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## A comparative study of academic stress among unemployed physical education persons of Anantnag district (Jammu and Kashmir)

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### Abstract

In the current research, the both problems and solutions, embarrassments and insights and finally confusions and adjustments has been discussed. The subjects were 40 in number 20 in each group i.e., (20) boys and (20) girls of Anantnag District (Jammu & Kashmir). The standardized questionnaire of stress was used to collect the data. No force has been applied to the subjects Also the subjects were divided into two equal groups. i.e, the first group is from the age of 18-22 and the second group is from the age of 23-28 years. There were both male and female subjects.

The data collected were tabulated for both the groups for all the variables. The level of significance was at 0.05 level which was appropriate for research scholar of Master Degree Level. To know the difference in the selected variables T- test for independent samples was used.

**Keywords:** comparative-study, academic-stress, unemployed, physical-education, anantnag district etc

### Introduction

The term stress had none of its contemporary connotations before the 1920s. It is a form of the Middle English de stressie, derived via Old French from the Latin stringere, "to draw tight." It had long been in use in physics to refer to the internal distribution of a force exerted on a material body, resulting in strain. In the 1920s and 1930s, the term was occasionally being used in biological and psychological circles to refer to a mental strain or a harmful environmental agent that could cause illness. Walter Cannon used it in 1926 to refer to external factors that disrupted what he called homeostasis. Homeostasis is a concept central to the idea of stress. In biology, most biochemical processes strive to maintain equilibrium, a steady state that exists more as an ideal and less as an achievable condition. Environmental factors, internal or external stimuli, continually disrupt homeostasis; an organism's present condition is a state in constant flux moving about a homeostatic point that is that organism's optimal condition for living. Factors causing an organism's condition to diverge too far from homeostasis can be interpreted as stress.

### Meaning of stress

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.

### Clinical Symptoms and Disorders

#### Symptoms

Signs of stress may be cognitive, emotional, physical, or behavioral.

#### Cognitive symptoms

1. Memory problems
2. Inability to concentrate
3. Poor judgment

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4. Pessimistic approach or thoughts
5. Anxious or racing thoughts
6. Constant worrying

#### Emotional symptoms

1. Moodiness
2. Irritability or short temper
3. Agitation, inability to relax
4. Feeling overwhelmed
5. Sense of loneliness and isolation
6. Depression or general unhappiness

#### Physical symptoms

1. Aches and pains
2. Diarrhea or constipation
3. Increased frequency of urination
4. Indigestion
5. Changes in blood glucose
6. Nausea, dizziness
7. Chest pain, rapid heartbeat
8. Loss of sex drive
9. Frequent colds
10. Irregular periods.

#### Behavioral symptoms

1. Eating more or less
2. Sleeping too much or too little
3. Isolating oneself from others
4. Procrastinating or neglecting responsibilities
5. Using alcohol, cigarettes, or drugs to relax
6. Nervous habits (e.g. nail biting, pacing)

#### Objectives

1. To study the academic stress among unemployed physical education boys of Anantnag District.
2. To study the academic stress among unemployed physical education girls of Anantnag District.

#### Methodology

As every research demands a systematic method and procedure likewise this chapter adopts the following procedures including information regarding research design, source of data, sampling method, selection of subjects, criterion measures, selection of test, description of test and collection of data etc. A research become successful accompanied and supported by some reliable and authentic data. The statistical analysis of the gathered data provides a well-knit picture of a complete and successful hypothesis as pre-set by the researcher. The chapter has been divided into the following headings:

- 1) Source of data
- 2) Selection of subjects
- 3) Collection of the data
- 4) Administration of the test
- 5) Statistical Analysis

#### Source of data

The data pertaining to this study were collected from the different areas of Anantnag District (Jammu & Kashmir).

#### Selection of Subject

The subjects were selected from different colleges of Anantnag District (Jammu & Kashmir). Total 40 subjects were selected for the presented studies and their age is ranged from 18-28 years.

#### Collection of data

Data was collected individually through questionnaire's from 40 subjects in different colleges. The questionnaires were received by the researcher by the direct contact to all the students.

#### Administration of the Test:

1. Stress questionnaires of Sheldon's were given to 40 subjects. The instructions were given to the subjects before filling these questionnaires by the researcher.

#### Statistical Analysis and Interpretation of data

For the analysis of data mean, standard deviation and t- ratio were used to compare the academic stress between the students. The level of significance was setup at 0.05.

Formula for mean, standard deviation and t- ratio are as below.

$$M = \sum X/N$$

$$S.D = \sqrt{X^2/N}$$

$$T\text{-ratio} = M1 - M2 / \text{Critical ratio.}$$

Statistics is the study of the collection, organization, analysis, interpretation, and presentation of data. It deals with all aspects of this, including the planning of data collection in terms of the design of surveys and experiments. A statistician is someone who is particularly well-versed in the ways of thinking necessary to successfully apply statistical analysis. Such people often gain experience through working in any of a wide number of fields. A discipline called mathematical statistics studies statistics mathematically.

Mean score, standard deviation and t- value of students with respect to stress, are present through table and figures, which are given below.

**Table 1:** Shows statistical comparison of stress between unemployed physical education persons of Anantnag District (Jammu & Kashmir).

Group	Mean	SD	T-ratio
Boys	33.5	3.00	0.45NS
Girls	32.3	2.9	

Not significant at 0.05 level of significance

**Table 2:** Shows statistical comparison of Academic Stress between unemployed physical persons of age level 18-22 years.

Group	Mean	SD	T-ratio
Boys	31.3	6.31	0.25NS
Girls	30.05	5.17	

Not significant at 0.05 level of significance

From the above table it is observed that the mean of Boys and Girls is 31.3 and 30.05 and the t-ratio was statistically analyzed as (t = 0.25) which was not significant at 0.05 level of significance. Thus the hypothesis was rejected.

**Table 3:** Shows statistical difference of Academic Stress between unemployed physical education persons of age level 23-28 years.

Group	Mean	SD	T-ratio
Boys	29.80	4.43	0.12NS
Girls	27.76	5.00	

Not significant at 0.05 level of significance

From the above table it is observed that the mean of Boys and Girls is 29.80 and 27.76 and the t-ratio was statistically analyzed as (t = 0.12). Which is not significant at 0.05 level of

significance. Thus the hypothesis was rejected.

### Discussion and Findings

- 1) The first hypothesis of the present study was that there would be significant effect of academic stress among unemployed physical education persons of Anantnag District (Jammu & Kashmir). The result of the study related (Table-1) in which  $t = 0.37$ , which was not significant at 0.05 level of significance. So the hypothesis was rejected.
- 2) The second hypothesis was that there would be significant difference of academic stress among unemployed physical education persons of Anantnag District (Jammu & Kashmir) of age level 18-22. In table no 2, shows that the t-ratio is 0.35. Which was not significant at 0.05 Significance level. Thus the Hypothesis was rejected.
- 3) The third hypothesis of the present study was that there would be significant effect of stress among unemployed physical education persons of Anantnag District (Jammu & Kashmir) of age level 23-28. The result of the study related (Table-3) in which  $t = 0.163$ , which was not significant at 0.05 level of significance. So the hypothesis was rejected.

### Summary

In the process there are both problems and solutions, embarrassments and insights and finally confusions and adjustments. The subjects were 40 in number 20 in each group i.e., (20) boys and (20) girls of Anantnag District (Jammu & Kashmir). The standardized questionnaire of stress was used to collect the data. No force has been applied to the subjects Also the subjects were divided into two equal groups. i.e., the first group is from the age of 18-22 and the second group is from the age of 23-28 years. There were both male and female subjects.

The data collected were tabulated for both the groups for all the variables. The level of significance was at 0.05 level which was appropriate for research scholar of Master Degree Level. To know the difference in the selected variables T- test for independent samples was used.

### Conclusion

On the basis of finding, the following conclusions have been drawn:

1. There is no significant effect of Academic stress among unemployed physical education persons of Anantnag District (Jammu & Kashmir), therefore the hypothesized was rejected.
2. There is no significant effect of academic stress among unemployed physical education boys and girl students of age level 18-22. So the hypothesis was rejected.
3. There is no significant effect of academic stress among effect of academic stress among unemployed physical education boys and girl students of age level 23-28. So the hypothesis was rejected.

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