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STRESS AND CAREER RELATED ISSUES ON TEEN AGE GIRLS

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Abstract:

Adolescence is a stage of human development that occurs between childhood and adulthood. Although there are varying definitions of adolescence, adolescence is generally viewed as a stage where young people experience rapid growth of their body and mentality to full maturity during 12~25 years of age. In education system, adolescents are those receiving education in junior high schools, senior high schools, vocational high schools, colleges or universities. Due to fast physical changes and mental development at this stage, students may sometimes experience incompatibility of their mental development with their physical changes or with the social environment and thus suffer from problems arising from inadequate adaptations. These problems may further cause psychological troubles and even induce deviant behaviors. This paper was to investigate the sources of stress among teen age girl's students in Meerut District in Utter Pradesh. A questionnaire survey was conducted to collect research data. 100 adolescent girls of 11th and 12th standard of the Meerut district of Utter Pradesh. Research findings suggested that female students feel stronger stress. Students in higher grades feel more stress from Family factors- Peers factors, Personal Factors, Parental factors; students who take a student loan also feel more major types of stress are commonly seen in adolescents are frustration conflict, anxiety and pressure.

KEYWORDS:

Stress, career Burden, Conflict, Anxiety, Frustration.

INTRODUCTION:

Stress is defined as an internal state which can be by physical demands on the body or by environmental and social situations which are evaluated as potentially harmful uncontrolled or exceeding our resources for coping. "Stress is defined as a negative emotion strongly associated with doubt about coping" (King Stanley and Burrows).

ADOLESCENT STRESS-

Most of teenagers go through massive amounts of stress every day, because of the academic pressure and making career decisions, students in high school have a heavy workload that they must complete at a certain time. Choosing a career path is not pressured by teachers and parents to select their future career.

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The adolescent becomes conscious to find out job appropriate to his/ her life goal. The importance of vocation and career is undoubtedly very high economically.

Traditionally in our society before independence adolescent girls usually followed the hereditary profession of their parents girls were supported to work within the four walls of home. They were discouraged to enter any profession after independence the national government took up the task of the development through the process of launching a number of projects in all possible areas of life. Adolescent girls began to abandon their parental occupations.

Major types of stress are commonly seen in adolescents are frustration conflict, anxiety and pressure.

Frustration- occurs in any situation in which the pursuit of some goals is thwarted. In individual experience frustration when he wants something and he can't have it. Everyone has to deal with frustration virtually every day. Failure and losses are two common kinds of frustration that are often very stressing full in adolescent.

Conflict- occurs when two or more incompatible motivation or behavior impulses compete for expression. Internal conflicts generate considerable psychological distress. Adolescent faces conflict situation in every day of life in subject selection, school and college selection etc.

Pressure- involves expectations or demands that one behave in certain way. Most of adolescence have probably remarked as "under pressure" they are often under pressure to complete lots of work in very little time. Stress is certain by parental and teachers pressure and perform and to stand out among and other students. When they can't rise up to that expectation, they may suffer from frustration, aggression and depression.

Anxiety- is a universal problem of adolescents. Anxiety typically includes intense fear, worry and uneasiness that can last for long period of time and significantly affect uneasiness that can last for long period of time significantly affects adolescent's life. Anxiety is a reflection of internal discomfort.

REVIEW-

- 1.Orpen (1991) the emphasis is on the individual demand of various jobs that have the capacity over a period of time to exhaust the physical and psychological resource of employees in the reorganization.
- 2.Murry and Mosidi (1993) parental involvement has also been negatively associated with career indecision.
- 3.De Goede and etal.(1991) career development and career plans in adolescence are related to both mental and physical health and can have long term outcomes.

Therefore keeping all points in mind the investigator has chosen adolescent girls as her target group for the present study and entitled as "Stress and Career related issues on teen age girls" and formulation following objectives there were-

OBJECTIVE-

- 1.The study career related stress among adolescent girls.
- 2.The study the factor responsible for career related stress among adolescent girls-

- 1.Family factors
- 2.Peers factors
- 3.Personal Factors
- 4.Parental factors

3.The study of top ten strategies adolescent girls.

To analyze various stress reducing strategies adapted by adolescent girls.

Practical utility for the study-

The study will be helping the readers in the following way.

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- 1.To understand the mental and physical needs of the adolescent girls.
- 2.To identify the factors responsible career related stress among adolescent girls.
- 3.To help the adolescent girls to fight with stressed conditions.

Delimitations of the study-

In this study delimited to 100 adolescent girls of 11th and 12th slandered of the Meerut district of U.P.

METHODOLOGY-

The method used for the present study entitled “career related burden or stress among teen adolescent girls” present a detailed account of research methodology pressured in the course of investigation under the following headings-

- 1.Locale of the study- the investigator has purposively selected Meerut district of U.P. to conduct the study on “career related burden or stress among teen adolescent girls”
- 2.Sampling procedure-

- 1.Selection of school- a list of senior secondary school was taken from the internet and out of that two school were randomly selected by the investigation through “chit fold method”
- 2.Selection for students- list of students was taken from the respective class teacher with the permission of higher authorities and randomly 100 adolescent girls were selected through “chit fold method”.

Variables and their measurement-

	variables	measurement
1.	General information career related burden or stress	Through questionnaire Through SVS (scale of vocational stress)
2.	vocational conflict Vocational frustration Vocational anxiety Vocational pressure	BBSS(Bhisht Battery of stress scale) Development of ABHA RANI BISHT (ALMORA)
3.	Factor responsible for career related stress in adolescent girls 1. Family factors 2. Peers factors 3. Personal Factors 4. Parental factors	Through questionnaire
4.	Stress coping strategies adopted by adolescent	Through questionnaire

Research design and data collection-

- a)Research design- the descriptive research method was used to collect the information.
- b)Descriptive the tool- the tool contains for sections, these were-

Section-a) covers the questions to collect the general information of the respondent.

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Table- 4.1 component wise career related stress-

Career related stress	Total frequency	Total quantity	Grand total
Vocational conflict	2070	2070	4140
Vocational frustration	6168	6168	12336
Vocational anxiety	3014	3014	6028
Vocational pressure	3855	3855	7710

Table 4.1 reveals that majority of girls were showing vocational frustration followed by vocational pressure and anxiety whereas only a few were responding vocational conflict.

Section-b) factor responsible for career related stress in adolescent girls-

The section deals with the careers related burden or stress among responsible for career related stress among respondents. These factors have been classified into four categories these are personal factors, family, social factors and peers factors.

Teen adolescent girls, which was studied under following heading-

- 1.Total frequency of stress
- 2.Total quantity of stress
- 3.Total amount of stress
- 4.Component wise of stress

- Vocation frustration
- Vocation conflict
- Vocation pressure
- Vocation anxiety

Section-c) personal factors responsible for career related stress in adolescent girls-

Personal factors	Percentage (%)
41-96 (least responsible)	39 %
97-152 (moderate responsible)	61%
153-205 (highly responsible)	0%

Table- 4.2 reveals that 61% of adolescent girls were moderately affected by personal factor 39% of adolescent girls were least affected by personal factors, where as none of them were highly affected by personal factors.

Self constructed tools-

This section was related to different factor responsible for career related stress-

These factors were:

- 1.Family factors
- 2.Peers factors
- 3.Personal Factors
- 4.Parental factors

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Table 4.3 family factor responsible-

Family factors	Percentage (%)
10-23 (least responsible)	69 %
24-37 (moderate responsible)	31%
38-50 (highly responsible)	0%

Table- 4.3 reveals that 69% of adolescent girls were moderately affected by family factor 31% of adolescent girls were least affected by family factors, where as none of them were highly affected by personal factors.

Table 4.4 parental factor responsible-

parental factor	Percentage (%)
9-21 (least responsible)	17 %
22-34 (moderate responsible)	79%
35-45 (highly responsible)	9%

Table- 4.4 reveals that 74% of adolescent girls were moderately affected by parental factor 17% of adolescent girls were least affected by social factors, and only 9% of adolescent girls were highly affected by social factor.

Table 4.5- peer factors responsible

peer factors	Percentage (%)
7-16 (least responsible)	64 %
17-26 (moderate responsible)	35%
27-35 (highly responsible)	1%

Table- 4.5 reveals that 64% of adolescent girls were least affected by peer factors, 35% of adolescent girls were moderately affected by peer factors, and only 1% of adolescent girls were highly affected by social factor.

Section-d) Self constructed tools-

Deals with the coping strategies adopted by adolescent girls to cope up with various career related burden or stress.

Section-e) statistical analysis- frequency and percentage and mean weighted score were used.

RESULT AND DISCUSSION-

Result and discussion were formed into three sections-

1. Career related stress
2. Factor responsible for career related burden or stress among teen adolescent girls.
3. Stress coping strategies.

Major finding of section A-

1. Total frequency of stress 16810
2. Total quantity of stress 16810
3. Total amount of stress 33620
4. Component wise of stress

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That majority of the girls were showing vocational frustration followed by vocational anxiety whereas only a few were responding vocational conflict.

Section B)- Majority of girls were highly affected social factors, followed by peer, factors and personal factors whereas only a few were responding to family factors.

Personal factor include-

- 1.Unemployment
- 2.Career and and education
- 3.Choice of subject is not appropriate for a good job.
- 4.Fear of facing interview-

- A)High competition
- B)Day dreaming
- C)Lack of vocational guidance
- D)Over work load

Family factor include-

- 1.Family pressure for study and job.
- 2.Over expection and aspiration of present
- 3.Fear of early responsibility of occupation
- 4.Unemployment of family members.

Social factors-

- 1.A job depends up on source
- 2.Corruption
- 3.Negative opinion of others towards me.
- 4.Lack of attention of parent and teachers regarding careers.

Peers factors include-

- 1.Peer completion
- 2.Peer rejection
- 3.Peer discussion about vocation

Section- C) the top ten strategies most frequently used by adolescent were –

listening music, avoiding stress producing situations, time management, involve oneself in recreational activities, zooming out four hours in front of television, verbal emotional, burst out, reading books or magazines or anything else, playing with kids of pets, using works simplification techniques, doing scintification activities.

Table 4.6 stress coping strategies

S.N.	strategies	MWS	Rank order
1	Listening music	4.11	1
2	Avoiding stress producing situation	4.09	2
3	Time management	3.93	3
4	Involve oneself in recreational activities	3.82	4
5	Zoning out for hours in front of television	3.64	5
6	Verbal emotional burst out	3.62	6
7	Reading books or magazines or anything else	3.48	7
8	Playing with kids of pets	3.44	8
9	Using work simplification techniques	3.43	9
10	Doing scintillating activities	3.42	10
11	worshiping	3.37	11
12	Involving oneself in activities of one;s interest	3.37	12
13	Sharing with other	3.26	13

Table 4.6 include for various types of stress coping strategies adopted by adolescent girl to cope up with the career related stress. The stress were recognized into 5 groups, these were very frequently used (VF), free used (frequently) used some time (ST) used hardly some time (H.ST) and never used.

Perusal of table 4.6. Reveals that the very frequently strategies used by adolescent girls include.

Top the strategies listening music, avoiding stress producing situations, time management, involve oneself in recreational activities, zooming out four hours in front of television, verbal emotional, burst out, reading books or magazines or anything else, playing with kids of pets, using works simplification techniques, doing scintification activities. Used by adolescent girls as coping strategies for reducing career related stress.

CONCLUSION-

- 1.Total frequency of stress among adolescent girls- 16810
- 2.Total quantity of stress among adolescent girls- 16810
- 3.Total amount of stress among adolescent girls- 33620
- 4.component of stress among adolescent girls

Majority of girls were showing vocational frustration followed by vocational pressure and vocational anxiety whereas only a few were responding vocational conflict.

- 1.Majority of girls were highly affected peer factors, followed by social factors and peer social factors whereas only a few were responding to family factor.
- 2.The top ten strategies most frequently used by adolescent girls were listening music, avoiding stress producing situations, time management, involve oneself in recreational activities, zooming out four hours in front of television, verbal emotional, burst out, reading books or magazines or anything else, playing with kids of pets, using works simplification techniques, doing scintification activities.

SUGGESTION FOR FURTHER RESEARCH-

- 1.Further research research may be conduct on a large sample for more generalization of the result.
- 2.A similar study can be undertaken for gratitude girls and girls.
- 3.Other factor which affects the academic stress can also be studied.
- 4.More cross sectional sample with references to socioeconomic status, religion caste community, settling language, and parental attitude archival position etc. should be considered to cover the entire the adolescent community as a hole.

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