

A COMPARATIVE STUDY TO ASSESS THE EFFECTIVENESS OF STRESS MANAGEMENT PROGRAMME ON THE LEVEL OF STRESS AMONG SENIOR SECONDARY SCHOOL STUDENTS OF SELECTED SCHOOLS OF PUNJAB

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ABSTRACT

A quasi-experimental research design study was conducted on 200 Senior Secondary school students to assess the effectiveness of stress management programme on the level of stress. The study findings indicated that students suffer from significant stress. It is concluded that the stress management programme was successful in reducing the level of stress among the senior secondary students.

Key Words: Stress, Stress Management Programme, Senior Secondary school students.

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INTRODUCTION

The word “stress” has always been alarming us through all walks of life; it accompanies a human from womb to tomb. It affects people from all walks of life. Stress among senior secondary students is one of the common problems hampering their wellbeing.

OBJECTIVES

1. To assess the pre-test levels of stress of the Experimental Group and the Control Group.
2. To compare the Pre- and Post-test levels of stress among the Senior Secondary students of Experimental and Control group.
3. To find out the association of level of stress with the selected socio-demographic variables among the Senior Secondary students.

SAMPLE

A sample of 100 Senior Secondary school students were included and studied by dividing them into Experimental and Control groups from 5 different districts of Punjab. Sample was drawn by convenience sampling technique.

DESIGN

A quasi-experimental research design was used to study the sample of 200 senior secondary school students.

DEVELOPMENT OF TOOL

The tool was selected and developed by keeping in mind the objectives of the study, reviewing theoretical sources, previous studies, the Internet and thorough discussions with the guide and co-guide. Content validity of the tool was determined by expert’s opinion. The tool was given to the experts in the field of Medical, Medical and Surgical Nursing, Psychology and language experts in English to ascertain the content appropriateness, clarity and relevance. The reliability was established by using split half method. The tool used in this study consists of two sections. Section-I contains demographic variables. Section-II contains Self Structured Questionnaire in the form of 5 point Likert scale to assess the level of stress.

SECTION I

The demographic variables include age, gender, religion, type of school, class of studies, stream, previous schooling, number of siblings and type of family.

SECTION II

It includes a set of 40 statements showing various stressors on a five point Likert scale. These statements include stressors from academic, personal and parental aspects.

SCORE INTERPRETATION

The score is divided as follows:

No stress at all : 1

ARTICLES

Slight stress	:	2
Moderate stress	:	3
A lot of stress	:	4
Extreme stress	:	5

The maximum score is 200 and the minimum score is 40.

STRESS MANAGEMENT PROGRAMME

This programme has been designed by the investigator after extensive search. It consists of the following:

- a) Suggestions for Reducing Stress
- b) Relaxation exercises
 - Deep Breathing.
 - Visualisation.
 - Progressive Muscle Relaxation (Tense & Relax Technique)

STATISTICS

Statistical analysis was performed using SPSS version 15.0 software. The data was analysed by using Descriptive and Inferential statistics through frequencies, percentages, Pearson, t-test and Chi-square test; p values ≤ 0.05 , 0.01, 0.001 were considered significant. SPSS version 15.0 was used for analysis of the data.

RESULTS

The analysed data was organised and presented as follows:

SECTION A

Frequency and percentage distribution of students according to demographic variables among students who received stress management programme (Experimental Group) and students who did not receive stress management programme (Control Group). **(Table 4.1)**

SECTION B

Frequency and percentage distribution of the level of stress among Senior Secondary students in both the groups during pre-test **(Table - 4.2)**

SECTION C

Comparison of post-test level of stress among students who received stress management programme and students who did not receive stress management programme

SECTION A

Table - 1: Frequency and percentage distribution of students according to demographic variables among students who received stress management programme (Experimental Group) and students who did not receive stress management programme (Control Group)

(N=200)

Serial Nos.	Demographic variables	Experimental Group		Control Group	
		(n=100)	%	(n=100)	%
1.	Gender				
	a) Male	58	58	59	59
	b) Female	42	42	41	41
2.	Age (years)				
	a) 15	14	14	10	10
	b) 16	35	35	29	29
	c) 17	43	43	34	34
	d) 18	08	08	27	27
3.	Religion				
	a) Hindu	21	21	25	25
	b) Sikh	74	74	75	75
	c) Others	05	05	-	-
4.	Class of studies				
	a) 11 th	63	63	36	36
	b) 12 th	37	37	64	64
5.	Stream				
	a) Medical	25	25	24	24
	b) Non-Medical	23	23	28	28
	c) Arts	32	32	32	32
	d) Commerce	20	20	16	16
6.	Previous schooling				
	a) Same school	61	61	50	50
	b) Different school	39	39	50	50
7.	Number of siblings				
	a) 1 – 2	45	45	57	57
	b) More than 2	55	55	43	43
8.	Type of family				
	a) Nuclear	69	69	65	65
	b) Joint	31	31	35	35

SECTION B

Table – 2: Frequency and percentage distribution of the level of stress among Senior Secondary students in both the groups during pre-test (N=200)

Level of Anxiety	Pre-test			
	Experimental Group		Control Group	
	(n=100)	%	(n=100)	%
Mild	18	18	17	17
Moderate	82	82	83	83

Table – 2 shows the level of stress among senior secondary students in both the groups during pre-test. In experimental group, majority of 82 (82%) students had experienced moderate level of stress and 18 (18%) students had experienced mild level of stress and in control group, 83 (83%) students had experienced moderate level of stress and 17 (17%) stress had experienced mild level of stress.

Table 3 Comparison of post-test level of stress from among students of experimental and control group (N=200)

Group	Mean	S.D	Paired t test
Experimental	80.96	11.470	16.033 ***
Control	112.81	16.219	

*** -significant at $p < 0.001$ level

Table - 3 illustrates the comparison of post-test level of stress among students of both the experimental and control groups. Analysis revealed that there was a significant difference between post-test scores of both the groups. The mean value of stress among students who received stress management programme (Experimental Group) was 80.96 in post-test with S.D of 11.470 and for the students who did not receive Stress Management Programme (Control Group), mean value was 112.81 with standard deviation of 16.219. The calculated paired 't' value was 16.033 and it was statistically significant at $P < 0.001$ which showed that there was a significant reduction of stress from moderate to mild.

DISCUSSION

The findings showed that majority (82 %) of students in the experimental group were having moderate level of stress while (18%) were mildly stressed. In the control group, majority of the students 83% had moderate whereas 17% had mild level of stress. The analysis of the data regarding the level of stress among students of Senior Secondary schools showed that mean pre-test stress scores of the experimental group was 113.51 ± 16.071 whereas for the control group, it was 114.40 ± 15.541 ; which is almost equal for both the groups. Further, the mean post-test stress score of the experimental group was 80.96 ± 11.470 and that of the control group was 112.81 ± 16.219 . The mean post-test scores were significantly lower in experimental group. Hence, it is concluded that the stress management programme was successful in reducing the level of stress among the Senior Secondary students. The association between level of stress and the selected socio-demographic variables such as age, gender, religion, type of school, class, stream, previous schooling, number of siblings, and type of family showed that there was a statistically significant impact of religion on the level of stress among Senior Secondary students. It was statistically significant at 1% level of significance.

CONCLUSION

In the experimental group, 92% of students were found with mild level of stress after the Stress Management Programme while on the other hand in the control group, 25% of the students were having mild stress in the post-

test. This study shows that there is positive relationship between Stress Management Programme and reduction of level of stress among Senior Secondary students, which was statistically significant. Hence, the hypothesis is accepted. There is strong impact of religion on level of stress of the students.

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