

PERCEIVED SOURCES OF STRESS AMONG THE FEMALE SCHOLARS OF A PRIVATE ENGINEERING COLLEGE IN COIMBATORE

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ABSTRACT

The research intension is to expose the stress level amongst the female research scholars with respect to the engineering college in Coimbatore city. Data were collected with the questionnaire given among 102 female research scholars who are the respondents of the study. They were facing many stresses with respect to the research and in family role. The descriptive statistical analysis i.e. correlation and ANOVA revealed significant differences between the psychological stress of the researchers and the family interface.

This study discusses the linkages between the stress level and the family role satisfaction which leads towards better contribute to the society for national development in educational field.

Keywords: *Work stress, psychological stress, research and family interface*

I- INTRODUCTION

Arnold (1960) defined “Stress in any condition that disturbs normal functioning”. Feng (1992) and Volpe (2000) defined as “stressor as anything that challenges an individual’s adaptability or stimulates an individual’s body or mentality”. In terms of Lai et al., (1996) stress is “a state of physical or mental tension that causes emotional distress or even feeling of pains to an individual”. Stress is “The common response to attack”. (Seyle, 1936)

The research scholars in the engineering colleges are experiencing a tremendous amount of pressure at research place particularly female researchers. Ph.D has become the basic necessity for any individual who wants to start a career in teaching and the current trend shows that scores of students are undertaking to do Ph.D and enrol themselves in various universities around the world. But, only a small portion of the population completes their thesis successfully. It is found that many female students discontinue their research because of the inherent nature of being bested with work life balance and stress associated with. They are

undertaking the research work or else they have to sacrifice their family role for finishing their research.

II - REVIEW OF LITERATURE

Abeer Saad Eswi, Sahar Radi and Hanaa Youssri (2013) hypothesised in their study titled “Stress/ Stressors as Perceived by Baccalaureate Saudi Nursing Students” explored the apparent stress among the nursing students in King Saud Bin Abdul Aziz University of Health Science, College of Nursing- Jeddah. 100 nursing students have been taken as a sample for study. The authors used “Perceived stress scale (PSS) and the Inventory of College Students Recent Life Experiences (ICSRLE)” as data collection tools. The result was, students became angry when certain things kept outside of their control, they got psychological stress during the time of unexpectation Also they found that there was a significant correlation between the data collection tools aspects.

Ahmad. M. Thawabieh, Lama. M. Qaisy(2012) examined in their study “ Assessing Stress among University Students” that the levels of stress experienced by university students. To predict the student stress a quantitative approach has been undertaken. 471 students from Tafila Technical University, Jordan consist as a sample. They found social factor is a main source of stress. Student from other cities have to associate with Tafila community people was challenged one to them. So they affected psychologically and it create the university climate as a burden to them, which leads to academic factor stress. They came under the physical stress and for academic counselling.

III - IMPORTANCE OF THE STUDY

The study is deemed important as today research scholars are coming under the various stress specifically the female scholars who are all involved in the family interface. They are facing many stress in every part of life. Meanwhile that can create many negative impacts on researcher and supervisor. This study will clearly gives that what are all the factors produced stress on female researchers.

IV - STATEMENT OF THE PROBLEM

By doing the precise literature review we could find that there are many studies done in the area of stress, but there is no related study conducted among Research Scholars. This study focused the different criteria of stress of a female scholars those who are involved in the family interface.

V- OBJECTIVE

- To find out the significant difference between the demographic factors on Family Interface and Psychological Emotional Stress

- To analyse the relationship between Family Interface and Psychological Emotional Stress

VI - RESEARCH METHODOLOGY

Sample size

The respondents are 102 female research scholars in a private engineering college by convenience method.

Procedure

The survey conducted by the direct structured interview of the respondents.

Demographics

Profile of the sample includes the demographical characters such as age, department of research, and marital status of the scholar.

Statistical analysis

Correlation, ANOVA.

VII - RESULTS and FINDINGS

The study focuses on the research scholars stressors which is important to study the influence of demographic factors on stress. The demographic factors such as age, family income and department considered by the researcher are analyzed using ANOVA. Marital status influence on stressors analyzed using Independent Sample t-test.

Table no. 1. ANOVA for family interface with demographic factors

ANOVA - Family Interface		
	F	Sig.
Department	.904	.442
Family Income	.665	.575
Age	.997	0.334

*computed by the authors

The above shows ANOVA result, which reveals that the F value of age of research scholar is 0.997, family income is 0.665 and department 0.904. The significant values of these factors are 0.334, 0.575 and 0.442 respectively for Family Interface. The result explains that age, family income and department don't have significant difference family interface.

Table no. 2. ANOVA for psychological stress with demographic factors

ANOVA – Psychological/ Emotional Stress		
	F	Sig.
Department	4.095	.009
Family Income	1.224	.305
Age	1.867	.160

*computed by the authors

The above shows ANOVA result, which reveals that the F value of age of research scholar is 1.867, family income is 1.224 and department 4.095. The significant values of these factors are 0.009, 0.305 and 0.160 respectively for Psychological/ Emotional Stress. The result explains that age and family income don't have significant difference Psychological Emotional Stress and department have significant difference Psychological/ Emotional Stress.

Table no. 3. Independent sample t-test

Independent Samples Test – Marital Status	
	Sig. (2-tailed)
Family Interface	.137
Psychological/ Emotional Stress	.012

*computed by the authors

Independent sample t-test result explains the impact of marital status of the research scholar on stress.

The above table shows the significant value of marital status is 0.137 and 0.012 on family interface and Psychological/ Emotional Stress respectively which explains marital status of the

research scholar has impact on Psychological Emotional Stress compared to which Family Interface.

The researcher interested to analyse the relationship between the family interface and psychological stress. So the researcher used bivariate correlation analysis which shown below

Table. No. 4. Correlation between family interface and psychological stress

	Psychological/ Emotional Stress	Family Interface
Psychological/ Emotional Stress	1	.345**
	Pearson Correlation	
	Sig. (2-tailed)	.000
	N	102
Family Interface	.345**	1
	Pearson Correlation	
	Sig. (2-tailed)	.000
	N	102

** . Correlation is significant at the 0.01 level (2-tailed).

As presented in the above Table, there is a significant relationship between Family Interface and Psychological/ Emotional Stress { $r = 0.345$, $p < .05$ }.

The analysis result shows that there is positive relationship between the family interface and psychological stress by the value of .345.

VIII - IMPLICATION

1. The finding of the study indicated that financial problem is a major issue in their live events stress, to compete this, the respective Institution should provide a fund for doing their research to all the scholars without any partial difference. This would be the motivating strategy to do their work without any financial stress.
2. There should be compulsory handling classes system to the junior students in the Institution. This would improve the performance in their research in a theoretical phase; also they can avoid the frustration during the viva voce or any other presentation meeting during their research period

3. It is impossible for doing their research and to manage their family responsibilities without the able support of the family members. Persons from family as well as the work place must ensure and declare that they ready with various balancing provisions which would help the scholars to balance their research and family.

IX- CONCLUSION AND SCOPE FOR THE FURTHER RESEARCH

Female research scholars are having more negative way of impact of stress particularly those who maintain the family responsibility. Because of this stress they cannot cope up the personal life with professional studies. It has to be when understood and executed the research scholar from female segment can overcome the current miserable state of being under extreme stress to balance the work and life by the family members those who can help in coping the stress of the female scholars.

In future we can conduct the research on both genders which can be useful to do the comparative study of the researchers. This study has a limitation on one city, we can do the survey in other city and also other stream (Arts& Science). We can provide the stress management intervention methods to the institution to increase the efficiency of the research in the educational era.

X - REFERENCES

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