



**ORIGINAL RESEARCH PAPER**

**Home Science**

**STRESSORS, STRESS COPING TECHNIQUES AND STRATEGIES AMONG ADOLESCENT GIRLS**

**KEY WORDS:**

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**ABSTRACT**

Stress is a term widely used the biological, physical and social science. It is a construct whose meaning in health research is variously defined in relationship to “Stressful event, responses and individual appraisal of situations” (Cohen et al., 1995). Stress affects both physical and emotional health and reduces the ability to live life to the full. The huge amount of stress an individual face is increasingly due to the rapidly accelerating pace of social and economic changes (Prentiess, 2004). Right from the time of birth till the last breath drawn, an individual is invariably exposed to various stressful situations. Stress is a part of adolescence culture and a lifelong fact (Sudha, 1999, Shan and Kanwar 1999). Adolescents, who were in their teens and early twenties, are living in or emerging from a stressful life period. Adolescence is the period of psychological and social transition between childhood and adulthood (Varshini, 2007) during which the teenagers face various stresses that ranges from daily hassle to major events (Compass, 1987) and a multitude of developmental challenges incorporating social, cognitive, physical and psychological changes. The sample comprised of 150 adolescence of different age groups were selected in Chennai city. The prime objective was to find out the stressors, coping techniques and strategies among the selected adolescent girls based on age. A structured questionnaire was used to collect data. Data indicated higher the age more the stress experienced and lower the level of stress control.

**INTRODUCTION**

Life and stress are interwoven with each other. Life today is becoming increasingly complex, tension ridden and a great source of stress. Stress can come from any situation or thought that makes one feel frustrated, angry or anxious. Stress is a normal part of life of individual's response to any challenge, any demand or any change. It mobilizes ones untapped potentials. It can generate the impetus necessary to convert thought into action and can motivate an individual to accept the challenge (Shah and Kanwar, 1999). Adolescence is the most difficult part of growing up. The transition from childhood to adolescence is a journey full of surprises both for the parents and the kids. There are many adolescent problems that stem up while passing through this phase. The adolescent problems start with the onset of puberty with moodiness, rude behavior, increase of interest in opposite sex etc. (Livizi, 2008). Stress may be an internal state which can be caused by the physical demands on the body such as disease, exercise, extreme temperature, professional hazards and so on or by environmental and social situations which are evaluated as potentially harmful, uncontrollable or exceeding our resources for coping (Morgan et al., 1993). This is the time they need the guidance and care of the parents. This is a time where adolescents try to come out with new things, because innovations of new things makes to feel good, reduce stress, feel grown up or fit into the group (Hughes and Scherer, 1997).

Achieving the right balance between too much and too little stress has become an integral challenge of life. The lifestyle and preventive approach of developing positive health includes actions in main areas like exercise, diet and relaxation to reduce stress related risk factors. To balance the life from the stressful events adolescents these days turn to yoga for relaxation and stress reduction because yoga is a suitable element of prevention of stress in the health services (Vikas, 2001). Hence the study on “Stressors, Stress coping techniques and Strategies among adolescent girls” selected to bring of the birds eye view of the stress situation and their control.

**The objectives of the study are to**

1. Find out the stressors among the selected adolescent girls based on age.
2. Find out the stress coping techniques and strategies adopted by the selected adolescent girls based on the age.

**Hypothesis**

1. There will be a significant difference on stressors based on age
2. There will be a significant difference on stress coping techniques and strategies based on age.

**Methodology**

An Ex Post facto Research Design cross sectional in nature was adopted.

**Sample**

Using purposive sampling techniques 150 adolescence residing in Chennai city was elected. The sample comprised of 75 adolescence practicing yoga and 75 not practicing yoga.

**Tools used for the assessment**

A structured questionnaire comprehensive in nature was designed to elicit required information data where analyzed using ANOVA (one - way) the results are presented below.

**RESULTS AND DISCUSSIONS**

Out of the stressors studied, more than 50 percent of the subjects were reported to be stimulated by external stressors (56.74%) such a social stressors (47.98%), college stressors (39.81%) and home stressors (44%) and the rest of them were kindled by internal stressors (43.26%). The data collected on stressors inducing stress were processed and analyzed statistically based on age.

**Stressors Based On Age**

Factors leading to stress namely stressors were analyzed statistical based on the age group of the selected adolescent girls such as 11 - 14 years, 14 - 17 years and 17 - 21 years using ANOVA (one – way). The findings are depicted in Table 1

**Table – 1 Stressors Based On Age**

Stressors	Sources of variation	Sum of squares	DF	Mean square	F
External stressors	Between groups	235.341	2	117.670	2.709NS
	Within groups	6386.233	147	43.444	
	Total	6621.573	149		

Social stressors	Between groups	16.095	2	8.048	2.886NS
	Within groups	409.905	147	2.788	
	Total	426.000	149		
College stressors	Between groups	58.292	2	29.146	2.075NS
	Within groups	2064.401	147	14.044	
	Total	2122.693	149		
Home stressors	Between groups	18.582	2	9.291	3.283*
	Within groups	415.978	147	2.830	
	Total	434.560	149		
Internal stressors	Between groups	56.056	2	28.028	3.521*
	Within groups	1170.237	147	7.961	
	Total	1226.293	149		

NS – Not significant

\* - Significant at 5 percent level

Existence of significant difference on the external stressors, home (F=3.283\*) was observed among the selected age groups. Internal stressors were also found to be significantly differing among the selected age group at 5 percent level (F=3.521\*)

**Table – 2 Stress coping techniques and strategies based on Age**

Coping techniques and Strategies	Sources of variation	Sum of squares	DF	Mean square	F
Coping techniques	Between groups	2144.697	2	1072.349	4.865**
	Within groups	25786.894	117	220.401	
	Total	27931.592	119		
Strategies	Between groups	11.211	2	5.606	0.119NS
	Within groups	6879.473	117	47.120	
	Total	6892.685	119		

NS – Not significant \*\* - Significant at 1 percent level

Summary of ANOVA on stress coping techniques and strategies based on age showed that coping techniques (F=4.865\*\*) was only found to show exclusively highly significant difference among the adolescent subjects as per age group.

**Duncan's Multiple Range Test**

Age group (Years)	N	Subset for Alpha	
		Coping techniques	
		1	2
17-21	77	64.51	
14-17	28		70.79
11-14	15		76.27
Sig		0.130	0.186

From the Duncan's test of analysis, it was confirmed that significant difference on coping techniques was observed between adolescents based on various age groups. 11 - 14 years (X=76.27) age groups were found to be adopted better coping techniques than 14 - 17 years (X=70.79) and 17 - 21 (X=64.51) years age groups. The higher the age groups, the coping techniques adopted are lower. Late adolescents having figure consciousness adopt binge eating, Sierra and Lemons (2008) revealed that the adolescents who reported binge eating used more avoidance coping strategies than those who did not engage in this behavior. Adolescents took into account mainly the amount of food eaten when defining a binge with few of them mentioning loss of control in their description. So the hypothesis, "There will be a significant difference on stress coping techniques and strategies based on age" is proved.

**CONCLUSION**

Within the stated purpose and findings of this study, the total survey reflects as age increases, the number of stressors faced by the subject is also found to be increased and the coping techniques

**Duncan's Multiple Range Test**

Age group (Years)	N	Subset for Alpha			
		Home stressors		Internal Stressors	
		1	2	1	2
11-14	27	1.89		2.59	
14-17	34		2.79		4.26
17-21	89		2.81		4.15
Sig		1.000	0.969	1.000	0.854

Duncan's test performed subsequently revealed that the selected subjects belonging to the age group of 11 to 14 years (X=8.07) were significantly differing from 17 - 21 years (X=11.44) age groups on statement of external stressors, whereas 11 - 14 years (X=2.59) age groups was differing from 14 - 17 years (X=4.26) and 17 - 21 years (X= 4.15) age group related to the internal stressors. The subjects of 11 - 14 year age group were found to be significantly differing from 14 - 17 years and 17 - 21 years on social and home stressors acting as external stressors. It is surprised to note that 17 to 21 years (X=11.44) were exposed to more external stressors (X=11.44) and internal stressors (X=4.15), whereas 11 - 14 years were stimulated by less number of external (X=8.07) and internal stressors (X=2.59). As age increases, the number of stressors faced by the subject is also found to be increased. So the hypothesis, "There will be a significant difference on stressors based on age of the selected subjects" is proved.

**Stress coping techniques and strategies based on Age**

Table 2 reveals summary of ANOVA (one – way) on stress coping techniques and strategies adopted by the subjects of various age groups.

adopted are lower. Adolescents have numerous opportunities and are eager to assume new responsibilities of building up the well being of the family, society and at large the world. To perform their roles fruitfully, they are in need of providing more consideration and protection to their health through distress. At this juncture, they are in need of well planned life styles programs to reduce stress and make themselves healthy.

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