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A study of stress facing by unemployed students of physical education in Jammu

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Abstract

This paper represents the stress level of unemployed students of physical Education in Jammu District. 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 technique 'chi-square'. The finding of this study shows that due to unemployment there is no stress level found among the trained unemployed students of physical education in Jammu. Because they are engaging themselves in the various works regarding their day to day life.

Keywords: Physical Education, Stress, unemployment

Introduction

Stress is a *physical, emotional, and psychological* response of a person or family to an event, condition, or demand. Refers to the residue of tension generated by a situation that remains unchanged [8].

- Good (Eustress) VS Bad (Distress)
- Stress Pile-Up
- Adaptation

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:

1. Social stressors.
2. Chemical/bio- chemical.
3. Bacterial.
4. Physical.
5. Climatic.
6. Psychological [1].

Physical education

To understand the meaning of '*Physical education*', we must be aware of the meaning of the word '*education*'. Education means *writing, gaining, knowledge, going to school, reading books, etc.* Education is that process of learning which modifies our behaviour towards progress. The meaning of the word '*physical*' stands for *bodily movement* and the word '*education*' means the '*development of a wholesome man towards happy living*'.

Physical education is a part of general education. It involves those activities which help to achieve the goals of education. It helps in the development of both body and mind. It also helps to develop the total personality. In fact, there is no synonym of physical education. It is different from other subjects and has an important position in educational process. Physical education is the sum of those experiences which come to the individual through movement [2].

Unemployment

"The situation of not being able to find a job" [3]. When people are without jobs yet have actively sought work within the past four weeks. The unemployment rate is a measure of the prevalence of unemployment and it is calculated as a percentage by dividing the number of

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unemployed individuals by all individuals currently in the labour force. During periods of recession, an economy usually experiences a relatively high unemployment rate. In a 2011 news story, business week reported, "more than 200 million people globally are out of work, a record high, as almost two-thirds of advanced economies and half of developing countries are experiencing a slowdown in employment growth" [4].

Methodology

Every researcher wants to be systematic during his whole research work. So the researcher divides each chapter of his work systematically in order to face less difficulty in the conductance of the problem. In the present chapter, the design of the study has been presented under the following headings:

Source of Data:

For the Present study subjects were selected from Jammu district.

Selection of Subject

Sixty (60) trained unemployed students of physical education would be taken for the study from Jammu District. Only those subjects would be included in this study, which are unemployed from last five years.

Sampling Method

The subjects were selected by Available random sampling method.

Equipments used for collection of data

The self-designed opinionnaire was used for the collection of data.

Administration of Opinionnaire

Before the collection of data the administration of Opinionnaire is very important. In administration of any kind of test (Opinionnaire) three things are very much effective to be taken into consideration.

1. What is to be done before the application of any kind of test?
2. What is done during the application of any kind of test?
3. What things are to keep into the mind before the fulfilment of any kind of test?

So first of all, the researcher made self designed opinionnaire consists of 15 opinions in the form of 5 point scale by taking the help of my guide and experts. After that the opinionnaire is distributed among all the unemployed students of Physical education in Jammu District in order to fulfil the opinionnaire. Then the statistical analysis will be done with the help of statistical technique ‘chi-square’ for testing of hypothesis.

Statistical Analysis and Interpretation of Data

The data was collected from the subjects by using self designed opinionnaire developed by the researcher under the guidance of guide and experts and analysis and interpretation is done on the basis of special statistical technique ‘chi-square’.

Scoring of data

The stress of unemployed students of physical education was measured by self developed opinionnaire. 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 facing by trained unemployed students of physical education of District Jammu. These findings are shown in tabular form as well as in graphical form as below:

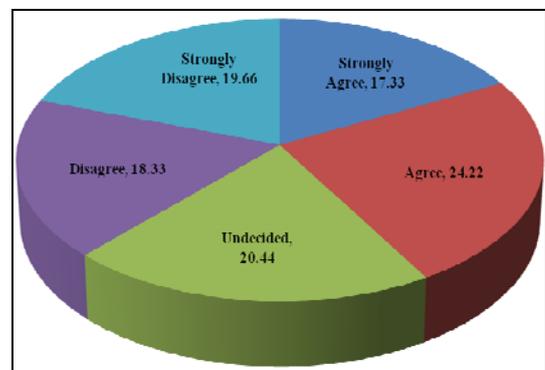
Table 1: Showing that stress level of Unemployed Students of Physical Education in Jammu District

| | S.A | A | U | D.A | S.D |
|--------------------------|-------|-------|-------|-------|-------|
| Fo | 17.33 | 24.22 | 20.44 | 18.33 | 19.66 |
| Fe | 20 | 20 | 20 | 20 | 20 |
| Fo-fe | -2.67 | 4.22 | 0.44 | -1.67 | -0.34 |
| (Fo-fe) ² | 7.12 | 17.80 | 0.19 | 2.78 | 0.11 |
| (Fo-fe) ² /fe | 0.35 | 0.89 | 0.00 | 0.13 | 0.00 |

Level of significance = 0.05
 Chi-square = $\sum \{(fo-fe)^2/fe\}$
 Chi-square = 0.35 + 0.89 + 0.00 + 0.13 + 0.00
 Chi-square = 1.37

From the above table it is observed that the frequency observed for strongly Agree is 17.33, for Agree it is 24.22, for Undecided it is 20.44, for Disagree it is 18.33, and for strongly Disagree it is 19.66. 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 because of unemployment. After that the researcher uses a statistical technique ‘chi-square’ for the justification of the collected data.

The χ^2 for above given statement is 1.37. The table 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 , it is concluded that the stress level of unemployed students are not significant.



Graph 1: Graphical Representation Showing that Stress Level of Unemployed Students of Physical Education in Jammu District.

Conclusion

Within the limitations of the study and from statistical analysis the following conclusion is drawn.

The findings of this study show that there is no stress level found among the trained unemployed students of physical education in Jammu because they are engaging themselves in the various works regarding their day to day life and there are various other income sources which can give rise to lot of stress other than that mentioned above.

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