



A comparative study of stress between M.P.Ed and M.Sc students of university of Kota

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Abstract

The purpose of the study was determined to compare the stress between M.P.Ed and M.Sc students of university of kota. For this purpose eighty students were selected randomly from university. The subject's age ranged between 18 to 28 years. The selected subjects were further divided into two groups (M.P.Ed group and M.Sc group). The purpose and importance of the study was explained to the subjects before the administration of test. Perceived Stress scale by Sheldon Cohen (10 items) was administered among the subjects. Data were collected from the subjects, and obtained scores statistically analysed by used t-test. The results of the study showed that the stress mean value of the M.P.Ed students was lower than M.Sc students. This study aimed to summarize that the psychological variables of stress were low of M.P.Ed student group. when compared to the M.Sc students group.

Keywords: Stress, M.P.Ed, M.Sc, students

Introduction

Regular exercise also can help you mentally by making it easier to manage stress, leaving you more energetic, making daily chores easier to accomplish, helping you sleep better and improving your self-image. Breaking out of a sedentary lifestyle and making exercise a regular part of your life can have impressive benefits. It can increase the amount of blood your heart can pump, lower your heart rate when you are at rest, lower your blood pressure, reduces stress, boost mental health and reduce body fat. The best part about these benefits is that they are accessible, to some degree, to almost any individual who builds exercise into his or her daily routine.

The study may help to explore the levels of stress among students which may have positive thinking and performance. Stress is commonly used word in the English language and stress has something to do with feeling tense, worries and anxious. It is not calm and relaxed feeling, it is an adoptive response to an internal condition that shows unwanted situation of the body.

Stress

The term "stress", as it is currently used was coined by Hans Selye in 1936, who defined it as "the non-specific response of the body to any demand for change".

In psychology, stress is a feeling of strain and pressure. Small amounts of stress may be desired, beneficial, and even healthy. Positive stress helps improve athletic performance. It also plays factor in motivation, adaptation, and reaction to the environment. Excessive amounts of stress however, may lead to many problems in the body that could be harmful. Three diseases that are influenced by stress are clinical depression, cardiovascular disease, and human immunodeficiency virus.

Stress is a word commonly used, but vaguely applied in the community. Stress occurs for a range of endogenous and extrinsic reasons, often unique to the individual, though

there are some common elements and Stress or cognitive arousal can have positive effects on the individual, but excessive or chronic stress can negatively impact health.

Stress seems to rise from a clash between a person's perception of events and their expectations.

Stress has been on a rise in this era as science and technology have brought tremendous changes in the life style of people. Stressful situation at work place, disturbs the mental peace, weakens a person psychologically and creates complexities in social and familial relationship. A survey in 2007 by Associated Chamber of Commerce and Industry of India also reported that work related stress and mental fatigue is affecting the Indian employees (www.assochem.org).

Hypothesis

There would be significance difference between M.P.Ed and M.Sc students of university of kota in terms of measuring stress.

Methodology

Selection of Subjects

To achieve the purpose of this study eighty (N=80) college male students were selected randomly from kota university. The selected subjects were further divided into two groups (M.P.Ed and M.Sc students). The subject's age ranged between 18 to 28 years.

The stress scale developed by Sheldon Cohen was selected to assess the subject's stress. The aim of the Questionnaire is to understand the feelings and situations in one's life are appraised as stressful. It have 10 items has five possible answer such as never, almost never, sometimes, fairly often, and very often select the most appropriate answer as for as you are concerned put a (?) mark against that answer. The Data collected from the subjects was statistically analysed by 't' test. The purpose of study was explained to the subjects before the administration of questionnaire.

Table 1: Mean, S.D and t-ratio showed level of Stress between M.P.Ed and M.Sc students

Group	N	Mean	Standard Deviation	Std. Err. Mean	t-ratio
Mped students	40	20.16	2.18	0.344	08.56
M.Sc students	40	24.23	2.07	0.327	

** Significant at 0.05 level

It is observed from the above table that the calculated means for M.P.Ed and M.Sc students group were 20.16 and 24.23 respectively, and the calculated 't' value 08.56 is higher than the table value 2.02 at 0.05 level of confidence. Findings

show significant difference in the mean values of stress between M.P.Ed and M.Sc students group. It is concluded that the level of stress of the M.P.Ed students is found to be significant than the M.Sc male students of university.

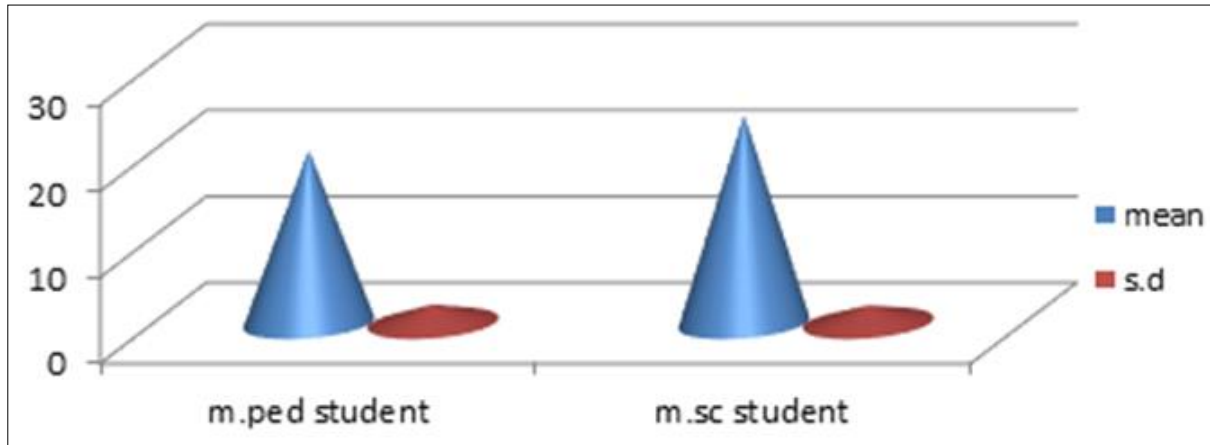


Fig 1: Bar Diagram Showing The Mean Differences Of Stress Between M.P.Ed And M.Sc Students

Discussion

The present study was designed to analyses and compare the stress between M.P.Ed and M.Sc students group in university of kota. The results of the study reveal that the stress between M.Sc students was significantly higher than the M.P.Ed students. The present research study has been supported by the following authors, Gerber, Markus, *et al.* (2013) [3] Stults-Kolehmainen MA; Sinha R. (2013) [6] Radhakrishnan, T. (2016).

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Conclusion

The Result of the study shows significance difference in mean value of stress between M.P.Ed and M.Sc students. On the basis of the finding of this study investigator have concluded that M.P.Ed students may have higher level of mental health and low level of stress when compare to M.Sc students students.

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