



"ASSESS STRESS AND COPING STRATEGIES AMONG ASPIRANTS OF PUBLIC SERVICE EXAMINATION IN SELECTED CAREER ACADEMY OF CHHATRAPATI SAMBHAJINAGAR "

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ABSTRACT

Introduction: Stress, an internal state, may be due to physical demands put on the body (illnesses, exercise, extremes in temperature, etc.) or the environmental and social conditions which are taken as potentially harmful, beyond control, or exceeding resources of coping in the individual. Stressed condition can lead to many psychological responses such as anxiety, hopelessness, irritability, depression, or a general feeling of being unable to cope with life. Stress may affect aspirants' health and their exam performance. Aspirants is the age between 21-35 years and prone to develop stress and depression. Aspirants were the future pillars who take the responsibility to take our country to next phase that should be in better way. **Material and Method:** The research approach adopted for this study was quantitative approach nonexperimental survey design is used. The aim of the study to assess the level of stress and coping strategies adopted by aspirants to overcome stress and depression. This study was conducted among 60 aspirants of age group of 21 to 35 years of age by using non - probability convenient sampling technique. A rating scale was used to collect data. The data were analyzed and interpreted by descriptive and inferential statistics. Section-I Demographic variables of aspirants, Section-II by Grey Toft and Anderson (1981) this tool has 20 question and Section III Copings strategies measurement scale on stressful life events assess by tool developed by Hamby, Grych and Banyard (2013) this tool has 20 question. Data was analyzed with the help of frequency, mean and standard deviation. Chi-square test was used to determine the association between the levels of stress and coping strategies adapted with selected demographic variables. **Results and conclusion:** By the finding of the study, it is concluded that the Majority of the 40 (66.66%) had mild level of stress among aspirants and 49 (74.24%) had better level of coping among aspirants.

KEYWORDS : Stress, Coping strategies, Aspirants, Public service examination.

INTRODUCTION:

Stress, an internal state, may be due to physical demands put on the body (illnesses, exercise, extremes in temperature, etc.) or the environmental and social conditions which are taken as potentially harmful, beyond control, or exceeding resources of coping in the individual. Stressed condition can lead to many psychological responses such as anxiety, hopelessness, irritability, depression, or a general feeling of being unable to cope with life.

Stress is a common problem among undergraduate and the postgraduate medical aspirants since they are expected to imbibe and master a large amount of knowledge, attitudes, and skills for which they do have to strive hard which in turn subject them to a lot of stress. In India, Aspirants often find it hard to decide whether they should work or study full-time for the entrance examination soon after the graduation. Due to significant disproportion between number of graduates passing out and the availability of postgraduate seats, aspirants do struggle to get their postgraduate seat of interest. Stress may affect aspirants' health and their exam performance. Aspirants is the age between 21-35 years and prone to develop stress and depression. Aspirants were the future pillars who take the responsibility to take our country to next phase that should be in better way. They learn coping strategies to overcome stress and depression which shape their future.

In today's highly competitive world aspirants face various academy problem including exam stress disinterest in attending the classes in academy and inability to understand the subject. Exam stress is the feeling of anxiety to apprehension over one's performance in the academy activities. The aim of the study to assess the level of stress and coping strategies adopted by aspirants to overcome stress and depression.

Nayereh shahmohammadia conducted a study on Aspirants' coping with Stress at high school level particularly at 11th & 12th grade (2011) with view of objectives to study the academic anxiety among the aspirants, to analyze stress among the aspirants, to understand the coping strategies adopted by

10th, 11th and 12th class aspirants from government secondary schools located in Tehran was selected. For gathering information from respondents on personal data, coping strategies, stress and academic anxiety, the Stress and coping strategy questionnaire which was consists of a series of questions about stress and coping strategies was administered to a total of 90 (90%) aspirants. The findings of the study indicated that 11th and 12th grade aspirants coped with difficult situations in a mature manner, yet they tended to withdraw from the problems they faced in life.

El-Sheikh, Kelly M. T, Stephen A. Erath, Joseph A. Buckhalt (2014) conducted a study on Family stress and adolescents' cognitive functioning: Sleep as a protective factor among 252 school-recruited adolescents (M = 15.79 years; 66% European American, 34% African American). Youths reported 3 dimensions of family stress: marital conflict, harsh parenting, and parental psychological control. Found that 2 sleep-wake parameters as moderators of the associations between exposure to family stressors and adolescent cognitive functioning.

Problem Statement

"Assess stress and coping strategies among aspirants of public service examination in selected career academy of Chhatrapati Sambhajinagar."

OBJECTIVE.

1. To assess the level of stress among Aspirants appearing of public services examination in selected career academy of Chhatrapati Sambhajinagar.
2. To assess the coping strategies among Aspirants appearing of public services examination in selected career academy of Chhatrapati Sambhajinagar.
3. To find out the association between stress and selected demographic variables among aspirants appearing public service examination.
4. To find out the association between the coping strategies and selected demographic variables among aspirants appearing public service examination.

MATERIAL AND METHOD:

The research approach adopted for this study was quantitative approach nonexperimental survey design is used. This study was conducted among 60 aspirants of age group of 21 to 35 years of age by using non - probability convenient sampling technique. Rating scale was used to collect data. The data were analyzed and interpreted by descriptive and inferential statistics. Section-I Demographic variables of aspirants, Section-II by Grey Toft and Anderson (1981) this tool has 20 question and the total score is 80 as range from 0-20 no stress, 21-40 Mild Stress, 41-60 Moderate stress and 61-80 Severe stress. Section III **Copings** strategies measurement scale on stressful life events assess by tool developed by Hamby ,Grych and Banyard (2013) this tool has 20 question and the total score is 80 as Good coping 0-26, Better coping 27-53, Best coping 54-80. Data was analyzed with the help of frequency, mean and standard deviation. Chi-square test was used to determine the association between the levels of stress and coping strategies adapted with selected demographic variables.

Statistical Analysis:

The collected data was organized, tabulated, and analyzed by using descriptive statistics that is in frequency, percentage; mean and standard deviation and inferential statistics chi-square test are used to find out the co-relation between the levels of stress and coping strategies adapted with selected demographic variables.

RESULTS:

By the findings it is found that majority of the sample 20(33.33%) had moderate level of stress among aspirants, were as 40(66.66%) had mild level of stress among aspirants and 0(0%) had severe level of stress among aspirants it also illustrates the mean level of stress among aspirants, score was 66.3 and SD was 1.16. However, majority of the sample 49(74.24%) had better level of coping among aspirant, were as 1(1.66%) had good level of coping among aspirant and 10(16.66%) had best level of coping among aspirant, it also illustrate the mean level of stress among aspirant, score was 71.14 and SD was 9.42. In the present study the there is significant association found between stress full life events with demographic variable such as Gender and type of family.

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