One to seven' scores respectively. The higher scores on scale reveal the reciter degree of stress whereas the lower score shows the lesser degree of stress.

| S.No.  | 1                      | 2                     | 3                | 4                   | 5                | 6                     | 7                      |
|--------|------------------------|-----------------------|------------------|---------------------|------------------|-----------------------|------------------------|
| Scale  | Not at all distressing | Very less distressing | Less distressing | Average distressing | Much distressing | Very much distressing | Unbearably distressing |
| Scores | 1                      | 2                     | 3                | 4                   | 5                | 6                     | 7                      |

#### ANALYSIS

| S.No. | Item Scale  | Percentage of Respondents Producing Stress |                |                          |
|-------|---|--|----------------|--------------------------|
|       |   | Less average stress                        | Average Stress | More then average stress |
| 1.    | Major decrease in outings & social activities (Meeting people).       | 9  | 26             | 65                       |
| 2.    | Started living at friend's or relative place.                         | 31   | 20             | 49                       |
| 3.    | Apprehended for a simple breach of law.                               | 0  | 60             | 40                       |
| 4.    | Serious differences arose with a friend or neighbour.                 | 26   | 29             | 45                       |
| 5.    | Neighborhood environment interferes in personal matters.              | 18   | 13             | 69                       |
| 6.    | Family environment got tensed.  | 4  | 8              | 88                       |
| 7.    | Theft of wealth & property.   | 14   | 13             | 73                       |
| 8.    | I had inconvenience in finding means of conveyance to the University. | 26   | 22             | 52                       |
| 9.    | Family income decreased heavily.                                      | 3  | 10             | 87                       |
| 10.   | Lectures were incomprehensible.                                       | 23   | 20             | 57                       |
| 11.   | Indiscipline increased in the University.                             | 36   | 40             | 24                       |
| 12.   | I had to choose the subjects I was not interested in                  | 13   | 15             | 72                       |
| 13.   | Examination was held late.  | 21   | 63             | 16                       |
| 14.   | Appeared in examination despite ill health.                           | 46   | 33             | 21                       |
| 15.   | Adequate facilities not available in the laboratory.                  | 0  | 27             | 73                       |
| 16.   | Important books were not available in the library.                    | 35   | 22             | 51                       |
| 17.   | Course was not completed in the class.                                | 19   | 63             | 18                       |
| 18.   | I do not get adequate time for studies.                               | 0  | 33             | 67                       |

## RESULT

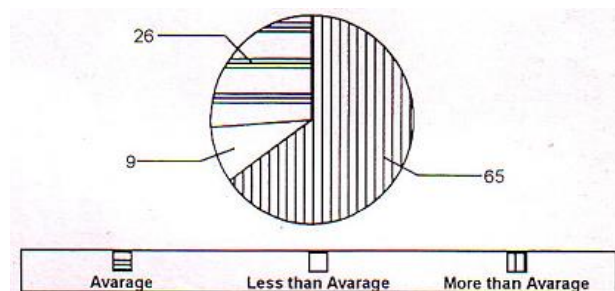
Following results are obtained from the analysis of data.

### 1. Stress produced due to so problems

Today the youth face much of stress due to problem in their social system.

Problems like the major decrease in outing & social activities produces much than average stress in 65 % of the sample and average stress in 26% of the sample.

#### 1.1 Stress Due to Major Decrease in Outing & Social Activities



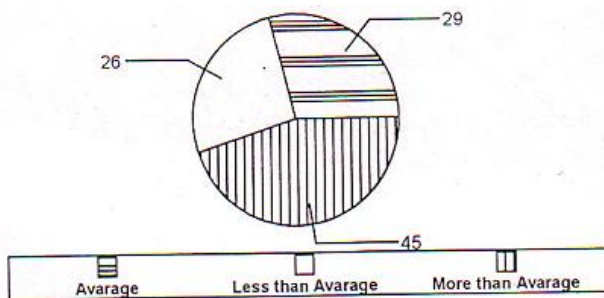


49% of the sample depicted was having more than average stress if they started living at their friends of relatives house, 24% out of 31% of the sample which lies under less than average stress found it not all distressing & they enjoy & appreciate living at friends & relatives house. The entire student found it distressful condition if they break a law 60% was averagely stressful.

The Problem like serious differences arose with a friend or neighbor cause more than average stress in 45% of the sample, 26% of the sample which is also a substantial number was very less distressed in such conditions.

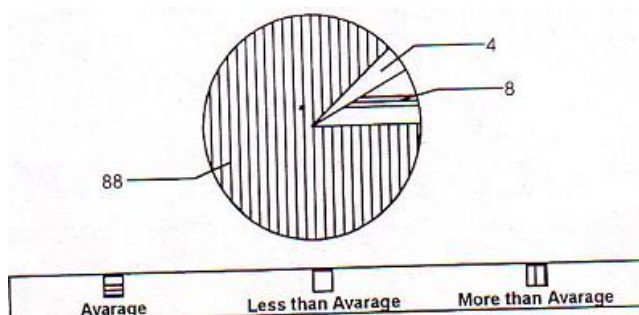
The Situation, if the neighborhood environment interferes in personal matters cause more than average stress in 69% of sample 13 of sample was averagely stressed in such a conditions.

## 1.2 Stress Due to Serious Difference arose with a friends or neighbor



The matters like family environment got tensed produced more than average stress in 88% of sample 4% of sample produces less than average stress under such stressor conditions.

## 1.3 Stress Due to Tension in Family Environment



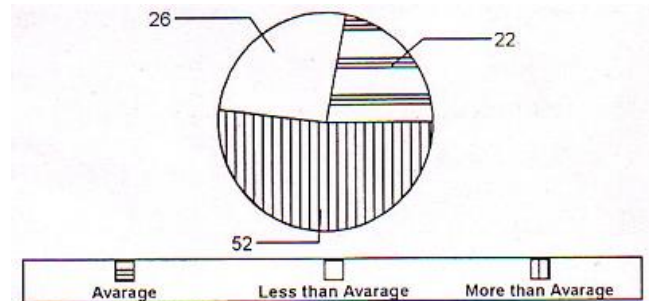
## 2. Stress produced due to Financial Problems.

If the sample face the financial problem like the theft or wealth & property produces more than average stress in 73% of the sample & 13% of the sample is averagely stressed.

If the young people do not get facilities or inconvenience finding means of conveyance to the

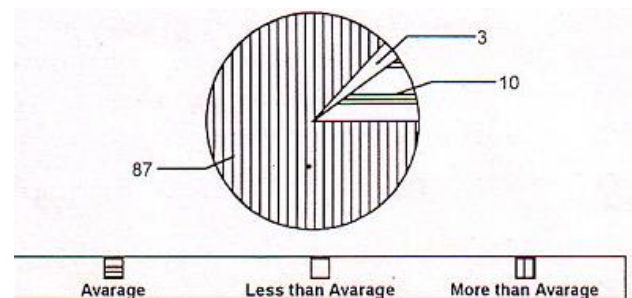
university than 52% of the sample found more than averagely distressed 22% of the sample was averagely distress 26% of the sample which is a substantial number found is least distressful condition.

## 2.1 Stress Due to Lack of Facilities of Conveyance to the University



The Problems like the heavy deterioration in family income cause more than average stress in 87% of the sample and average stress in 10% of the sample i.e. almost all the young student found it the severe stressor situation if the severe stressor situation if there is a decrease in family income.

## 2.2 Stress Due to Decrease in the Family Income

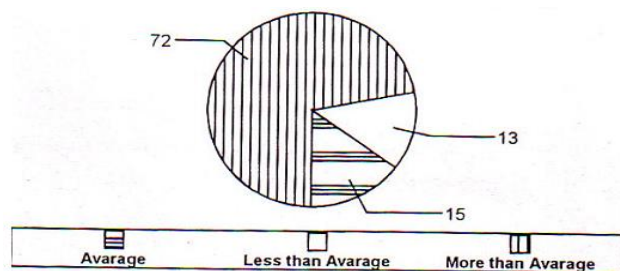


## 3. Stress produced due to Educational Problem

When the youth face the education problem like incomprehensible lectures than 57% of the sample are more than averagely distressed 20% of the sample is averagely stressed & 23% i.e. approximately 1/4 of the sample is least stressed in such a situation?

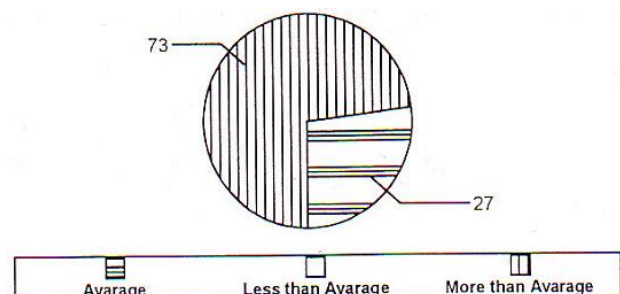
The situation like if one had to choose the subject he/she is not interested in than severe stressor condition is faced by 72% of the sample, 15% of the sample was averagely stressed 13% of the student were least distressed under such situation. Most of the sample thinks that such study will be a burden and one can't achieve success if he or she has to choose the subject he is not interested in.

### 3.1 Stress Due to Acceptance of Uninteresting Subject

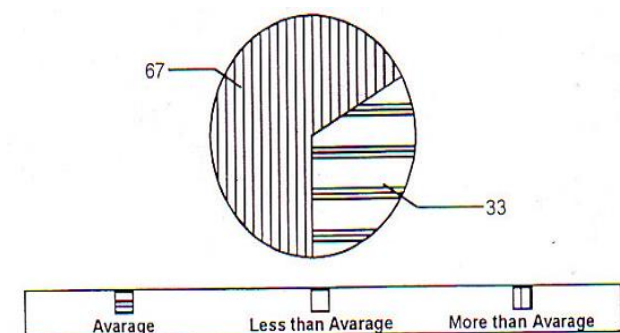


The Problem like adequate facilities were not available in laboratory & do not get adequate time for studies produces severe stressor condition in 73% & 67% of the sample respectively & average stress in 27% & 33% of the sample respectively.

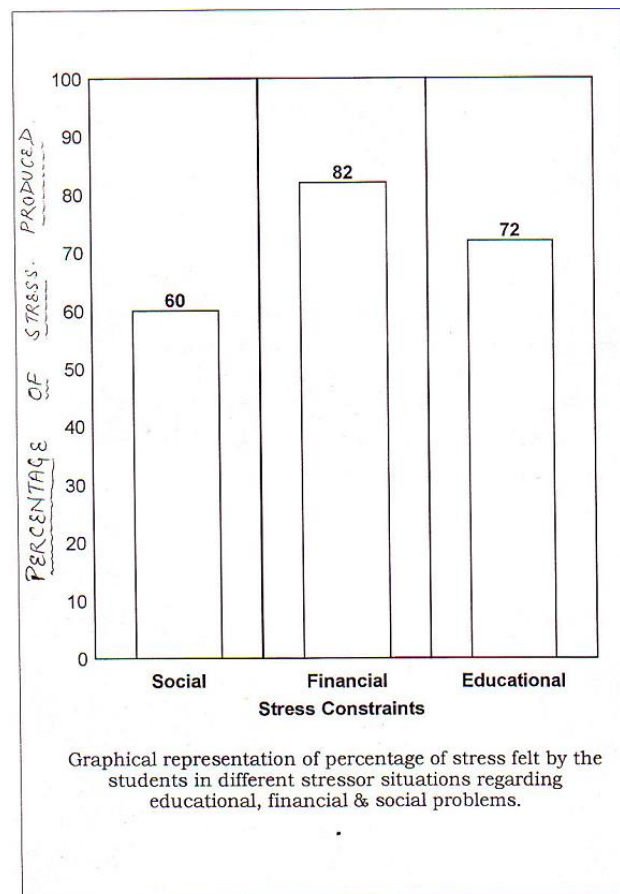
### 3.2 Stress Due to Unavailability of Adequate Laboratory Facilities



### 3.3 Stress Due to Disturbance in Studying Periods



The Problem like Examination held late & course not completed in class produces average stress in 63% of the student in each case of 21% & 19% of the sample respectively found it least stressor situation.



## CONCLUSION

The Result shows 60% of young student got stressed if they were having problem in social system. Social issues like major decrease in outing & social activities family environment got tensed, Interference of neighborhood environment in personal matter leads to more than average stressful situation in youth.

Financial problem were indicated as higher stressor for youth i.e. 82% the major troubles like decrease in family income & other financial constraints were great stressor for young people.

72% of student indicated stress related to education. More than average education stress were observed for problems related to syllable important books reference not available in library, much stress indicated for problem like lack of adequate time for studies, disturbed academic sessions etc.

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### GENERAL INFORMATION

Name:

Age:

Sex:

Department:

Faculty:

Qualification:

### Instructions:

1. You reply will be kept strictly confidential.
2. This is a simple scale containing d. 8 items describing undesirable experience and events likely to occur in the lives of University students.
3. Seven alternate responses given against each statement. Only tick one of the responses.

### STRESS AMONG YOUTH REGARDING SOCIAL, FINANCIAL AND EDUCATION PROBLEMS

| S.No. | Item Scale  | Not at all distressing | Very less distressing | Less distressing | Average | Much | Very Much | Unbearable |
|-------|---|------------------------|-----------------------|------------------|---------|------|-----------|------------|
| 1.    | Major decrease in outings & social activities (Meeting people).       |                        |                       |                  |         |      |           |            |
| 2.    | Started living at friend's or relative place.                         |                        |                       |                  |         |      |           |            |
| 3.    | Apprehended for a simple breach of law.                               |                        |                       |                  |         |      |           |            |
| 4.    | Serious differences arose with a friend or neighbour.                 |                        |                       |                  |         |      |           |            |
| 5.    | Neighborhood environment interferes in personal matters.              |                        |                       |                  |         |      |           |            |
| 6.    | Family environment got tensed.  |                        |                       |                  |         |      |           |            |
| 7.    | Theft of wealth & property.   |                        |                       |                  |         |      |           |            |
| 8.    | I had inconvenience in finding means of conveyance to the University. |                        |                       |                  |         |      |           |            |
| 9.    | Family income decreased heavily.                                      |                        |                       |                  |         |      |           |            |
| 10.   | Lectures were incomprehensible.                                       |                        |                       |                  |         |      |           |            |
| 11.   | Indiscipline increased in the University.                             |                        |                       |                  |         |      |           |            |
| 12.   | I had to choose the subjects I was not interested in                  |                        |                       |                  |         |      |           |            |
| 13.   | Examination was held late.  |                        |                       |                  |         |      |           |            |
| 14.   | Appeared in examination despite ill health.                           |                        |                       |                  |         |      |           |            |
| 15.   | Adequate facilities not available in the laboratory.                  |                        |                       |                  |         |      |           |            |
| 16.   | Important books were not available in the library.                    |                        |                       |                  |         |      |           |            |
| 17.   | Course was not completed in the class.                                |                        |                       |                  |         |      |           |            |
| 18.   | I do not get adequate time for studies.                               |                        |                       |                  |         |      |           |            |