

Daily Stress among Urban and Rural People in relation to their Gender

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Abstract

The present investigation in to find out Daily Stress among Urban and Rural People in relation to their Gender Male and Female. The sample consisted of 120 Urban and Rural people out of which 60 where Male and 60 where Female. For this purpose of investigation Daily Stress Scale by Thakur and Mishra was used. The obtained data were analyzed through 't' test to know the mean difference between rural and urban people in Relation to their Gender. The result shows that There is no significant difference between Daily Stress among Urban and Rural Area People. There is no significant difference between Daily Stress among Urban and Rural Area Male and Female.

Key Words: Daily Stress, Male and Female.

Introduction:

Stress is defined as a person's psychological and physiological response to the perception of a demand or challenge. People are most frequently affected by stress due to their academic and personal life. People face various challenges, difficulties and a whole lot of pressure in today's competitive world. People get to be trained in handling stress and should get out from it. Stress is the process by which an individual or a person reacts when opened to external or internal problems and challenges. "the organism processes numerous systems to coordinate such adaptive responses both at systematic and cellular levels "by this, stress has direct effect on the brain and the whole anatomy of the body as such failure to adapt to a stressful condition can result in brain malfunction, physiological problem and also many areas of psychological challenge's in the form of depression, anxiety, pain and burnout.

Physiologically, stress-related diseases in the form reproduction, cardiovascular, metabolism and gastrointestinal diseases are determined by great areas of genetic and developmental factors which are different from a person to a person but also symptoms of this disease may be similar sometimes among individuals (Hellhammer & Hellhammer 2008. vii). According to (Wheeler 2007,2), stress is physics word which refers to the amount of force used on an object and it relates in real life as to how certain issues that carry force applied to human life. Examples financial difficulties, health challenge issues, conflicts with friends, all carry force or pressure on person's body -mind and spirit.

Some of the pressure or force originate from the environment but most often comes from within a person's head in the form of worry, anxiousness, regret, discouragement and low confidence. Therefore, stress is basically force applied to a person and may result in a strain which is as a result of an unmanaged stress that is when a person is not able to handle a challenge or problem encountered strain result. To some people, the effect is minimal which means they are able to endure pressure whiles in others the effect is enormous and have an adverse effect.

Stress is explained by (Pargman 2006, 5) as "An uncertain reaction to external and internal factors" that means a negative or positive reaction to environmental stimuli. In this regard, it is how the totality of your body relate to changes and unfamiliar situations that present itself in the course of time. During such a period, vital organs such as sexual organs, heart rate, blood pressure, stroke volume, respiratory rate in the body react speedily. Many hormonal responses are at peak.

Review of Literature:

Research on academic stress among school-going adolescents concerning their social intelligence was conducted by Bartwal and Raj (2014). The Finding of the study revealed that there

were no significant gender differences concerning academic stress and social intelligence among rural and urban adolescents. Male and female students experienced the same amount of academic stress. A significant correlation was found between academic stress and the social intelligence of rural and urban adolescents. The high social intelligence level would have better degree of coping with academic stress. Social intelligence plays a vital role in reducing academic stress.

Stress affects the life of students negatively, Douglas Carlson (2016). When students are not able to cope up with the academic, social, physical and family stress, their performance is affected. An attempt was made by a few researchers to find various sources of stress. They could identify some of the factors that enhanced the stress in students.

Objective of the study:

1. To study difference between Daily Stress among Urban and Rural Area People
2. To study difference between Daily Stress among Urban and Rural Area Male and Female.

Hypothesis:

H₀₁ : There is no significant difference between Daily Stress among Urban and Rural Area People.

H₀₂: There is no significant difference between Daily Stress among Urban and Rural Area Male and Female.

Method:

Sample:

The present study carried out on the initial sample for the present study consisted of 120 Urban and Rural Area People of Banaskantha District. Elements of the study are out of which 60 were Male and 60 Female.

Tools:

In the present investigation measure the Daily Stress 'Daily Stress Scale' by Thakur and Mishra was used. The scale was measured for its test-retest was .88. Expert review has been done for validity.

Procedure:

The Male and Female who were Living in different Urban and Rural area people of Banaskantha District. Elements of the study are out of which 60 were Male and 60 were Female. Were randomly selected & Stress 'Daily Stress Scale' by Thakur and Mishra was used. Was give & data was

collected. The obtain data form 120 Male and Female were analyzed with the help of mean, SD and 't' test.

Results & Discussion:

The main objective of present study was to do study of Daily Stress among Urban and Rural Area People in Relation to their Gender Male and Female. In it statistical method was used. Results discussions of present study are as under:

Table no: 1

Showing the Mean, SD, and 't' value of Daily Stress among Urban and Rural Area People.

No	Variables	N	Mean	SD	t – Value	Sign. Level
1	Urban	60	129.93	17.02	0.44	N.S.
2	Rural	60	131.85	29		

NS = Non – significance at 0.05 level

The above result table No.1 we can see that 't' test was used to know the representing people (60 Urban and 60 Rural People). In people we had taken 120 people as samples and mean of this sample Urban people 129.93 and SD was 17.02, in Rural level same ratio of sample was taken means was 131.85 and SD was 29 and 't' value was 0.44, it was no significance at 0.05 level. Thus the null hypothesis, I which states "There is no significant difference between Daily Stress among Urban and Rural People." Thus it is concluded no significant difference in Urban and Rural People.

Table no: 2

Showing the Mean, SD, and 't' value of Daily Stress among Urban and Rural Area Male and Female.

No	Variables	N	Mean	SD	t – Value	Sign. Level
1	Male	60	127.92	22.05	1.83	N.S
2	Female	60	133.87	25.08		

NS = Non – significance at 0.05 level

The above result table No.2 we can see that 't' test was used to know the representing type of Gender urban and rural people (60 Male and 60 Female People). In 60 Male as samples and mean of this sample 127.92 and SD was 22.05, in Female means was 133.87 and SD was 25.08 and 't' value was 1.83, it was no significance at 0.05 level. Thus the null hypothesis, I which states "There is no

significant difference between Daily Stress among Urban and Rural Area Male and Female.” Thus it is concluded no significant difference in Male and Female.

Conclusion:

1. There is no significant difference between Daily Stress among Urban and Rural Area People
2. There is no significant difference between Daily Stress among Urban and Rural Area Male and Female.

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