

## A study of vocational stress among higher secondary students in relation to sex, locality and type of institutions

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### Abstract

In this scientific and technological age, one of the most important aspects of one's life is vocation. So, one has to choose vocation for himself. Its foundation should be laid when one is receiving education. Job stress has reported different psychological and physical condition at work as potential vocational stressors. The main aim of this study was to find out the difference in vocational stress among the higher secondary school students in District Kathua (J&K). The hypotheses of the study were there will be no significance differences between govt. school boys and private school boys, rural boys and urban boy, between govt. school girls and private school girls, between rural school girls and urban school girls, between govt. school boys and girls, between the private school boys and private school girls, between the rural girls and between urban school boys and urban school girls when vocational stress is taken as a dependent variable. For this purpose the investigator had selected a sample of 200 higher secondary school students from District Kathua. The data was collected by using Bisht Battery of Stress Scale (B.B.S.S.) by Abha Rani Bisht and it is applied for the measurement of thirteen types of stresses. Data was analysed by employed critical ratio (C.R.) statistical technique. The main findings of the study were no significant has been obtained when govt. Hr. Sec. school boys and private school boys, rural boys and urban boys, govt. Hr. Sec. school girls and private school girls, rural girls and urban school girls, govt. school boys and govt. school girls urban school boys and urban school girls were compared on the basis of vocational stress, on the other hand Girls studying in private schools and girls studying in rural school were prone to more vocational stress when compared with boys studying in private schools boys studying in rural schools. The results of the study were important for the policy makers, parents, teachers and counselors to effectively deals with the stressed students.

**Keywords:** Vocation, Stress, Higher Secondary Schools, Sex, Locality and Type of Institutions

### Introduction

Stress occurs when there is substantial imbalance between environmental demands and the response-capability of the focal organism. This formulation needs a number of crucial qualifications before it can serve as a useful paradigm for stress research. Success is not the essence of life and therefore, while maintaining and entrancing ourselves, we are faced with obstacles internal and external. It may result in a state of frustration as we have been earlier, or the contradiction between two or more needs or valued goals may leads us to some situations when we are not expected to strive as we usually do in normal condition. The word "stress" is used in psychology in at least two different ways. First, it is defined as the state of psychological upsets caused by frustration, conflicts and other internal as well as external strains and pressures. What to do and what not to do? How to do? Where to go? Such questions depict the state of stress. Second stress is regarded as the class of stimuli which threatens an individual in some way and thus causes disturbances in his behaviour. We will use the term in both of its meaning, one as a state of being upset the other as a stimuli causing disturbances in behaviour.

### Concept of Vocation

In this scientific and technological age, one of the most important aspects of one's life is vocation. So one has to choose vocation for himself. Its foundation should be laid when one is receiving education. It should be stated that one of

the main aim of education is to give maximum help in one's professional life. For selection of vocation one requires sufficient maturity. The choice of vocation is an important decision that a person makes for himself. Vocation means getting professional at a particular age. It is generally a trend-setter for the future life leading to the employment.

Although, students of these days come under stress right from the very beginning, when their parents expect them to perform well and they are not capable of it. It keeps on becoming powerful and strong on the students till he/she reaches maturity and has to take a decision in regard to the suitability of one's own choice and availability.

### Concept of Stress

Stress is an effort of the body to fight an infection or to heal a wound. Stress is originally a Latin derivation. It was first used in 15<sup>th</sup> century. In 17<sup>th</sup> century, "Stress meant hardship, strain or affection". Later during 18<sup>th</sup> or 19<sup>th</sup> century, it meant, "Force pressure or strain". Stress is the "wear and tear" that our mind and bodies experience as we attempt to cope with continually changing environment. It is the automatic "Fight or Fight" response in body activated by various hormones which stimulate a variety of psychological changes e.g. increasing heart -rate and blood pressure, faster breathing, muscle tension, dry mouth and increased blood sugar. There are three types of stressor i.e. physical, social and physiological. The "Make-up" of the individual is determined by hereditary and

environmental factors. Stress or stress response results from the interaction between the individual and the stressors, modified by the person's at the time.

### Vocational Stress

The stress in vocation means the state of worry resulting from pressure caused by the problem of too much work in vocation or poor working conditions. The significance of goal and strength of blockage increases the degree of stress in vocation. Vocational stress is both external and internal. External stress is environmental while internal stress is always frustrating and comes from individual's within Vocational stress is an obstacle in psychological as well as physiological adjustment of an individual and thwarts him to shift more defensive position in order to face the challenges of circumstances. Vocational stress is defined by Magrotis and Kores (1974), "Job stress is a condition worth interacting with worker's characteristics to disrupt psychological or physiological homeostatic. The caused situation conditions are job stresses and the disrupted homeostatic is job related stress vocational stress is that condition in which failure dominates the attempts."

The psychological and management scientists have different views about potential, psychological and situational conditions or job factors, which causes job stress. The researches engaged in analyzing the antecedents and sequences of job stress have reported different psychological and physical condition at work as potential vocational stressors.

### Significanc of the Problem

The rate of vocational stress is increasing alarmingly in the outgoing students from different departments. It needs quick and immediate attention and action for its effective management. If this important field of study is left unattended, this may lead to many incurable psychological problems based on this concept. The present age is known as the age of stress and strain. Every individual has become prone to stress, including small children to old age people. Individuals suffer from different types of stresses due to the complexity of life. There are various obstacles – both environmental and personal, that can interfere in proper adjustment of the individual. Such obstacles put adjectives demands or stress on the individual who will strive to maintain and actualize on both levels – biological and psychological. We should direct our needs, motives and goals towards this end. Success is not the essence of life and thereby while maintaining and enhancing ourselves, we are faced with hurdles internally. This may result in a state of stress. When an extreme pressure is brought on us and we are said to be working and behaving under stress, we try to adjust to our own self or environment while bearing the consequences of the stress. After reviewing the various literatures it is noted that Sharma (2006) <sup>[9]</sup> conducted a study of vocational stress among Adolescents in relation to school climate; found that adolescents of healthy private school climate do not differ significantly on vocational stress. Pretti (2007) found that there was no significant difference in vocational stress among adolescents on the basis of income level and caste level of adolescents. Yu-Cheung Wong (2009) the study has proved that psychological well-being has a positive relationship with college stress and positive coping strategies have significant effects on solving psychological health problems. Male students reported higher level of stress, worse psychological well-being, and having less inclination

towards using positive coping strategies. Students studying in science subjects scored higher in personal hassle. Students from private colleges reported higher level of academic hassle while year two students had the highest level of stress and lowest level of psychological well-being compared to students studying in other years. Ashu (2010) found that there was no significant difference in the vocational stress among the students having different academic achievement and sex.

The life in modern times has become very fast. Everybody is over busy in order to meet basic needs, personal needs and social needs. People are struggling throughout the day, as a result, at home or in the family, parents and children both are suffering from stress. You will not find a single person without stress. Stress is responsible for affecting the adjustment, achievement and stability of mind and happiness of the people. There is an increase day by day in number of dropouts, failures, under achievers, emotionally unstable children, delinquents and antisocial children, drug- edicts etc. This has greatly affected the academic performance of children, and the gifted are becoming underachievers due to stress and strain in their minds. While teachers are not therapists they can be very helpful to stressed students by demonstrating friendly attributes, teachers can become aware when students are under stress and help them cope with stress effectively.

### Statement of the Problem

In the light of above facts the following problem was stated:

*"A Study of Vocational Stress among Higher Secondary Students In Relation To Sex, Locality and Type of Institution"*

### Operational Definitions of Terms Used

Following were the operational definitions of the terms used:

- **Vocation:** - Vocation means getting professional at a particular age. It is generally a trend-setter for the future life leading to the employment.
- **Stress:** - The word "Stress" is used in psychology in at least two different ways. First it is defined as the state of psychological upsets or disequilibrium in the human beings called by frustration, conflicts and other internal as well as external strains and pressure. Secondly stress is regarded as a class of stimuli which threaten an individual in some way and thus cause disturbance in his behaviour. Stress is conceptualized as having following components i.e. frustration, conflicts, pressure and anxiety.
- **Vocational Stress:** - It is stress relating to job and involves an interaction of a person and the environment. In the present study the vocational stress was defined on the basis of the score obtained from higher secondary school of district Kathua with the help of Bisht Battery of Stress Scale (B.B.S.S.) by Abha Rani Bisht and it is applied for the measurement of thirteen types of stresses.
- **Sex:** - In a present investigation "sex" is a word used for making distinction between male and female students.
- **Govt. Schools:** - Those school which are state government. In present study schools affiliated to JKBOSE and run by J&K govt. were defined as Govt. schools.
- **Private Schools:** - These are the schools which are maintained by private authorities. Government gives permission to open these schools.
- **Locality:** - In the present study locality means students belonging to urban and rural area/localities.

### Objectives of the Study

For the present study following objectives were achieved:-

1. To find out significant differences between govt. Hr. Sec. school boys and private school boys when vocational stress is taken as a dependent variable.
2. To study the significant difference between urban boys and rural boys on vocational stress.
3. To find out the significant difference between govt. Hr. Sec. School girls and private school girls when vocational stress is taken as a dependent variables.
4. To study the significant difference between rural girls and urban girls on the scores of vocational stress.
5. To study the significant differences between govt. Hr. Sec. School boys and govt. school girls when vocational stress is taken as a dependent variable.
6. To find out the significant differences between private Hr. Sec. school boys and private school girls on vocational stress.
7. To study the significant differences between rural boys and rural girls when vocational stress is taken as a dependent variable.
8. To find out the significant differences between urban boys and urban girls on the scores of the vocational stress.
9. To suggest educational implications based on the findings of the study.

### Hypotheses of the Study

On the basis of above stated objectives the following hypotheses were framed

1. There will be no significance differences between govt. school boys and private school boys when vocational stress is taken as a dependent variable.
2. There will be no significant differences between rural boys and urban boys when vocational stress is taken as a dependent variable.
3. There will be no significant differences between govt. school girls and private school girls when vocational stress is taken as a dependent variable.
4. There will be no significant differences between rural school girls and urban school girls on vocational stress.
5. There will be no significant differences between govt. school boys and girls school girls vocational stress.
6. There will be no significant difference between the private school boys and private school girls when vocational stress is taken as a dependent variable.
7. There will be no significant differences between the rural boys and rural girls on the vocational stress.
8. There will be no significant difference between urban school boys and urban school girls when vocational stress is taken as a dependent variable.

### Delimitations of the Study

A study does not yield many fruitful outcomes particularly when it has to be computed with in a limited short time. Due to insufficient time at the proposal of the investigator, he restricted the study as follows:

1. The study was confined to higher secondary school going boys and girls.
2. The study was conducted on 200 students only including boys and girls.

3. The data was collected from the schools of Kathua districts only.
4. The study was limited to Hindi knowing students only as the tool used was in Hindi language.
5. Only three govt. and four private schools were selected for the collection of the data for the study.
6. The data was collected from 100 urban and 100 rural students.

### Plan and Procedure of the Study

After discussing the Concepts and studies which have been conducted in India or Abroad, in the proceeding chapter, now the effort will be made to discuss research methods, population, sample, tools and techniques used by the investigator to comprehend the Vocational stress among higher secondary school students in District Kathua.

### Method

For the present study the investigator was used mainly the descriptive survey method. Descriptive research method is a method for collecting and analyzing data, obtained from a large number of respondents representing a specific population collected through highly structured and detailed questionnaire or interview.

### Population

Population is also known as “universe”. In the present study the students studying in higher secondary schools in District Kathua constituted the population of the present study.

### Sampling

The sample of present investigation was selected from the private and Govt. Hr. Sec. School boys and girls. For this purpose the investigator was used stratified sampling technique. The total sample of the students representing the present population was 200 consisting of 100 boys and 100 girls.

### Variables Studied

The following variables were studied in the present investigation:

#### Dependent Variable

1. Vocational stress

#### Independent Variables

1. Sex
2. Locality
3. Type of Institution

### Tool Used

In the present study, the instrument employed for the collection of data was: - Bisht Battery of Stress Scale (B.B.S.S.) by Abha Rani Bisht and it is applied for the measurement of thirteen types of stresses.

### Statistical Techniques Employed

Keeping in mind the above stated hypotheses the investigator used C.R. (Critical Ratio) technique for data analysis.

**Analysis and Interpretation of Data**

**Table 1:** Showing ‘t’ value of different categories on Vocational stress

S. No	Category	N	Mean	S.D	SEM	SEDM	‘t’ ratio	Level of Sig.	Results
1	Govt. School	50	436.3	37.8	5.35	7.71	1.18	NS	Hyp 1 is accepted
	Private School	50	427.2	39.30	5.56				
2	Rural Boys	50	425.4	37.14	5.25	7.58	1.80	NS	Hyp 2 is accepted
	Urban Boys	50	429	38.65	5.47				
3	Govt. School	50	434.1	35.14	4.97	6.51	1.11	NS	Hyp 3 is accepted
	Private School	50	441.3	29.80	4.21				
4	Rural Girls	50	443.1	28.7	4.06	6.45	1.67	NS	Hyp 4 is accepted
	Urban Girls	50	432.3	35.43	5.01				
5	Govt. School Boys	50	436.3	37.80	5.35	7.30	0.30	NS	Hyp 5 is accepted
	Govt. School Girls	50	434.1	35.14	4.97				
6	Private School Boys	50	427.2	39.30	5.56	6.97	2.02*	S	Hyp 6 is rejected
	Private School Girls	50	441.3	29.80	4.21				
7	Rural Boys	50	425.4	37.4	5.25	6.64	2.66**	S	Hyp 7 is rejected
	Rural Girls	50	443.1	28.7	4.06				
8	Urban Boys	50	439	38.65	5.47	7.42	0.92	NS	Hyp 8 is accepted
	Urban Girls	50	432.3	35.4	5.01				

\* Significant at .05 level of significance

\*\* Significant at .01 level of significance

**Main Findings**

On the basis of above table the, investigator laid down the following main findings:

1. When govt. Hr. Sec. school boys and private school boys were compared on the basis of vocational stress, no significant difference has been obtained.
2. When rural boys and urban Hr. Sec. school boys were compared on the basis of vocational stress, no significant differences have been obtained.
3. No significant difference has been obtained, when govt. Hr. Sec. school girls and private school girls have been compared on the basis of vocational stress.
4. When rural girls and urban school girls were compared on the basis of vocational stress no significant differences have been obtained.
5. When govt. school boys and govt. school girls were compared on the basis of vocational stress no significant difference have been obtained.
6. Girls studying in private schools are prone to more vocational stress when compared with boys studying in private schools.
7. Girls studying in rural schools are prone to more vocational stress when compared with boys studying in rural schools.
8. No significant differences have been obtained when urban school boys and urban school girls were compared on the basis of vocational stress.

**Educational Implications**

It has been said that necessity is the mother of invention. What lies beneath this age-old concept is a sustained & constant search for new possibilities & new processes & new products. Students in general and higher secondary school students in particular are suffering from vocational stress. Education, to complete, must be humane. It must include not only the training of the intellect but the refinement & development of vocational knowledge. No education can be regarded as complete if it neglects the vocational aspect. The present study

tried to pick up very practical problem, the results of which can be implemented easily but thoughtfully in following ways.

1. The present study shall be beneficial for the school authorities to abolish those activities, which increases vocational stress among the students at secondary level.
2. The significant results of the study reveal that we can give proper guidance to the students for their vocational choice. This study can guide the students in a proper way to reduce their vocational stress.
3. Steps should be taken to ensure security of vocation in non-government service. Adequate facilities should be provided at all stages, so that they feel satisfied with their job.
4. Most significant contribution of the study could be for the managers or owners of different school for providing essential, school environment for the students so that they feel satisfied & come out as effective students.
5. One of the most significant implications of study may be for the school functionaries as the recommendations to immediately frame innovative schemes for students including awards, comfortable conditions with a purpose to develop vocational understanding in them.
6. The findings of the study may be applied while formulating policies & programmes for the students.
7. The findings of the study would help in knowing the vocational stress of high academic achievers & low academic achiever.
8. The findings of the study would help educators and psychologists to predict the vocational stress of an individual on the basis of academic achievement test scores.
9. The school authorities & parents should provide an atmosphere to the students so that they should be vocationally mature.
10. Curriculum designer, while developing a curriculum framework should keep in mind to emphasize those methods & techniques, which prove helpful in creating vocational stress among students.

11. The study shows that the vocational stress is directly related to their study atmosphere at school and also the role of teacher cannot be under estimated. A teacher can guide properly to face the every growing competition in every vocational field.
12. The examination pattern should be such kind of that can make study practical should be of such kind of that can make study practical and interesting for students that can bring out the real abilities, aptitudes of the students. There should be proper counseling at school to guide the students towards their vocation of choice.
13. It is essential for the teacher to make students aware of the scope of the subjects.
14. There should be diversification of course in arts streams. Different vocational courses should be introduced in arts streams.
15. Utility subjects should be introduced.

### Suggestions for Further Research

1. The present study cannot be called final comprehensive. More work cannot be done on different samples of different areas.
2. The study can be conducted on large sample of population.
3. A comparative study of level of problem at different levels can be under taken.
4. The more work can be done on different samples of both urban and rural areas.
5. The study can be conducted for the other cities / district of the state since it is confined to district Kathua only.
6. More work can be done on different samples of govt. and private schools.
7. More work can be done on different samples of boys and girls.
8. A comparative study of different age groups can be successful conducted.
9. The study was confronted to Hindi knowing students only as the tool used was written in Hindi version. So the study can also be made in non-Hindi speaking areas.

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