

# A Study To Assess The Effectiveness of Stress Management Techniques on Reduction of Stress Among Adolescent Girls at Selected Junior Colleges In Hyderabad

Mrs. K.Suvarna

Research scholar, MJRP University

**Abstract- Background:** Stress is recognized as a major health hazard of the contemporary century. The junior students are likely to experience more stress than their friends enrolled in other programme. Few weeks of disciplined stress management techniques is a promising approach for dealing with the stress response.

**Aim:** The aim of the study was to assess the effectiveness of Stress management techniques on reduction of stress among adolescent girls at selected junior colleges in Hyderabad.

**Methods:** In the study, quasi experimental design was used and a non-probability convenient sampling technique was adopted to select 60 adolescent girls, 30 in experimental and 30 in control group. Pilot study was conducted, the tools were found to be feasible. The stress level was measured by using perceived stress scale. Stress management techniques was administered to experimental group. The data were collected and analysed using descriptive and inferential statistics.

**Results:** Results of the study revealed that, there was significant difference between the mean pre test and post test stress scores which was statistically tested using paired 't' test ( $t=5.57$ ;  $P<0.05$ ) was found to be significant at 0.05 level of significance. The significance of difference between the post test stress scores among experimental and control group was statistically tested using independent 't' test was found to be significant at 0.05 level of significance and inferred that the Stress management techniques was effective in reducing the stress level. The results of the study also revealed that the stress level of the adolescent girls had no significant association with their selected demographic variables.

**Conclusion:** The study was concluded that Stress management techniques was effective in reducing the stress among junior students. hence the junior colleges should give importance to stress management techniques and thereby reduce the stress among junior students

**Keywords-** Stress management techniques, stress, effectiveness, adolescent girls

## I. INTRODUCTION

Stress is a natural phenomenon that everyone experiences in his or her life time. Stress always relates to the imbalance between demand made on us generally from external sources and our capabilities to meet those demands which usually lead to physical, physiological, and psychological and social consequences. Stress management techniques-a type of relaxation. This technique can be practiced on varying levels of awareness which results in overall improvement in respiratory function and physical fitness which improves ones' tolerance to stressors.

## II. OBJECTIVES OF THE STUDY

The objectives of the study are:

1. To assess level of stress among adolescent girls.
2. To evaluate the effectiveness of Stress management techniques in terms of reduction in stress scores among adolescent girls.
3. To determine the association between levels of stress among adolescent girls with their selected variables.

## HYPOTHESIS

The following hypotheses were stated and were tested at 0.05 level of significance.

**H<sub>1</sub>:** The mean post test stress scores of adolescent girls who have received Stress management techniques on reduction of stress will be significantly lower than their mean pre test stress scores.

**H<sub>2</sub>:** There will be significant difference between the mean post test scores of adolescent girls among experimental and control group after the intervention of Stress management techniques.

**H<sub>3</sub>:** There will be significant association between levels of stress among adolescent girls with their selected demographic variables.

### III. METHODOLOGY

**Research Design:** Quasi experimental research design.

**Variables of study:**

**Independent variable:** Practice of Stress management techniques.

**Dependent variable:** Stress among adolescent girls.

**Extraneous variables:** Age, family income, type of family, previous hostel stay, previous exposure to stress management techniques.

**Setting of the study:** Selected junior college.

**Population:** Adolescent girls in selected Junior college.

**Sample and sampling:** Adolescent girls who are residing in junior college. 60 adolescent girls were selected with 30 in experimental and 30 in control group.

**Sampling technique:** Non probability convenient sampling technique.

**Sampling criteria**

**Inclusion criteria:**

Adolescent girls who are:

1. Studying selected junior colleges.
2. Students who are willing to participate.

**Exclusion criteria:**

Adolescent girls who are,

1. Already practicing Stress management techniques.

**Data collection technique and instrument**

The data collection instruments used by the researcher were the following:

1. Proforma for selected demographic variables.
2. Perceived stress scale to assess the stress level.

**Data collection procedure**

Formal administrative permission taken to conduct the study. An informed consent was obtained from the respondents. The samples were selected as per criteria. 60 samples were selected as per sampling technique, 30 students in experimental and 30 students in control group. On day 1, stress level of the adolescent girls was pre tested through perceived stress scale both in experimental and control group. On day 2 to day 21 Stress management techniques was administered to experimental group in daily morning 6am to 7am. On day 21 post test was conducted for both experimental group and control group.

### IV. RESULTS

**Frequency and percentage distribution of adolescent girls in experimental and control group according to their selected personal variables.**

The findings of the study show that majority (74%) of the samples were belongs to the age group of 18- 20 years and 86% were belongs to nuclear family. Majority 46% of sample had monthly income between 5001-10,000. Majority of the samples 74% had not stayed previously in hostel. Maximum 80% of the samples had no previous exposure to Stress management techniques.

**Effectiveness of stress management techniques**

**Description of pre-test and post-test stress scores in experimental and control group.**

The pretest stress scores ranged from 18-85 in experimental group and 22-71 in control group as against the possible range of 0-160. The mean pretest stress score is 42.16 with a standard deviation of 3.6 in experimental group and 40.4 with a standard deviation of 5.08 in control group. The post test stress scores ranged from 8-77 in experimental group and 20-67 in control group as against possible range of 0-160. The mean post test stress score is 29.27 with a standard deviation 3.04 in experimental group and 39.5 with a standard deviation 2.73 in control group.

**Significance of difference between mean pretest stress scores of adolescent girls among experimental and control group.**

To find the significance of difference in mean pre test stress scores among experimental and control group, an independent 't' was computed and obtain the value of independent 't'=0.34,  $p>0.05$  was found to be not significant. Hence it is inferred that there is no significance of difference between pre test stress scores of adolescent girls among experimental and control group and both the group were started from equivalent base line.

### **Reduction in stress: comparing pre test and post test stress scores**

To find the significance of reduction in stress an independent 't' test value was computed and obtained value of  $t=13.8$  was found to be significant at 0.05 level of significance. Hence it was inferred that Stress management techniques was effective in reducing stress among adolescent girls.

### **Findings related to association of the level of stress among adolescent girls with their selected demographic variables.**

Association between level of stress and selected demographic variable were found to be not significant at 0.05 levels of significance. Hence it is inferred that, no demographic variables had influenced their level of stress.

## **V. RECOMMENDATIONS**

1. Large scale study can be conducted to generalize the findings
2. A similar study can be conducted by adopting true experimental design.
3. A study can be replicated for students in other professions.

## **VI. CONCLUSION**

The findings revealed that Stress management techniques was helpful in reducing stress among Junior girls students. In the present study, adolescent girls experience mild to moderate level of stress. Hence the Junior colleges should have to give importance to Stress management techniques in the curriculum for reducing the stress among junior students.

## **REFERENCES**

- [1] **Uchiyama (2011)**, Association of social skills with psychological distress among
- [2] female nurses in Japan.
- [3] **Malinauskiene V (2009)**, Psychosocial job characteristics, social support and sense of

- [4] coherence as determinants of mental health nursing.
- [5] **Dawkins, E. J., Depp (2008)**, F. L., Selzer, E. N. Stress and the psychiatric nurse.
- [6] Journal of Psychosocial Nursing 1985, 23 (11), 9-15
- [7] MorgeHegge. Vicky Larson. Stressors and coping strategies of students in accelerated baccalaureate junior programme. Journal of Nurse Educators. 2008 Jun; 33(1):26-30.
- [8] Fiona Timming, M. Kaliszer. Aspect of nurse education programme that frequently cause stress to junior students- fact finding sample survey. Nurse Education Today. 2002 April; 22(3):203-211.
- [9] Nitasha Sharma, Amandeep Kaur. Factors associated with stress among junior students. Junior and Midwifery Research Journal. Jan 2011; 7(1):12-21.