

Research Paper :

## **Studies of stressful life events among female students of pre-university courses**

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### **ABSTRACT**

The primary objective of the study was to know the status of stressful life events among female students of pre-university courses. The investigators selected 217 female students (PUCI-112 and PUCII-105) OF PUC randomly from five colleges of Bidar city. Stressful life events schedule (Biradar, 2007) was used in the study. The collected data was subjected to frequency and percentage analysis. Results revealed that, 14 per cent, 23 per cent, 21 per cent, 7 per cent, and 8 per cent of the female students had always been influenced by family related, peer related, academic, physical health and psychological stressors, respectively. Majority of the female students had not been always experienced stress always from family relations, peer relations, academic, physical health, psychological aspects.

### **Key words :**

In recent years the amount of research on physiological and psychological consequences of environmental stimuli perceived to be stressful has increased but, research on the problems of adolescent period has been modest. Today, PUC students are experiencing of complexities of fast growing era and their pressures. Thus PUC students are constantly pressurized to accomplish more and more in less and less time, where students' capacities are severely taxed. When this happens the students perceive that they are in endangering their physical or psychological well being. These events are nothing but stressful life events.

Stress is universal human experience. Both pleasant and unpleasant experiences can have stressful components. Stress forms an unseparable part of life and upto a degree may be essential for adequate personality development. However, if these stressors become too sever or too numerous they may affect the psychological equilibrium, producing maladaptive patterns of behaviour and possibly psychological disorders. Stress refers to a state of imbalance within an organism that is elicited by an actual or perceived disparity between environmental demands and the organisms capacity to cope with these demands and is manifested through variety of psychological, emotional and behavioural responses. The response syndrome occurs as a result of organisms exposure to environmental demands or stressors. The conditions of the social and physical environment operate as stressors to the extent that they exceed on organisms adaptive resources (Lqzarus, 1966; Salye, 1956). These annoying conditions and unpleasant events are often said

to be stressful life events.

Empirical evidences suggest that cumulative life stressors increases risk for emotional and behavioural problems. These cumulative stressors may occur in the life of students of PUC at different contexts (Aneshesl, 1992; Cohen and Gordon, 1995; Kessler *et al.*, 1997; Jackson and Warren, 2000). This subjective perspective focuses on the student's perception of his or her experience related to his/her environmental demands. The majority of the stressors identified in sophomore period were related to new responsibilities, feeling over loaded with too many things to do and learn (Abousiere, 1994; Lepore *et al.*, 1997, Sarafino and Ewing, 1999, Misra and McKean, 2000) and social relations (Ross *et al.*, 1999). Although these survey researches provide a global context that they do not identify specific everyday circumstances where subjective stress is most likely to be experienced and therefore do not pin point areas for intervention.

Review of literature mean that there is a need to study stressful life events among sophomores, because in industrialized societies, adolescence, includes a lengthy interval of education, career training and adult role acquisition. Increasing independence from parents during this interval provides adolescents with increasing opportunities to explore behaviours, roles, attitudes and values (Erikson, 1968). Due to this sophomores may experience stressors by getting confused in making use of the increasing opportunities. Hence there is a need to guide PUC students to manage the stressors. Therefore the present study was designed to study the stressful life events among female students of pre university courses.