

# **A study of Personal Stress among adolescent students in relation to their Social Adjustment**

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***Abstract:** The present research aims to examine the personal stress among adolescent students in relation to their social adjustment. The current study targeted a population 50 adolescent students of Fatehgarh Sahib, Punjab. Descriptive survey was done for the collection of data. The collected data was analyzed by using statistical techniques such as mean, standard deviation (S.D.), t-test and Pearson's coefficient of correlation (r). Outcomes of the study revealed that no significant relationship between personal stress and social adjustment of adolescent students. Further, study recommends future research on how personal stress can be managed and more adjustment can be done and test if both can be improved by conducting workshops, seminars, guidance and counseling by experts for the adolescent group.*

***Keywords:** Adolescence, Personal stress and Social adjustment*

## **I. INTRODUCTION**

With the advancement in our life style and our daily routine, the level of stress in our life keeps on increasing with a phenomenal rate. It leads to a lot of physical, mental, social, and emotional as well as adjustment problems that we are facing today. The present era, every person is facing and living in a stressful situation and appearing a variety of pressure from their peer group, family, society, etc. It is a common saying that adolescence is a stage of high stress and strain. Hence, it can be seen that the adolescent group may suffer from numerous psychological issues which may create a challenging life to them.

Stress is considered as a reaction which occurs when the supposed demand of a particular situation exceeds our ability to cope up of it. Stress is of two types namely, eustress and distress. Eustress is a positive and healthy stress and which is taken up as a challenge to perform better in the life and is productive in nature. Distress is a negative stress and occurs when one is not able to cope up with it and usually tries to escape from it and is counterproductive in nature. Personal stress is a type of stress when a person is having stress that hinders his own life style.

The term 'adjustment' depicts the relationship established by an organism with its respective environment. The word adjustment has been derived from the French word 'Ajoster' which means to approximate or surroundings. Social adjustment can be defined as the ability of an individual to grow up with proper social understanding, development of healthy relationships and learning responses in a social manner.

## **II. REVIEW OF LITERATURE**

Kamali (2000) worked upon stress, anxiety and job satisfaction and examined the influence of personality factors on them. He found that these variables were significantly correlated with neuroticism in both men and women. Debora *et. al.* (2003) investigated a study on African-American college going students by relating role of life event stress as a function of optimism. The findings of the study depicted that individuals with high optimism were with less perceived stress than low scorers.

Komala (2014) conducted a study on adolescent students to check the relationship between stress and adjustment. The findings of the study showed that out of all student boys experienced higher stress as compared to girls. Kalita and Baruah (2017) investigated a study on adolescents of class 11<sup>th</sup> of Dibrugarh District, Assam to check their social adjustment in relation to their gender and locality. The results depicted that there was a significant difference seen in social adjustment in relation to their gender but no difference was found in relation to their locality. Rajlakshmi (2017) examined that orphan boys had more social adjustment problems than those of girls and also observed that both adolescent orphan had social adjustment problems in classroom whether from rural as well as urban locality.

### **III. OBJECTIVES OF THE STUDY**

1. To study and compare the personal stress of male and female adolescent students.
2. To study and compare the social adjustment of male and female adolescent students.
3. To find out the correlation between personal stress and social adjustment of adolescent students.

### **IV. HYPOTHESES OF THE STUDY**

1. There will be no significant difference in the personal stress of male and female adolescent students.
2. There will be no significant difference in the social adjustment of male and female adolescent students.
3. There will be no significant difference in the correlation between personal stress and social adjustment.

### **V. METHODOLOGY**

For the collection of data, descriptive survey method was used.

#### **5.1 Sample**

The sample consisted of 50 students of B.A.-B.Ed. of Fatehgarh Sahib. Out of these, 25 boys and 25 girls were selected randomly. For the selection of students random sampling technique was employed.

#### **5.2 Tools used**

- Personal Stress Source Inventory (PSSI-SSS) developed by Singh, Singh and Singh (2005)
- Social Adjustment Scale (SAS-KA) developed by Kumar (2016)

### 5.3 Statistical techniques used

In this study, descriptive statistical technique was used which involve Mean, Standard Deviation, t-test and Pearson’s correlation.

## VI. FINDINGS OF THE STUDY

### Hypothesis 1

*Table 1: Results showing mean, standard deviation (S.D.) and t-value on personal stress between male and female adolescent students*

| Variable        | Mean (M)        |                   | S.D.                        |                               | t-value | Level of Significance |
|-----------------|-----------------|-------------------|-----------------------------|-------------------------------|---------|-----------------------|
|                 | M1<br>(Male=25) | M2<br>(Female=25) | S.D. <sub>1</sub><br>(Male) | S.D. <sub>2</sub><br>(Female) |         |                       |
| Personal Stress | 57.44           | 60.76             | 8.52                        | 13.73                         | 0.15    | Not Significant       |

Table 1 reflects that the mean scores of personal stress of male and female students do not differ significantly.

### Hypothesis 2

*Table 2: Results showing mean, standard deviation (S.D.) and t-value on social adjustment between male and female adolescent students*

| Variable          | Mean (M)        |                   | S.D.                        |                               | t-value | Level of Significance |
|-------------------|-----------------|-------------------|-----------------------------|-------------------------------|---------|-----------------------|
|                   | M1<br>(Male=25) | M2<br>(Female=25) | S.D. <sub>1</sub><br>(Male) | S.D. <sub>2</sub><br>(Female) |         |                       |
| Social Adjustment | 61.24           | 59.56             | 7.37                        | 5.86                          | 0.18    | Not Significant       |

Table 2 reflects that the mean scores of social adjustment of male and female students do not differ significantly.

### Hypothesis 3

*Table 3: Results showing correlation between personal stress and social adjustment*

| Variables                             | N  | Value of ‘r’ |
|---------------------------------------|----|--------------|
| Personal stress and social adjustment | 50 | 0.0638**     |

From table 3, it is clear that the coefficient of correlation between personal stress and social adjustment was statistically not significant.

\*\*Correlation value is not significant.

## **VII. CONCLUSIONS**

1. The personal stress of male and female students does not differ significantly.
2. The social adjustment of male and female students does not differ significantly.
3. The personal stress of students was not significantly correlated with their social adjustment.

This depicts that personal stress has no influence on the social adjustment of adolescent students. Further, it is suggested that various workshops, seminars and guidance and counseling sessions should be conducted and provided by experts to make them emotionally strong and make them to live a stress free life.

## **VIII. RECOMMENDATION**

Further, it is recommended that such type of study can be conducted in other fields like employment sector, hospital workers, etc. so as to examine their stress level and social adjustment. Effectiveness of the study can be further improved by taking into consideration other psychological variables.

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