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Comparative study of stress level between electrical engineering students and professional students of physical education of Sant Baba Bhag Singh University

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Abstract

This study was about to comparison of Stress level between the Electrical Engering students and Professional students of Physical Education. This study was based on current level of students that's why in this study descriptive research method was used. Data was collected from the two departments of the university by the questionnaire. The study was based on 25 students from Electrical Engering Department and 25 professional Student from the Department of Physical education of SBBS University. T-test was used to compare the groups at the significance level of 0.05 On the basis of the result of present study it was concluded that Engineering students and students from the Department of Physical Education felt equal stress.

Keywords: Stress level, electrical engineering students, professional students, physical education

Introduction

Games and the sports are the part and parcel of human life. Physical activity is very useful for every individual whether it is in the form of game or any daily routine work. If we are talk about the game or any competitive sports, proper functioning of all systems of the body is mandatory. Human body is like machine if one system of body doesn't works properly then another's is affected. For example if nervous system doesn't work properly the entire body of an individual should be affected. She/he may have faced some psychological problems like anxious and stressed behavior and it plays an important role for daily life.

Anxiety has often linked with the term stress, yet stress is much broader and more comprehensive term. In the classic sense, stress is the non-specific response of the body to any demand made upon it. Arousal, is a neutral physiological response to some sort of stressor.

The stressor could be in the form if physical exercise, joyful excitement, or threat to the body. All instance of stress, regardless of their origins, result in identical in the body. As exclaimed by Hans Style, there are four basic variations of stress.

Hyper stress occurs when the amount and degree of stress exceeds our ability to be stress. Conversely, hypo stress occurs when we suffer for lack of sensory stimulation. Eustress is conceptualized as good stress, and is manifested in the form of joy, exhilaration, and happiness. Conversely distress or bad stress, is manifested in the form of tension, anxiety and worry.

In order to neutralize the negative effect of stress in our lives, we must strike a balance between too much and too little stress, find as much eustress as possible and do all. The present study deals with Comparative Study of stress level between Electrical Engineering Students and professional students of Physical Education of Sant Baba Bhag Singh University.

Objective of the study

1. To evaluate stress level of Electrical Engineering students and Professional students of physical Education of SBBS University.
2. To compare the stress level of Electrical Engineering students and professional students of Physical Education of SBBS University

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Hypothesis

There exists no significant difference in the stress level of Electrical Engineering students and professional students of physical education of SBBS University.

Delimitation

1. The study was confined to only stress level of psychological parameters.
2. The study was confined to physical education students and Electrical Engineering students only.
3. The present study was purposed to only 50 students i.e. 25 Electrical Engineering students and 25 professional students of Physical Education of SBBS University only.
4. The subjects were taken from two department of university i.e. Electrical Engineering and Department of Physical Education only.

Definition of Terms

1. **Anxious:** The individual stares fearful for coming future events. She/he feels Depressed or for academics results.
2. **Descriptive:** It is the famous research method it used to describe the characteristic of Population which going to study. This types of research method used in Current issues.
3. **Professional:** The word professional means relating to person’s work, especially work that requires special training.
4. **Engineering:** It is the creative application of science principals to design or develop structures and manufacturing.
5. **Physical Edu:** Physical Education ion is the integral part of total education. It is the combination of two words Physical + Education. In this types of study the individual learns about the whole human body.
6. **Stress:** Stress is the feeling of strain and pressure. It is the type of psychological Pain. Small amount of stress is desired and health

Research methodology

The present study in hand is a survey type research where the survey was conducted on Electrical Engineering students and professional students of Physical Education of Sant Baba Bhag Singh University to collect data for the measurement stress level of both.

Samples

The population for the study was 25 Electrical Engineering students and 25 professional students of physical education of Sant Baba Bhag Singh University.

Tools used

For the collection of the data required for the study the investigator used the following tools to investigate the selected variables.

To measure the stress level, the ‘Stress Scale’ questionnaire constructed by Dr.Pruna Puri, Dr.Tejiinder Kaur and Prof. Manju Mehta was administered.

The stress described the statement, each statement described individual’s stress level in different situation. Individual takes 20 minutes to solve the questions. For each statement has to be responded in one of four alternatives.

Very Often	Often	Some Times	Never
4	3	2	1

Statistical Procedure

Significant difference in stress level of Electrical Engineering Students and professional students of physical education of Sant Baba Bhag Singh University was determined through ‘t’ test. T-test was used to compare the groups at 0.05 levels of significance.

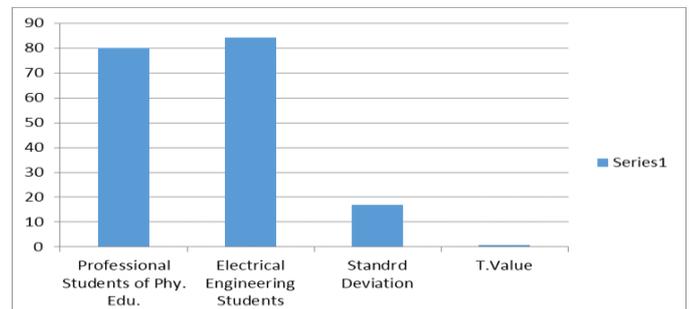
Results and Discussion

The finding of the various parameters is discussed as under:-

Table 1: Table showing the significance of difference in stress level of Engineering Students and professional students of physical education of Sant Baba Bhag Singh University.

Subjects	N	Mean	SD	Calculated t value
Professional Students of Physical Education	25	80.12	16.85	0.91*
Electrical Engineering Students	25	84.52		

The stress mean score (84.52) of Electrical Engineering students higher than mean score (80.12) of professional students of physical education of SBBS University. Their combine SD is (16.85). However, the t ratio is 0.91 which is less than 2.011 significant at 0.05 levels. It means that there no significant difference at the stress level of Electrical Engineering students and professional students of physical education of SBBS University. The stress level of Electrical Engering students and professional students of physical education represented in table 1 and its comparison is depicted graphically in graph 1.



Graph 1: showing the no significance difference in the stress levels of Electrical Engineering students and professional students of physical education of Sant Baba Bhag Singh University.

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