



STRESS COPING BEHAVIOUR AMONG SCHOOL GOING ADOLESCENT OF HAZRATBAL BLOCK, SRINAGAR :A DESCRIPTIVE STUDY

Community Medicine

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ABSTRACT

Adolescent constitute 21.4% of the population. They have numerous concerns and problems. It has been seen that 25% of adolescent will experience one significant stressor. The objective was to assess the stress coping strategy adopted by school going adolescent of Harwan zone, block Hazratbal, Srinagar. Majority of the students try to find the best solution to overcome a problem (22%) Most of them play games (22%) or listen to music (18%) to distract from their problem and seek help from a friend or family member. A friendly and supportive environment at home and teaching about stress coping skills at school may help in the long run. Those with cognitive avoidant behaviour may be provided counselling or assurance.

KEYWORDS

stress, coping, behaviour, Adolescent

Introduction:

Adolescent term is applied to the lifespan usually between 10- 19 years. It constitute 21.4% of the population and forms a vulnerable section of the society. It is during this period that the child undergoes rapid changes physically, Psychology and social function. It has been seen that 25% of adolescent will experience one significant stressor. They come across various issues like early child bearing, nutritional deficiencies, gender discrimination, mental health issues, sexual and reproductive health issues substance misuse, non communicable disease and lot more.² To address these issues Under the flagship program of NHM, Rashtriya Kishore Swasthaya Karyakaram (RKSK) have been launched to improve their overall health and well being.

The present study focussed on the mental health component. Adolescence may face spectrum of mental disorders like anxiety disorder, Depression and Schizophrenia. Mental illness may present through thoughts, feelings and behaviour or as physical symptoms. Stress has become a major concern as far as mental health is concern. Stress in this age group may be due to multiple problems like family conflict, death of a family member, study stress, academic failure etc. In today's competitive world stress is a major concern for everyone. Since adolescent are future builder of society a need was felt to evaluate the stress component in this part of the world.

Objective:

To assess the stress coping behaviour among school going adolescent of harwan zone, block Hazratbal, Srinagar.

Material and method :

The present study was conducted for a period of 6 months from March to November 2015 keeping in view the school opening session. All the government schools of harwan zone was identified by line listing. Prior permission was obtained from the headmaster of all the schools after explaining the purpose of the study.

Pre designed semi structured questionnaire was used for data collection. The domain included Cognitive decision wing, distracting actions, cognitive avoidance, direct problem solving, expressive feelings, support seeking, aggressive actions and no coping effort. The questionnaire was self administered to all the senior class students who were willing to participate in the study.

Particular	n	%
Think about before i do anything	20	83.3
Think about what would be the best solution	22	98.5
Think about What i should do	8	35.1
Try to come up with a plan	15	74.5

The analysis was done using IBM Statistics version 23 and expressed in percentages.

Results:

All the schools were selected for the study. General health check

up of 285 students was done. out of the total students, only senior class students from 8th to 10th students were included to assess the stress coping behaviour. After excluding the incomplete forms, 68 students was included in analysis.

Cognitive decision*

Majority of the students try to find the best solution to overcome a problem (22%) followed by what could be done to solve the problem. (20%)

Distracting Actions *

Listen to music or watch TV	18	81.8
Play some games	22	98.5
Go somewhere and play	9	42.6
Read a book or magazine	11	47.6

*Multiple response

Most of them play games (22%) or listen to music (18%) to distract from their problem

Cognitive Avoidance*

Try to put it out of my mind	22	98.5
Pretend the problem never happened	7	30.9
Try not to think about it	12	55.1
Try really hard to forget about it	9	42.6
Refuse to think about it	12	56.8

*Multiple response

Many try to forget about the problem (22%) or refuse to think about it (12%)

Direct Problem Solving*

Do something to make things better	15	65.5
Try to make things better by changing what i do	14	60.1
Do something so that it will work out	15	65.5
Do something to solve the problem	22	91.6
Change something to make it better	7	29.1

*Multiple response

22% do something to solve the problem while 15% try to make things better and to work out the problem.

Expressive Feelings*

Let all my feelings out	21	95.4
Cry by myself	22	91.6
Let my feelings out	4	16.6

22% students cry to express their feelings

Support seeking*

Talk about my feelings with someone	10	41.6
Get help from a friend	22	98.5
Get help from someone in my family	22	98.5
Talk about the problems with one of my friends	19	79.1

*Multiple response

For support most of them seek help from a friend or family member.

Aggressive Actions*

Get into a fight with someone	11	45.8
Do something bad or cause trouble	15	62.5
Get mad at someone	15	62.5
Say mean things to people	9	37.5

*Multiple Response

15% of the respondent cause something bad or do something bad.

No coping effort *

Just let it happen	15	74.5
I just wait	22	98.5
I don't do anything	3	12.5
I don't know what to do	6	25

*Multiple response

Most of the students do nothing and wait or just let it happen.

Discussion: The present study gives an overview of various coping strategy adopted by school going children whenever they experience any kind of stress. The study is an attempt to get insight into the coping mechanism by measuring the attributes such as cognitive decision, cognitive avoidance, problem solving, expressive feeling, support seeking, aggressive actions, distracting action and no coping effort at all.

A study Titled: Stress and Coping in High School Students in Accelerated Academic Curricula: Developmental Trends and Relationships with Student Success was done by **Brittnay V Hearon**.³ Regarding coping strategies, findings show that students tend to respond to higher stress by increasing their use of maladaptive strategies including reliance on substance use, reduce effort on schoolwork, and deterioration..

Daniel et al⁴ conducted a study "Violence, Coping, and Mental Health in a Community Sample of Adolescents", Violence and Victims :18, 403, 418. Analyses revealed that violent adolescents compared to their less violent and nonviolent peers employed more maladaptive coping strategies. The findings support that coping strategies play in contributing to adolescent mental health and well-being.

A cross sectional study :Study on stress and coping strategies among private and government high school children in Udupi Taluk, was done by Shubhi Tomar, Garima Verma et al 5 in Karnataka. coping styles employed by high school students is in such an order as: problem solving, asking for help, fantasy, rationalization, retreat and self-blame (from more to less). It shows that high school students tend to adopt positive and mature coping styles such as problem solving and asking for help. Those negative and immature coping styles such as retreat and self-blame are less adopted.

Conclusion : The students try to find the best possible solution to overcome stress in their day to day life. Furthermore ,most of them use to play games to distract themselves from problems. Cry out to express their feelings and seeking help from family and friends was adopted by many. Few of them had either a fight or just wait for the problem to go.

Recommendations: Focus should be on identifying the various sources of stress at the very outset. A friendly and supportive environment at home and school about stress coping skills may help in the long run. Those with cognitive avoidant behaviour may

be provided counselling or assurance. Attempt should be made in future to explore various stressors and ways to cope them to help them in their future lives.

Limitation :

Generalizability of the present study is questionable as it involve sample only from Government High school of a single zone of block Hazratbal. More sample involving both private and government school from every zone with the use of validated scale would yield better results about the sources of stress and coping styles among these vulnerable age group.

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