



Research Paper

Stress Management among Competitive Examination Aspirants

Ganga Madkami (MA Education Scholar, Gangadhar Meher University, Sambalpur, Odisha)

Ranjit Kumar Behera (MA Education Scholar, Gangadhar Meher University, Sambalpur, Odisha)

Akash Padhan (Assistant Professor in Education, CDOE, Sambalpur University, Sambalpur, Odisha)

Gopikanta Suna (Assistant Professor in School of Education, Gangadhar Meher University, Sambalpur, Odisha)

Abstract

In the present study, an attempt has been made by the researchers to study stress management among competitive examination aspirants. For this, the researchers have formulated objectives like to study the level of stress management among the competitive examination aspirants, to find out the difference in stress management between male & female competitive examination aspirants, and to find out the difference in stress management among Banking, SSC & Railway competitive examination aspirants. To conduct the study descriptive survey method was used and stratified purposive sampling was used to select the 120 samples from different institutions. Standardized stress management scale developed by V. Kaushik and N.A Charpe was used to collect data from the sample. To draw the result, percentage, mean, SD, t-test, and ANOVA were used. After analyzing the result, it is found that there is no significant difference in stress management between male and female competitive examination aspirants and there is no significant difference in stress management among Banking, SSC, and Railway competitive examination aspirants. There is significant interaction of gender and type of competitive aspirants in terms of their stress management.

Keywords: Stress Management & Competitive Aspirants

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I. Introduction

Stress is common in every individual's life. Starting from farmers to presidents, everybody has stress in their life. According to Webster's dictionary "stress includes bodily or mental tension and may create various diseases among the individuals. In medical terms stress is related to physical and psychological problems that are behind bodily and mental tension." The structure of the body changes due to some stress which may be internal or external. These problems may negatively affect the health of an individual in the form of heart problems, blood pressure and a weakened immune system, stomach ulcer, stroke, asthma, and heart disease.

When the matter of preparing for a competitive examination for getting a good job at that time students or aspirants have faced high levels of stress. It is because of the large number of competitors and narrow employment opportunities or the limited number of fruitful jobs. A low level of stress can motivate the aspirants and help them to become more effective and achieve their goals. But too much of stress may have a negative effect on their preparation. It can affect their health, goal, and interpersonal relationship, and it led mental tension among the aspirants.

II. Review of related literatures

Graves et al., (2021) have conducted a study on "Gender difference in perceived stress and coping among college students" by using Convenience sampling and Standardized Perceived stress scale and brief cope to select sample and administered on them respectively. He found female students were having more emotion focused coping dimension than male as well as they used four coping strategies like- self-distraction, emotional support, instrumental support, and venting.

Satpathy et al., (2021) have examined on "Prevalence of stress, stressors and coping strategies among medical undergraduate students in a medical college of Mumbai" along with having some aims to assess the

perceived stress, various sources of stress among medical undergraduate students. For this they have used cross-sectional method and purposive sampling technique to select the 450 sample from 1st year to final year. They have found that the perceived stress was higher among female medical students and academic factors are greater perceived cause of stress in undergraduate medical students.

Babicka et al., (2021) have conducted study on “University students’ strategies of coping with stress during the Coronavirus pandemic” along with some aims to study the strategies of coping with stress are most often used by students during the coronavirus pandemic and the association between socio-demographic variables & the dominant coping strategies among students. For this they have selected 577 Polish students from different universities and found the result that Polish students most often used the coping strategies like-acceptance, planning and seek emotional support.

Rangarajan (2020) has conducted research on “stress, depression and anxiety level of UGC-NET aspirants and its impact on their performance” by using simple random sampling technique to select 100 sample from different coaching institution. Finally, he has found that participants have moderate level of stress, depression and anxiety and there is no significance impact of stress, anxiety, and depression on performance.

Jain (2020) has conducted research on “Analyzing factors causing stress among Engineering and medical aspirants” along with objectives to identify the factors causing stress among engineering and medical students. For this the researcher has used descriptive method. The result from this research reveals that age, family’s income, talking with parents do not have any significant difference on interpersonal skills. Self-realization skills and expectation create cause stress among engineering and medical students. There is significant difference between male and female in expectation causing stress.

Samudra (2020) conducted research on “Examination stress, stress management strategies and counselling needs of college level students in Sri Lanka” along with objectives to assess factors that cause students to experience exam stress and management strategies and needs of counselling. For this survey method was used and random sampling technique was used to select 168 sample from the Arts, Science, and Commerce department. Findings reveals that students were having mild or moderate level of stress before one month of examination. Female students experience higher level of psychological and physical stress than the counterparts.

Joseph et al., (2020) conducted research on “assessment of academic stress and its coping mechanism among medical undergraduate students in a large Mid-Western university” to assess academic stress, determinants, source of stress and explore the various coping style against academic stress adopted by students. Cross-sectional method was used to conduct the study and self-administered questionnaire was used to assess academic stress and coping behaviors. The findings reveal that 17% students having mild, 77.3% having moderate and 5.7% having severe level of anxiety. 3.8% having poor, 95% having average and 1.2% having good level of coping strategies.

Mann (2019) conducted research to identify the source of stress and to assess coping strategies used by the competitive entrance exam aspirants attending medical and engineering coaching institutes in Delhi. The findings of this study reveal that 48% from academic and 39% from parents are the source of stress along with 8% personal and 5% environmental source. The aspirants cope with stress by adopting the strategies such as practicing yoga, listening to music, surfing the internet, talking to like-minded people, playing outdoor games, communicating with parents and doing meditation.

III. Summary of Review of the Related Literatures

Gravesetal.,(2021)&Satpathy et al., (2021) foundthat female students are having higher levels of stress than male. Rangarjan (2020) foundUGC- NET aspirant has a moderate (medium) level of stress, depression and anxiety and impact ontheir performance as well as there was no significance difference with stress, depression, and anxiety.Joseph et al., (2020) found that 17% students having mild, 77.3% having moderate and 5.7% having severe level of anxiety. 3.8% having poor, 95% having average and 1.2% having good level of coping strategies. Samudra(2020)found thatstudentswere presentedamild-moderatelevelofstressandFemalestudents experience greaterphysicalandpsychologicalstress than the male student.Mann (2019) found that 48% from academic and 39% from parents are the source of stress along with 8% personal and 5% environmental source. Hemamalini (2018) concluded that there is no difference among the genders in experiencing thestress and both genders equally face impact of stress on their performance. Mohan (2017) found that most of the employees face stress situation becauseofthe workenvironmentinthe organizationand overtime work.

Need of the study:

In this competitive world everyone wants to reach to the apex. This competitive mind among the individuals creates various types of problem among themselves. This problem may be psychological, physiological, or personal. From the multiple research studies, it is found that competitive examination aspirants are having some sort of psychological problems such as anxiety, depression, and stress. These psychological

problems should be minimized, or they should be taught how to manage this stress. For this the researchers have decided to conduct a study on “Stress management among competitive examination aspirants.”

On the other hand, most of the studies were conducted in the field of medical, engineering, UGC-NET, examination of school & college students, youth employees related to assess the stress, depression, anxiety, and strategies for maintaining stress. So, the present study has given emphasis on stress management among different competitive examination aspirants like SSC, Railway, Banking.

Objectives of the study:

1. To find out the level of stress management among competitive examination aspirants.
2. To find out the difference in stress management between male and female competitive examination aspirants.
3. To find out the difference in stress management among the Banking, SSC, and Railway of competitive examination aspirants.
4. To examine the interaction between gender and different groups (Banking, SSC, and Railway) of competitive examination aspirants in terms of their stress management.

Hypotheses of the study:

H01: There is no significant difference in stress management between male and female competitive examination aspirants.

H02: There is no significant difference in stress management among Banking, SSC, and Railway competitive examination aspirants.

H03: There is no significant interaction between gender and type of competitive aspirants in terms of their stress management.

IV. Methodology:

Method: In the present study the investigator has employed a descriptive survey method to study the difference in stress management between males & females and among Banking, SSC & Railway competitive examination aspirants.

Sample and sampling technique: In the present study researcher has selected 120 samples from the different coaching institutions of the Sambalpur district by using stratified purposive sampling. The distribution of the sample is given below.

Table 1: Distribution of sample

Categories	Levels	N	Percentage
Gender	Male	60	50%
	Female	60	50%
Type of competitive aspirants	SSC	40	33.33%
	Banking	40	33.33%
	Railway	40	33.33%

Tools: In this present study the investigator has used a Stress management scale developed by V. Kaushik and N.A. Charpe. This tool is standardized in nature and consists of 36 items. In this tool 18 items are positive and the other 18 items are negative statements.

Statistical techniques used: The study was completely based on a quantitative approach. So, to reach a valid and consistent conclusion, the investigator has used simple percentages to find out the level of stress among competitive examination aspirants, and at the same time Mean, SD, t-test, and ANOVA (Two-Way) were also used to find out the difference in stress management among competitive examination aspirants.

V. Results and Discussion:

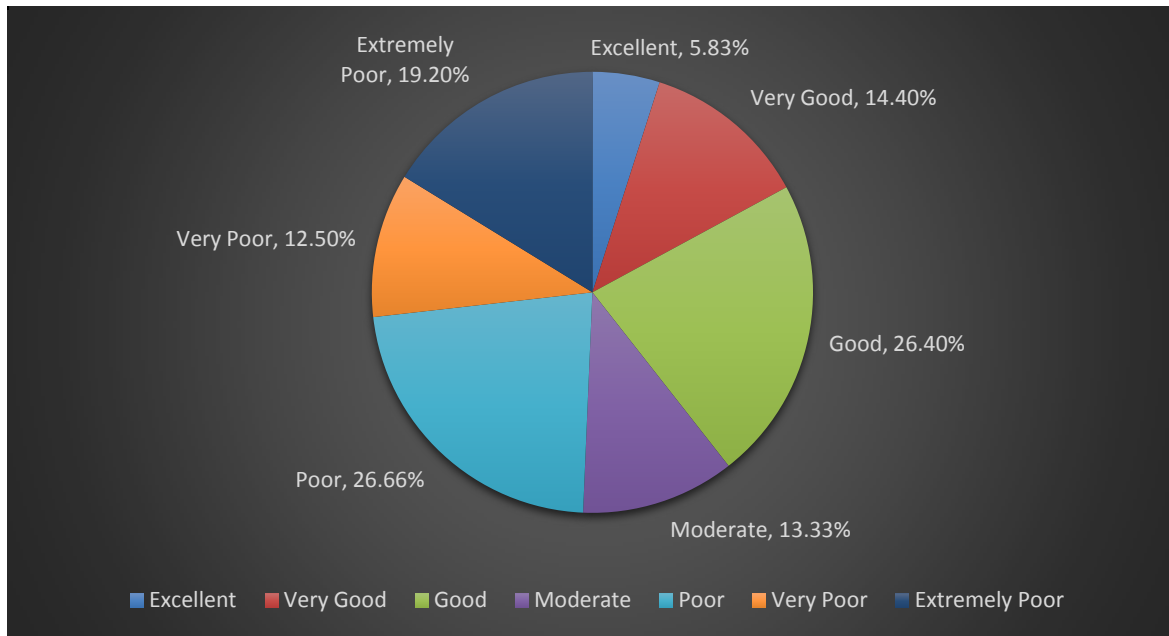
Objective 1. To find out the level of stress management among competitive examination aspirants.

Table-2

Range score	Stress management levels	Frequency	Percentage
146 and above	Excellent	7	5.83
134 –145	Very good	12	14.4
121-133	Good	22	26.4
105-120	Moderate	16	13.33

92-104	Poor	32	26.66
80-91	Very poor	15	12.5
79 and below	Extremely poor	16	19.2

Fig-1



From the above table- 2 and figure- 1, it is found that the percentage of aspirants having excellent level of stress management is 5.83%, the percentage of aspirants having very good level of stress management is 14.40%, the percentage of aspirants having good level of stress management is 26.40%, the percentage of aspirants having moderate level of stress management is 13.33%, the percentage of aspirants having poor level of stress management is 26.66%, the percentage of aspirants having very poor level of stress management is 12.50% and the percentage of aspirants having extremely poor level of stress management is 19.20%.

Objective 2: To find out the difference in stress management between male and female competitive examination aspirants.

Table 3

Variable	Category	N	Mean	SD	df	t	Remark
Stress management	Male	60	108.12	28.55	118	0.47	Not significant
	Female	60	105.85	23.57			

From the above table 3 it is evident that, the value of stress management is 0.47 which is not significant at 0.05 level with df=118. It shows that the mean scores of stress management between male and female aspirants did not differ significantly. So, the null hypothesis that there is no significant difference in mean score of stress management between male and female aspirants is not rejected. But, only from the mean point of view male (108.12) aspirants are having higher level of stress management as compared to female (105.85) aspirants.

Objective 3: To find out the difference in stress management among the Banking, SSC & Railway competitive examination aspirants.

Table 4

Sources of variation	Sum of square	df	Mean square	F value	Remark
Between groups	686.817	2	343.408	0.503	Not significant

Within groups	7984.775	117	682.460
Total	80534.592	119	

It is seen from the above table 4 that the mean score of stress management among Banking, SSC and Railway competitive examination aspirants is not significant (0.503; df=118; P>0.05). Therefore, the null hypothesis that there is no significant difference in stress management among Banking, SSC and Railway competitive examination aspirants is accepted.

Objective 4: To examine the interaction between gender and type of competitive aspirants (Banking, SSC, and Railway) in terms of stress management.

Table 5

Source	Type III Sum of Square	df	Mean Square	F	Sig.
Correct model	5132.642 ^a	5	1026.528	1.552	.179
Intercept	1377520.408	1	1377520.408	2082.669	.000
Gender	541.875	1	541.875	.819	.367
Type of competitive aspirants	686.875	2	343.408	.519	.596
Gender* type of Competitive examination aspirants	3903.950	2	1951.975	2.951 [*]	.056
Error	75401.950	114	661.421		
Total	1458055.000	120			
Corrected total	80534.592	119			

*Significant at 0.05 level

** significant at 0.01 level

From the above table it is found that the f-value for gender is 0.819 which is not significant at 0.05 level of significance. The f value for type of competitive aspirants' students is .519 which is also not significant at 0.05 level of significance. The f value for interaction between gender and type of competitive aspirants in terms of stress management is 2.951 which is significant at 0.05 level of significance. So, the null hypothesis is rejected. It is concluded that whatever difference is noted in interaction between gender and type of competitive aspirants is due to sampling error.

VI. Discussion

From the above study it is concluded that there is no significant difference in stress management between male and female competitive examination aspirants. It means both are having same level of stress management capacity. The result is supported to the findings of recent studies of Hemamalini, (2018) and the result is contradictory to the findings of certain recent studies like Graves et al., (2021); Satpathy et al., (2021); Samudra, 2020. Apart from that the result revealed, there is no significant difference in stress management among Banking, SSC, and Railway competitive examination aspirants. It means the Banking, SSC and Railway competitive examination aspirants are having same level of stress management strategies. When the researchers have tried to know the interaction of both gender and type of competitive examination aspirants at that time the researcher have found there is significant interaction of both gender and type of competitive examination aspirants in terms of stress management.

VII. Conclusion

No doubt the psychological morbidity or problems have been growing problems in human world. Students or aspirants of different examinations are going through these problems in their day-to-day life. How to solve these problems? How to eradicate these problems? What are the procedures should be followed by the students so that problems can be easily solved out? To solve these problems, we should try to inculcate or develop understanding about the various stress management strategies among the students or aspirants so that they can easily solve their problem by themselves. The present study is related with stress management strategies followed by various competitive examination aspirants.

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