



## Gender differences in stress among young adults

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### ABSTRACT

The current study examined the stress among young adults across gender. A total of 120 respondents were selected from Lucknow city. Out of which 60 were male and 60 were female respondents. The data was collected using a self administered interview schedule along with perceived stress scale. The data was coded, tabulated and analyzed using frequency, percentage, Chi-square. The results of the study revealed that female experienced more stress than male. It was also found that there was highly significant difference between gender and stress which meant that stress level may vary according to gender.