A PRE-EXPERIMENTAL STUDY TO ASSESS THE STRESS, ANXIETY AND COPING STRATEGIES OF SUCCESS AMONG YOUTH WHO ARE PREPARING FOR COMPETITIVE EXAMINATIONS IN SELECTED COACHING CENTERS

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Abstract

Stress is a frustrating condition where it contains an excess of work and an overload which reduces the concentration, mentality and the normal working condition of any students. This study examines the impact of stress on students' and stress management among students. The main objectives were to ascertain or identify the extent to which stress affects students' academic success, health and general lifestyle, as well as to inquire about the effects of existing stress in students. A quantitative method was used in gathering and analyzing the data. For this purpose, questionnaires were distributed to students, who consisted of Post Graduate qualification. The result obtained shows that nearly 40% of students feel stress in getting support from the faculty members, fear of examination, lack of understanding the subject and feeling more stressed in academic performance. The result has also identified that they is no difference among the genders in experiencing the stress, were by both genders equally face impact of stress in their performance. Stress can however be managed using various stress revealing techniques and also introducing stress management course as part of the students' extracurricular activities.

Keywords: *Stress, Psychology, Physiology, Perception and Academic life.*

INTRODUCTION

Stress is defined as a person's psychological and physiological response to the perception of a demand or challenge. Students are most frequently affected by stress due to their academic and personal life. Students face various challenges, difficulties and a whole lot of pressure in today's competitive world. Students get to be trained in handling stress and should get out from it. Stress is the process by which an individual or a person reacts when opened to external or internal problems and challenges. "the organism processes numerous systems to coordinate such adaptive responses both at systematic and cellular levels "by this, stress has direct effect on the brain and the whole anatomy of the body as such failure to adapt to a stressful condition can result in brain malfunction, physiological problem and also many areas of psychological challenge's in the form of depression, anxiety, pain and burnout. Physiologically, stress-related diseases in the form reproduction, cardiovascular, metabolism and gastrointestinal diseases are determined by great areas of genetic and developmental factors which are different from a person to a person but also symptoms of this disease may be similar sometimes among individuals (Hellhammer & Hellhammer 2008. vii).

According to (Wheeler 2007,2), stress is physics word which refers to the amount of force used on an object and it relates in real life as to how certain issues that carry force applied to human life. Examples financial difficulties, health challenge issues, conflicts with friends, all carry force or pressure on person's body -mind and spirit. Some of the pressure or force originate from the environment but most often comes from within a person's head in the form of worry, anxiousness, regret, discouragement and low confidence.

Therefore, stress is basically force applied to a person and may result in a strain which is as a result of an unmanaged stress that is when a person is not able to handle a challenge or problem encountered strain result. To some people, the effect is minimal which means they are able to endure pressure whiles in others the effect is enormous and have an adverse effect.
Stress is explained by (Pargman 2006, 5) as "An uncertain reaction to external and internal factors" that means a negative or positive reaction to environmental stimuli. In this regard, it is how the totality of your body relates to changes and unfamiliar situations that present itself in the course of time. During such a period, vital organs such as sexual organs, heart rate, blood pressure, stroke volume, respiratory rate in the body react speedily. Many hormonal responses are at peak.

REVIEW OF LITERATURE
In the present study, the related literature was reviewed under following categories-

Studies related to the knowledge level of college students regarding stress management, anxiety and coping strategies.

OBJECTIVES OF THE STUDY
1. To Assess the level of stress, anxiety and coping strategies of success among youth who are preparing for competitive examinations in selected coaching centers of Ambikapur C.G.
2. To correlation between stress, anxiety and coping strategies of success among youth who are preparing for competitive examinations in selected coaching centers of Ambikapur C.G.
3. To find out the association of level of stress, anxiety and coping strategies of success with selected socio demographic variable among youth who are preparing for competitive examinations in selected coaching centers of Ambikapur C.G.

METHODOLOGY
An extensive review of literature was undertaken. The conceptual frame work adopted these studies based on Health belief model theory A quantitative experimental pre experimental research approach was adopted for the study as the present study aim to assess the stress management, anxiety, and coping strategies among youth.

The research approach used will be quantitative experimental (pre experimental research approach) is considered appropriate for the study .In the present study, **Quantitative experimental research design** was used since it aided in attaining first hand information and enhanced obtaining accurate and meaningful data. The study will be conducted in the SMI coaching center of Ambikapur c.g. The tool include socio demographic data, modified health related stress, anxiety, and coping strategies assessment scale. The researcher used structured assessment scale of stress, anxiety and coping strategies.

The data tool collection is consist of self structured questionnaire and rating scale is used . the reality of the tool was calculated using karlpearson methods and reliable tool was found r=0.97. Analysis and interpretation of the data was done using descriptive and inferential statistics

DEVELOPMENT & DESCRIPTION OF THE TOOL
Data collection tools are the procedures or instruments used by the researcher to observe or measure the key variables in the research problem **(Burns.N,Grove. K,2002).**
After wide reading, the researcher developed the tool as per the following:-
SECTION-A: deal with socio demographic variables.
SECTION B: structured based questionnaire and assessment scale .

CRITERIA MEASURING SCORE
SCORING CRETERIA OF STRESS LIKERT SCALE
Each correct 1marks, wrong answer 0 marks
MINIMUM SCORE =0
MAXIMUM SCORE =10

SN.	MARKS	SCORING CRETERIA	PERCENTAGE
1.	0-2	Mild	0%-20%
2.	3-5	Moderate	30%-50%
3.	6-8	Severe	60%-80%
4.	9-10	No stress	90%-100%

SCORING CRETERIA OF ANXIETY LIKERT SCALE
Each correct 1marks, wrong answer 0 marks
MINIMUM SCORE =0
MAXIMUM SCORE =10

SN.	MARKS	SCORING CRETERIA	PERCENTAGE
1.	0-3	Strongly agree	0%-30%
2.	4-7	Agree	40%-70%
3.	8-10	Disagree	80%-100%

SCORING CRETERIA OF COPING STRAGIES LIKERT SCALE
Each correct 1marks , wrong answer 0 marks
MINIMUM SCORE =0
MAXIMUM SCORE =10

SN.	MARKS	SCORING CRETERIA	PERCENTAGE
1.	0-3	Inadequate coping	0%-30%
2.	4-7	Moderate coping	40%-70%
3.	8-10	Adequate coping	80%-100%

Scoring procedure

There were 30 items pertaining to the assess the stress , anxiety , coping strategies . For each item, a score of one (1) was assigned to a correct response and zero (0) assigned to each were score to question was 0 – 10. The level of knowledge was categorized based on the percentage of score obtained.

Preparation of Likert scale based on stress, anxiety and coping strategies

Each section having 10 items. Total 30 questionnaire is prepared .

RELIABILITY

Reliability co-efficient for the knowledge test was calculated by using split half method. The reliability of this was found by using karls pearsons method formula. Reliability obtained was r = 0.97 which indicates the tool was highly reliable.

PILOT STUDY

In order to establish the reliability of the tool it was administered to SMI coaching center of Ambikapur Chhattisgarh. calculated by using Karl pearson's correction co-efficient formula and score of the test was 1that shows highly reliability of tool was established and was found to be statistically reliable for present study.

DATA COLLECTION PROCEDURE

- The investigator will obtain written permission from the coaching center authority.
- Formal permission will be obtained from the coaching center.
- After verifying the records, informed consent will be taken and youth who fulfills the inclusion criteria will be selected by using non-random (convenience) sampling technique. The researcher had taken permission from youth under study, prior to interview. The investigator first introduces herself to the respondent and explains the purpose of gathering of data.
- Data collection for the study was carried out from 25/07/202 to 05/08/2022.
- Baseline variables will be collected using structured interview schedule and modified health related stress management and anxiety.

PLAN FOR DATA ANALYSIS AND INTERPRETATION

Data will be analyzed by using descriptive and inferential statistics.

- Organization of data in master sheet.
- Calculate the frequency and percentage to show the distribution of subjects according to the baseline variables
- Calculate mean, standard deviation of the domains of quality of life and independent t - test for comparison between the pre test and post test groups.
- Value to compare at 5% level of significant for corresponding degree of freedom.
- Data will be expressed in table and figure for better clarification

RESULT

* The results indicates the maximum 34(57%) of youth belongs to 21-25 years, age in year, 18(30%) of youth belongs to 26-30 years, Age in year 5(8.%) 36 year above of youth and minimum 3(5%) of youth belongs to 31-35 years of group.

* The data shows that distribution of subjects according to their Gender. The results indicate the maximum 47 (78.33%) of youth belong to female gender and minimum 13(21.67%) the youth belong to male gender.

* The data shows that distribution of subjects according to their Religion . The results indicates the maximum of youth 38 (63.33%) were Hindu Religion , 25% were Muslim , 11.67% were Christian and 0% were others .

* The data shows that distribution of subjects according to their residence. The results indicates the maximum of youth belongs to urban family 45% and minority of them belongs to rural area 38% .

* The data shows that distribution of subjects according to their occupation. The results indicates the maximum of occupation belongs to others 27% and unemployed and minority of them belongs to farmer 20% .

* The data shows that distribution of subjects according to their education . The results indicates the maximum of education belongs to others 58.33% and minority of them belongs to under graduation 36.66%

* The data shows that distribution of subjects according to their marital status . The results indicates the maximum 50% of youth divorced, 41% belong to 41%, and minimum 7% belong to separated .

* The data shows that distribution of subject according to medium of education. The results indicates the maximum 42(70%) of the Hindi medium & and minimum18 (30%) of the subjects have English medium.

* the data shows that 16.66% is mild , 28.33% is moderate , 45% severe and 10% is no stress.

* Depicts the interpretation of Range , Mean, Mean Percentage and Standard Deviation For The Stress Score is mean 12.91 and mean percentage is 32.27% and standard deviation is 2.13.

* the data shows that anxiety 43.33% belongs strongly agree , 33.33% belongs to agree , 23.33% disagree.

* **the data shows that** Range , Mean, Mean Percentage and Standard Deviation For The Anxiety Score is 32.22 is mean , 80.55 is mean % and 2.15 is SD.

* the data shows that level of coping strategy 28.33% is inadequate , 46% is moderate adequate and 31.66% is adequate .

* Range , Mean, Mean Percentage and Standard Deviation For The Coping Strategy Score is mean 16.32 and 40.8 is mean % and SD is 3.58.

* the cor relation of data found that stress of the mean 5.7 , anxiety 8.77 and coping strategies 1.85 and SD is 1.51 is stress , anxiety 8.77 and coping strategies 1.09 and co relation value is 0.08.

* The table of association of data of stress reveals that anxiety is age in the years, area of residence, education , occupation, marital status, medium of education and family income is, The table of association of data reveals that coping strategies is age in the years, gender, area of residence, education , occupation, marital status, medium of education is significant at level of $p<0.05$ hypothesis **H2 is accepted .**, and family income is Non Significant at level of $p>0.05$. so hypothesis is rejected.

∗ The table of association of anxiety of data reveals that anxiety is age in the years, x area of residence, education , occupation, marital status, medium of education and family income is, The table of association of data reveals that coping strategies is age in the years, gender, area of residence, education , occupation, marital status, medium of education is significant at level of p<0.05 hypothesis **H2 is accepted .**, and family income is Non Significant at level of p>0.05. so hypothesis is rejected.

∗ The table of association of coping of strategies data reveals that coping strategies is age in the years, gender, area of residence, education , occupation, marital status, medium of education and family income is Non Significant at level of p>0.05. so hypothesis is rejected.

CONCLUSION

The result of this study concluded the most of the youth had moderate level of stress (28.33%), 45% of youth have severe level of stress. And anxiety 43.33% have strongly agree and 23.33% have disagree . On assessment of coping skill 31.66% have in adequate coping 46% have moderate coping. The study concluded that there was a positive correlation r value = 0.08 between level of stress , anxiety and coping strategies.

RECOMMENDATIONS

The following recommendation were made on the result of the study.

1. A longitudinal study can be conducted to follow through stress and coping strategies of youth.

2. An Interventional study can be conducted to assess the stress and coping strategic among youth.

3. A Comparative study can be conducted between the youth and young generation of people.

4. An Experimental study can be conducted to assess the stress, anxiety and coping strategies.

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