International Journal of Multidisciplinary Research and Modern Education (IJMRME)
International Peer Reviewed - Refereed Research Journal, Website: www.rdmodernresearch.com
Impact Factor: 7.315, ISSN (Online): 2454 - 6119, Volume 11, Issue 1, January - June, 2025

ANALYSIS OF STRESS LEVEL AMONG UNDERGRADUATE STUDENTS IN KUVEMPU UNIVERSITY

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Cite This Article: Y. Vasantha Kumar, Dr. R. Jayachandran, Dr. B. Gajanana Prabhu & Dr. M. Suresh Kumar, "Analysis of Stress Level Among Undergraduate Students in Kuvempu University", International Journal of Multidisciplinary Research and Modern Education, Volume 11, Issue 1, January - June, Page Number 113-115, 2025.

Abstract:

The purpose of the study was to analyse the level of stress among men and women of undergraduate students who are not regularly involved in physical exercises.187 were females, and 131 were males. A straightforward randomised sampling technique was used to choose male and female first-year undergraduate students who met the inclusion requirements. For randomisation, a random number generator was employed. The nature of the study was explained to the included subjects in the language that they could understand the best. Subjects who were willing to participate in the study provided written informed consent, which each subject duly signed. Only the research team had access to the consent form and all other participant identifiers, which were kept private and secure. Perceived Stress scale was used to assess the stress. Standard descriptive statistics were obtained. Independent t-test was used to identify the difference between males and females on stress level. It was evident that the female students have high level of stress when compared to men students.

Key Words: Analysis, Stress, Under Graduate Students, Kuvempu University.

Introduction:

Alongside the rapid expansion of knowledge and the advancements made during the scientific era, people have become more competitive. As a result, people are now busy, which naturally leads to stress. Healthy stress encourages people to take proactive steps forward even though it is a significant catalyst for personal growth. One of the social factors influencing health is stress. It has been shown that stress lowers working memory. Compared to women, men are more prone to cardiovascular disease, which may be because they lack coping mechanisms for stressful situations, which lowers their risk. Stress is viewed as a harmful emotional, cognitive, behavioural, and physiological process that occurs when a person attempts to cope with or react to stressors (Bernstein et al., 2008). Stress is defined as emotional distress related to expected academic difficulties or failure, or even the knowledge that academic failure may occur. Academic stressors can manifest in any part of a student's environment during their college years, including their home, school, neighbourhood, and friendships (Graves et al. 2021).

Methodology:

The purpose of the study was to analyse the level of stress among men and women of undergraduate students who are not regularly involved in physical exercises.187 were females, and 131 were males. A straightforward randomised sampling technique was used to choose male and female first-year undergraduate students who met the inclusion requirements. For randomisation, a random number generator was employed. The nature of the study was explained to the included subjects in the language that they could understand the best. Subjects who were willing to participate in the study provided written informed consent, which each subject duly signed. Only the research team had access to the consent form and all other participant identifiers, which were kept private and secure.Perceived Stress scale was used to assess the stress. Standard descriptive statistics were obtained. Independent t-test was used to identify the difference between males and females on stress level.

Results:

Table 1: Distribution of sample

Parameter	Description	Frequency	Percentage
Gender	Male	131	41.00%
	Female	187	59.00%

Figure 1: Pie Diagram on Gender Distribution

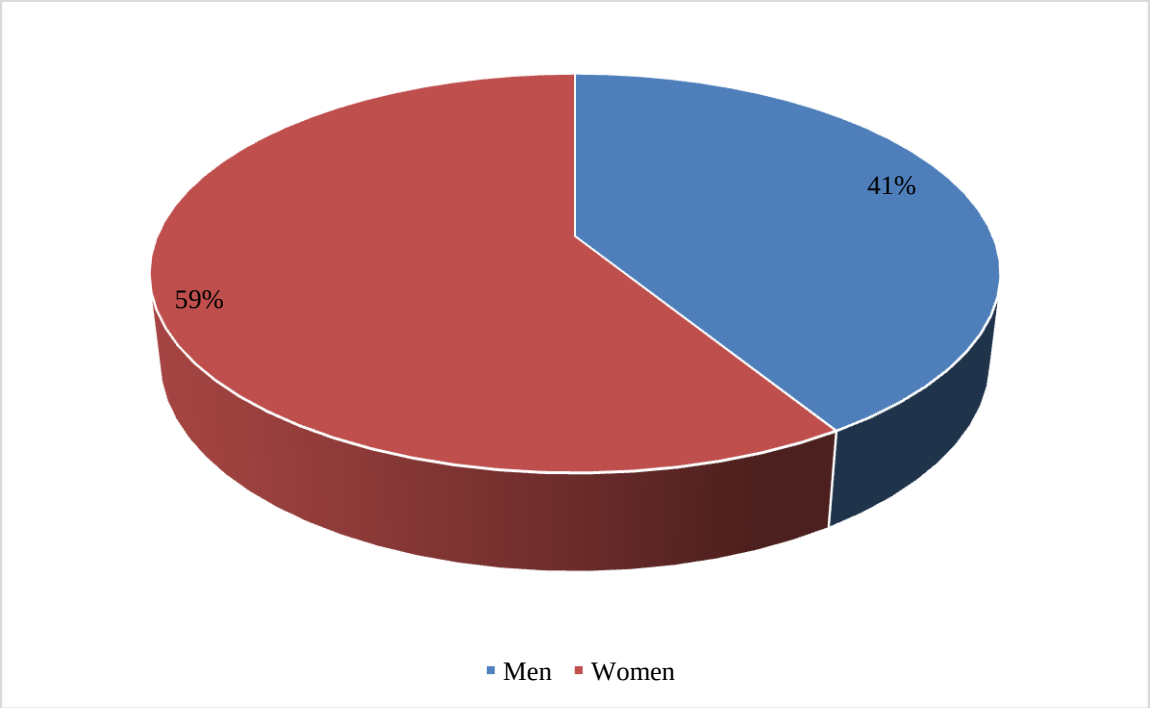
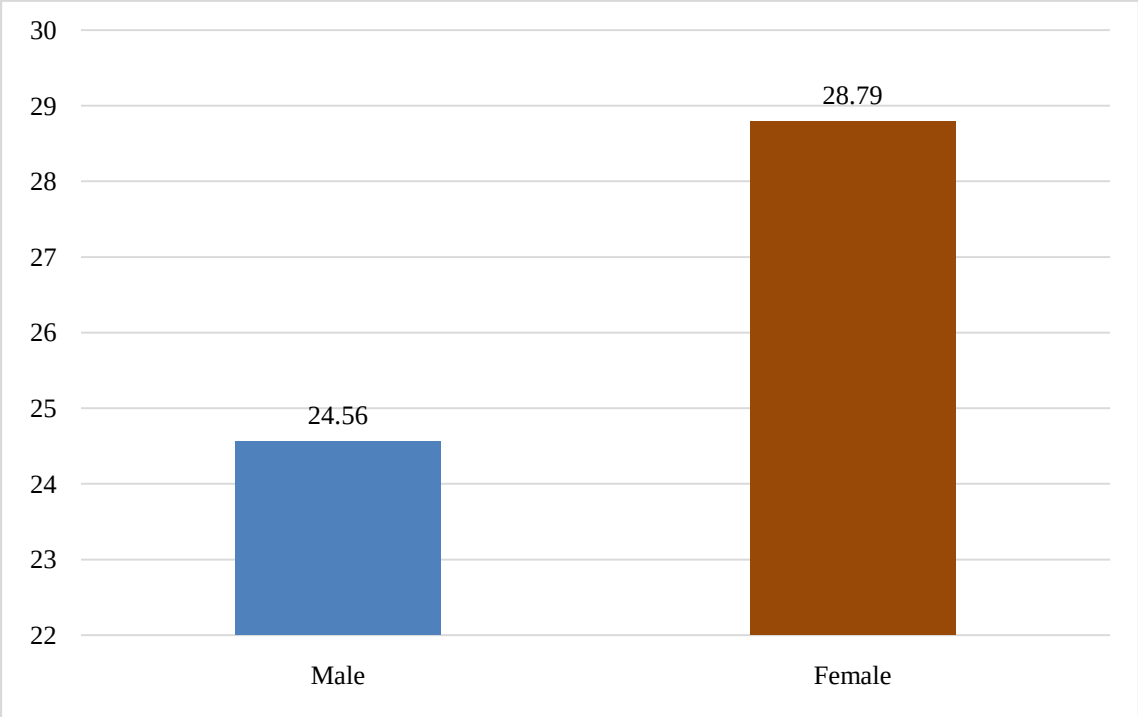


Table 2: Computation of Independent 't' ratio between Males and Females on Stress

Dependent Variable	Independent Variable	N	Mean	SD	t-value	df	p-value
Stress	Male	131	24.56	1.27	2.714*	316	0.008
	Female	187	28.79	1.61			

The obtained value of computed t-test was 2.714 at df 316 and p-value is =.008 which was greater than the significant level of significance, i.e., 0.05 in this case. So, there was significant difference between the levels stress with respect to gender.

Figure 2: Mean Values of Stress



Conclusion:

In the present study, we found a significant differences in stress level between male and female undergraduate students of Kuvempu University. It was evident that the female students have high level of stress when compared to men students. However, many studies also have reported that there is no significant difference found in the level of stress on the basis of gender (Dhakkal (2013); Fromel et al. (2020); Singh &Singh (2014). It is an established fact that male and female react to stressors differently both psychologically and biologically.

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