



COMPARATIVE STUDY OF PERSONAL STRESS AND MENTAL DEPRESSION AMONG MALE AND FEMALE STATE TRANSPORT CONDUCTOR

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ABSTRACT

Present study investigates to the study of personal stress and mental depression among male and female state transport conductor in Jalna and Aurangabad division. By employing a sample of 50 subjects in which 25 subjects were male and 25 were selected female. All subjects included in the study from Jalna and Aurangabad district. Personal stress and Mental depression was measured by standardized test. Personal stress inventory developed by Arunkumar singh and Mental depression developed by dube L. N. After analysis of the data following results was drawn. Subjects of male and female significantly differ on personal stress and mental depression. The data collected on variables were analyzed using mean S.D. and 't' technique.

KEYWORDS: personal stress and mental depression , analyzed.

INTRODUCTION

Stress is a common component of everyday emotional life and it consists of a number of emotional responses. Although the term stress has been negative connotations, a moderate level of stress is beneficial. Different levels of stress is optimal for different people, and learning how much stress you can handle is essential for recognizing its effects on your mental, physical and emotional well-being.

Cox (1978), has described three classes of definition stress can be thought of as a response (stress response to an extreme stimulus), as a stimulus (as a stressor itself) as an intervening variable emphasizing upon the interaction between individual and environment. Selye (1950) defined stress as a nonspecific response of the body to any demand.

Stress occurs when there is a perceived discrepancy- whether real or not between the demands of the situation and the resource of the persons biological, psychological and social systems. Psychologists typically think of stressor as falling into two categories: major life stressors and daily hassles. Major life stressor is changes or disruptions that strain central areas of people's lives. Daily hassles are small day to day irritations and annoyances, such as droning in traffic, dealing with unfair bosses or teachers or having to wait in line. Daily hassles are stressful and their effects can be comparable to those of major life changes.

They react to environmental input with physiological reactions and cognitions, which together produce mental stress that are perceived to be positive or negative, shades in between. This response is known as emotion and it is primary force that motivations adaptive behavior and discourages maladaptive behaviors.

REVIEW OF LITERATURE

Esmail Khoaadadi, Won & Kim (2002)., he has also found that being a women had a significant role in association with stress and depression is more prevalent among women due to their physiological

characteristics and consistent with a study from Turkey, where female student experienced a higher level of stress than male students. Khamesh et al,(2011) reported a significant correlation between depression, stress and nurse gender.

Constance Hammen (2005)., Research has supported a strong association between stress and depression but the overarching question remains: why do some people get depressed following stressful experience and other do not? Promising exploration of these questions from cognitive, developmental, biological, personality and contextual approaches have been pursued with much left to alone to resolve the questions to the point yielding treatment and prevention implication. As we build future efforts on previous accomplishments, several challenges are not earthy.

One fundamental issue is recognition of the empirical limitations of the fields: the extent to which most stress- depression research has been based n largely few male samples, mostly on episodic stressors and mainly on cross-sectional designs, with few tests f mediation. Expansion of research populations and longitudinal designs and conceptualization and measurement of chronicstress would imperil the validity and completeness of our models and their empirical support.

STATEMENT OF PROBLEM

Comparative study of Personal Stress and Mental Depression among male and female state transport conductor.

OBJECTIVES OF THE STUDY

- 1). To study the level of personal stress and mental depression among the male and female S.T. conductor.
- 2). To compare the level of personal stress between male and female S.T. conductor.
- 3). To compare the level of mental depression between male and female S.T. conductor.

HYPOTHESIS OF THE STUDY

- 1). The level of personal stress among the female S.T. conductor is significantly higher than male S.T. conductor
- 2). The level of mental depression among the female S.T. conductor is significantly higher than male S.T. conductor

METHODOLOGY

Sample

In the present study sample consisted 50 S.T. conductors. There were 25 male S.T. conductor and 25 female S.T. conductor from Jalna and Aurangabad division. All sample selected from varies S.T. depo in Jalna and Aurangabad division. The subject was from age 20 to 40 years.

Variables

Dependant Variable:-

- (a). Personal Stress (b). Mental Depression

Independent Variable:-

- (a). Male (b).Female

Tools

- 1). Singh Personal Stress Source Inventory (SPSSI):- Singh Personal Stress Source Inventory developing by Arunkumar singh in test 35 items and there are three alternatives. Test –retest reliability was found to be 0.792 and internal consistency reliability by odd-even method was found to be 0.784.
- 2) Mental Depression: - This scale was developed and standardized by Dubey L. N. Measures depression in adolescents and adults. In this test 50 statement and there are two alternatives ‘Yes’ or ‘No’ The reliability

coefficient by test-retest method and half split –method and half spilt method was found 0.64 and 0.69 respectively.

Results and interpretation

Gender	N	Mean	SD	t valve	Significance
Male	25	54.12	3.72	4.95	
Female	25	58.88	9.86		

(df- 48., 0.01- 2.68, 0.05- 2.01)

Table no.-1 Shows for the Personal stress of males mean 54.12 and SD 3.72 & respectively similarly mean for female is 58.88 and SD 9.86. The 't' valve 4.95 and it significant at 0.01 level. It may be due to the fact that naturally females have to face number of more problems than male that's why females might be experiencing higher personal stress than that of male. Which is accepting first hypothesis i.e. the level of personal stress among the female S.T. conductor is significantly higher than male S.T. conductor.

Gender	N	Mean	SD	t valve	Significance
Male	25	15.68	4.57	2.51	
Female	25	18.92	4.69		

(df- 48., 0.01- 2.68, 0.05- 2.01)

Table no.-2 Shows for the Mental Depression of males mean 15.68 and SD 4.57 & respectively similarly mean for female is 18.92 and SD 4.69. The 't' valve 2.51 and it significant at 0.05 level which is accept second hypothesis i.e. the level of mental depression among the female S.T. conductor is significantly higher than male S.T. conductor.

CONCLUSION

1. The level of personal stress among the female S.T. conductor is significantly higher than male S.T. conductor
2. The level of mental depression among the female S.T. conductor is significantly higher than male S.T. conductor

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