



“A STUDY TO ASSESS THE LEVEL OF STRESS AND COPING BEHAVIOUR AND TO EVALUATE THE EFFECTIVENESS OF SELECTED COPING STRATEGIES MODULE AMONG HIGHER SECONDARY SCHOOL STUDENTS IN SELECTED SCHOOL AT BHOPAL.”

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Student faces many challenges in their life. Some-times these challenges causes stress. Stress affects students mind, body, behavior in many ways but if stress persist for long period of time in school students it may affects their concentration level, memory related problem as well as behavioral problem, Many types of factor causes stress in higher secondary school student like work load, academic pressure, career related, grading, parents expectation etc. So it is very important for higher secondary school student that they practice stress coping techniques to reduce their stress and work confidently. Many research studies had shown that stress coping techniques help to reduce the stress level of the students. There are more than 100 coping strategies founded and used by researcher, some are more effective than other. Some types of coping strategies are time management, relaxation, ventilation, problem solving, avoidance, yoga and Surya-namaskar etc.

Problem Statement

“A study to assess the level of stress and coping behavior and evaluate the effectiveness of coping strategies module among higher secondary school student at Bhopal”.

Objectives of study are assessing the level of stress and coping behavior, and evaluate the effectiveness of coping strategies among higher secondary school student.

The research approach adopted for this study was quantitative research approach. The research design for this study was quasi experimental research design. A tool was used to evaluate the level of stress and behavior and effectiveness of coping strategies among Pragma Vidyalaya Co-ed Higher Secondary School student Kolar road, Bhopal (M.P.).

Data collection was done from Pragma Vidyalaya Co-ed Higher Secondary School, Kolar road, Bhopal By using non probability purposive sampling techniques. The sample was followed to obtain a sample on 60 higher secondary school students. The pre test conducted by 60 school students by using 5 point Likert scale on stress and coping behaviors after that a teaching module administered in all sample into next day. After seven days the post test conducted to all 60 samples.

The demographic variables of my study were shows out of 60 sample majority of respondent 31(51.7%) were male and 29(48.3%) were female.

According of their religious status the majority 42(70%) of them was Hindu, 14(23.3%) were Muslim, 4(6.7%) were Christians and nobody had other religious categories.

Regarding their types of family, majority of respondents 38(63.3%) were from joint family, in compare to 22(36.7%) of nuclear family.

Higher secondary school students area of living reveals that the majority 37 (61.7%) were from Rural area in comparison to 23 (38.3%) from Urban area.

Related to Family monthly Income, majority 31 (51.7%) of Higher secondary school students having family monthly income more than Rs.20000 in comparison to 29(48.3%) less than Rs.20000.

Regarding Previous Academic Performance of Higher secondary school students, 19 (31.7%) respondents comes under less than 55% and 55-70% in compare to 11 (18.3%) comes under both 71- 85% and more than 85%

Regarding Higher secondary school students mothers occupation, the majority 27 (45%) were housewives, 16 (26.7%) Private Job, 12 (20%) private job and the least 5 (8.3%) of them had Government Job.

Related to Higher secondary school students fathers occupation, the majority 22 (36.7%) were daily wagers, 20 (33.3%) daily wagers, 11 (18.3%) Business and the least 7 (11.7%) of them had Government Job.

Regarding Sociability of Higher secondary school students, the majority 29 (48.3%) mingle with everyone, 21 (35%) mingle with selective people and the least 10 (16.7%) of Higher secondary school students did not mingle with others.

In the pre-test 30 (50%) of Higher secondary school students had moderate Stress and high stress 30 (50%) equally and none of them had low Stress. But in post-test 54 (90%) had low Stress, 6 (10%) moderate Stress and nobody had high level of Stress.

In the pre-test 52 (86.7%) of Higher secondary school students had Poor coping, 8 (13.3%) Moderate coping and nobody had Good coping. But in post-test 31 (51.7%) had Good coping, 23 (38.3%) Moderate coping and none of them had Poor coping levels.

The mean of pre-test 181.5 ± 19.6 is greater than mean of post-test 88.2 ± 16.7 Stress score among higher secondary school students. The paired “t” test (27) was carried out and it is found to be significant at $p < 0.001$ level.

The mean of pre-test 34.2 ± 16.2 is lesser than mean of post-test 134.2 ± 9.4 Coping score among Higher secondary school students. The paired “t” test (43) was carried out and it is found to be significant at $p < 0.001$ level.

The positive significant of coping strategies on the level of stress t value 27.0, DF- 59, $P < 0.01$ level of significance and on the level of coping behavior t value 43.7, DF- 59 and $P < 0.01$ level of significance. Hence research hypothesis H5 is accepted. Which means there is positive significant of coping strategies on the level of stress and coping behavior. It provides the evidence that the selected coping strategies were positively significant which reduce the level of stress and improve the coping behavior among higher secondary students.

Chi-square value in pre-test Stress scores with the selected demographic variables like Gender (4.3) and Type of the family (5.8) were significant at 0.05 level of significant ($p < 0.05$). Remaining variables like Religion (1.3), Area of living (0.3), Family monthly Income (0.3), Previous Academic Performance (1.4), Occupation of mother (5.9), Occupation of father (2) and Type of Sociability (0.1) were not significant at 0.05 level of significant ($p < 0.05$).

Chi-square value in pre-test Coping scores with the selected demographic variables like Type of the family (4.8) and Previous Academic Performance (8.8) were significant at 0.05 level of significant ($p < 0.05$). Remaining variables like Gender (1) Religion (0.6), Area of living (0), Family monthly Income (1.2), Occupation of mother (2.5), Occupation of father (2) and Type of Sociability (1.8) were not significant at 0.05 level of significant ($p < 0.05$).

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