

A study of Stress and problems facing by trained unemployed Students of Physical Education in Srinagar

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Abstract

The stress of unemployed students of physical education was measured by self developed opinionnaire. All the statement was scored on the five point (5) scale. All the items were given a score of 5 for strongly agree, 4 for agree, 3 for undecided, 2 for disagree and 1 for strongly disagree. The sum of these scores gives the attitude score for the subject. The total score varies from showing positive/ negative stress and problems facing by trained unemployed students of physical education of District Srinagar. The self designed preliminary opinionnaire was made after developing the opinionnaire the researcher was taken a pilot study on the 60 trained unemployment students of physical education in Srinagar District and was discuss about the required questions for testing the reliability and validity of the opinionnaire.

After constructing preliminary opinionnaire it was tried on randomly selected 20 unemployed students of physical education in Srinagar district, in the presence of investigator to avoid consultation with each other and to remove the doubts raised. No time limit was fixed for filling the opinionnaire. The respondents gave their opinion on a five point scale ranging from strongly agree to strongly disagree.

Key Words; *Stress, unemployment, trained physical education students.*

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I. Introduction

A nation can dream of development and progress when its people /educated people are stress free and employed. Research has proved that unemployment is the main cause of stress and depression among unemployed youth . **Fielden ,(1999)** The proposed model highlights sources of stress, moderators of stress and stress outcomes that may affect unemployed youth, and distinguishes areas in which gender differences are likely to be found. However, these differences are only hypothesized from the current literature and require in-depth research if they are to be fully understood. **Ismail , (2009)**, the study confirms that occupational stress does act as a partial determinant of job satisfaction in the stress models of the organizational sector sample. **Ahmad , (2007)**, showed that there were different causes of stress for different groups of teachers which could be related to different backgrounds and experiences and different roles and responsibilities in society as a result of different cultural and social expectations and environmental factors. **Howard , (2004)** The study reported in this paper adopted a different approach to the question of teacher stress and burnout. Instead of asking ‘what’s going wrong’ we asked why are some teachers able to cope successfully with the same kinds of stressors that appear to defeat others – in other words, we looked at ‘what’s going right.’

II. Methodology

As every research demands a systematic method and procedure likewise this paper adopts the following procedures including information regarding research design, source of data, sampling method, selection of subjects, collection of data, criterion Measures etc. A research become successful accompanied and supported by some reliable and authentic data. The statistical analysis of the gathered data provides a well-knit picture of a complete and successful hypothesis as pre-selected by the researcher. The subjects were selected for the present study in the following manner. 60 trained unemployed students of physical education would be taken for the study from Srinagar District. Only those subjects would be included in this study, which are unemployed from last five years.

Analysis of data:

The statistical analysis of the data gathered to know the stress and problems facing by trained unemployed students of physical education of District Srinagar are given below .

Table showing that stress level of unemployed students

Table no 1

	S.A	A	U	D.A	S.D
fo	17.33	24.22	20.44	18.33	19.66
fe	20	20	20	20	20
Fo-fe	-2.67	4.22	0.44	-1.67	-0.34
(fo-fe) ²	7.12	17.80	0.19	2.78	0.11
(Fo-fe) ² /fe	0.35	0.89	0.00	0.13	0.00

Level of significance = 0.05

Chi-square = $\sum \{(fo-fe)^2/fe\}$

Chi-square = 0.35+0.89+0.00+0.13+0.00

Chi-square = 1.37

From the above table it is observed that the frequency observed for strongly Agree is 17.33, for Agree it is 24.22, for Undecided it is 20.44, for Disagree it is 18.33, and for strongly Disagree it is 19.66. Near about 41.55% students are of opinion that they are facing a lot of stress due to unemployment and at least about 38% students are not facing any stress because of unemployment. After that the researcher uses a statistical technique 'chi square' for the justification of the collected data. The χ^2 for above given statement is 1.37. The table value of χ^2 at 4 degree of freedom and 0.05 level of significance is 9.49. Because the obtained χ^2 is less than the table value of χ^2 , it is concluded that the stress level of unemployed students are not significant.

Graph showing that attitude of society towards unemployed students of physical education.

Figure no.1

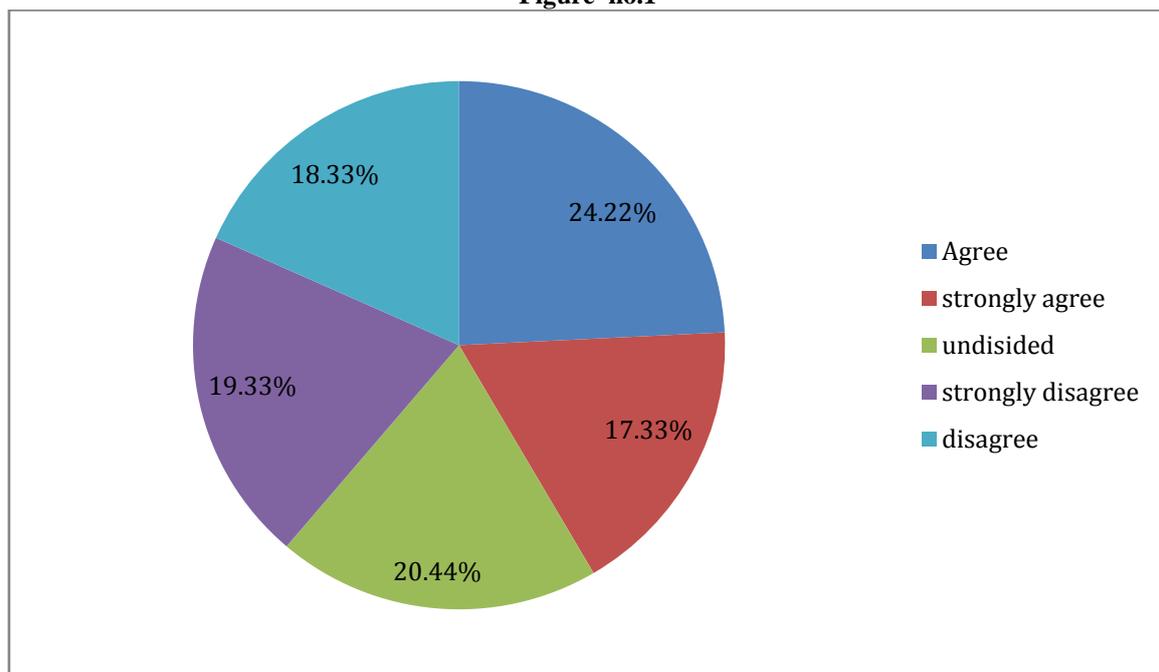


Table No. 2

Table showing that attitude of society towards unemployed students of physical education.

	S.A	A	U	D.A	S.D
fo	15.88	24.66	21.88	19.22	18.33
Fe	20	20	20	20	20
Fo-fe	-4.12	4.66	1.88	0.78	1.67
(fo-fe) ²	16.97	21.71	3.53	0.60	2.78
(fo-fe) ² /fe	0.84	1.08	0.17	0.03	0.13

Level of significance = 0.05

Chi-square = $\sum \{(fo-fe)^2/fe\}$

Chi-square = 0.84+1.08+0.17+0.13+0.13

Chi-square = 2.25

From the above table it is observed that the frequency observed for strongly Agree is 15.88, for Agree it is 24.66, for Undecided it is 21.88, for Disagree it is 19.22, and for strongly Disagree it is 18.33. Near about 40.54% students are of opinion that due to unemployment the status of an individual in a given society gets declined and near about 37.55% are of opinion that due to unemployment the status of an individual in a given society is not declined due to unemployment. After that the researcher uses a statistical technique 'chi square' for the justification of the collected data.

The χ^2 for above given statement is 2.25. The table value of χ^2 at 4 degree of freedom and 0.05 level of significance is 9.49. Because the obtained χ^2 is less than the table value of χ^2 , it is concluded that status of an individual is decreased due to unemployment, is not significant.

Graph showing that attitude of society towards unemployed students of physical education.

Figure no. 2

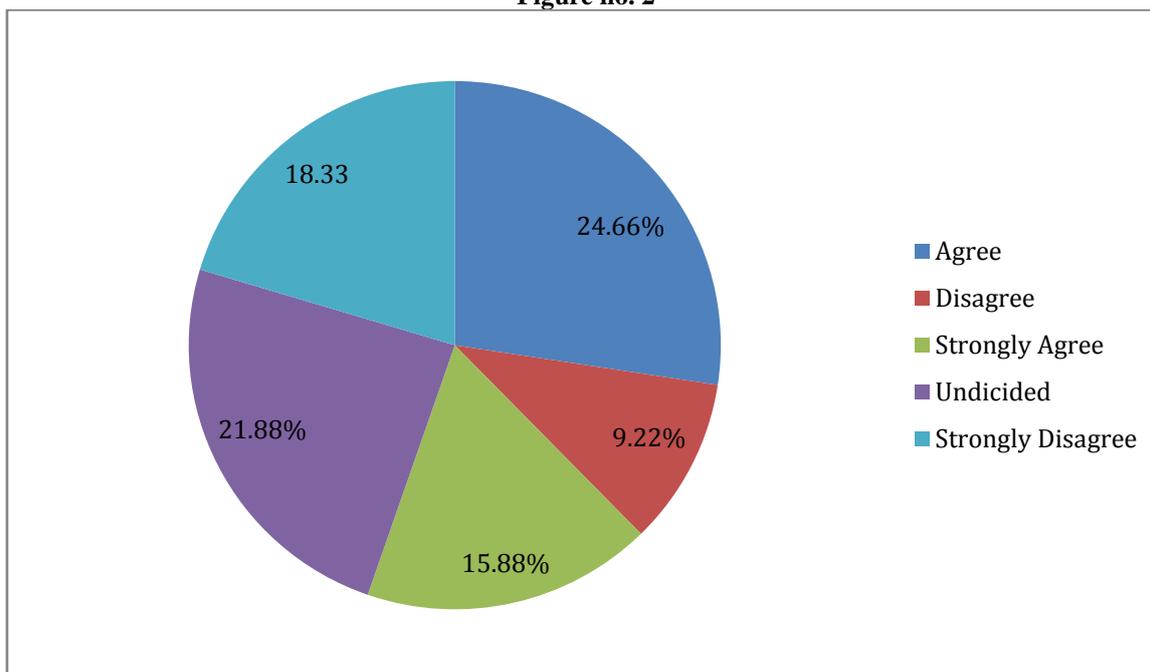


Table No.3
Table showing that due to unemployment students are involved in various crimes.

	S.A	A	U	D.A	S.D
fo	14.55	24.55	20.55	21.88	18.44
Fe	20	20	20	20	20
Fo-fe	-5.45	4.55	0.55	1.88	-1.56
(fo-fe) ²	29.70	20.70	0.30	3.53	2.43
(fo-fe) ² /fe	1.48	1.03	0.09	0.17	0.12

Level of significance = 0.05

$$\text{Chi-square} = \sum \{(fo-fe)^2/fe\}$$

$$\text{Chi-square} = 1.48+1.03+0.09+0.17+0.12$$

$$\text{Chi-square} = 2.89$$

From the above table it is observed that the frequency observed for strongly agree is 14.55, for agree it is 24.55, for undecided it is 20.55, for disagree it is 21.88, and for strongly disagree it is 18.44. Near about 39% students are of opinion that due to unemployment the people are involved in various crimes and at least 40% are of opinion that due to unemployment the people are not involved in various crimes. After that the researcher uses a statistical technique 'chi square' for the justification of the collected data.

The χ^2 for above given statement is 2.89. The table value of χ^2 at 4 degree of freedom and 0.05 level of significance is 9.49. Because the obtained χ^2 is greater than the table value of χ^2 , it is concluded that government policy is responsible for giving rise to unemployment is not significant.

Graph showing that due to unemployment students are involved in various crimes.

Figure no. 3

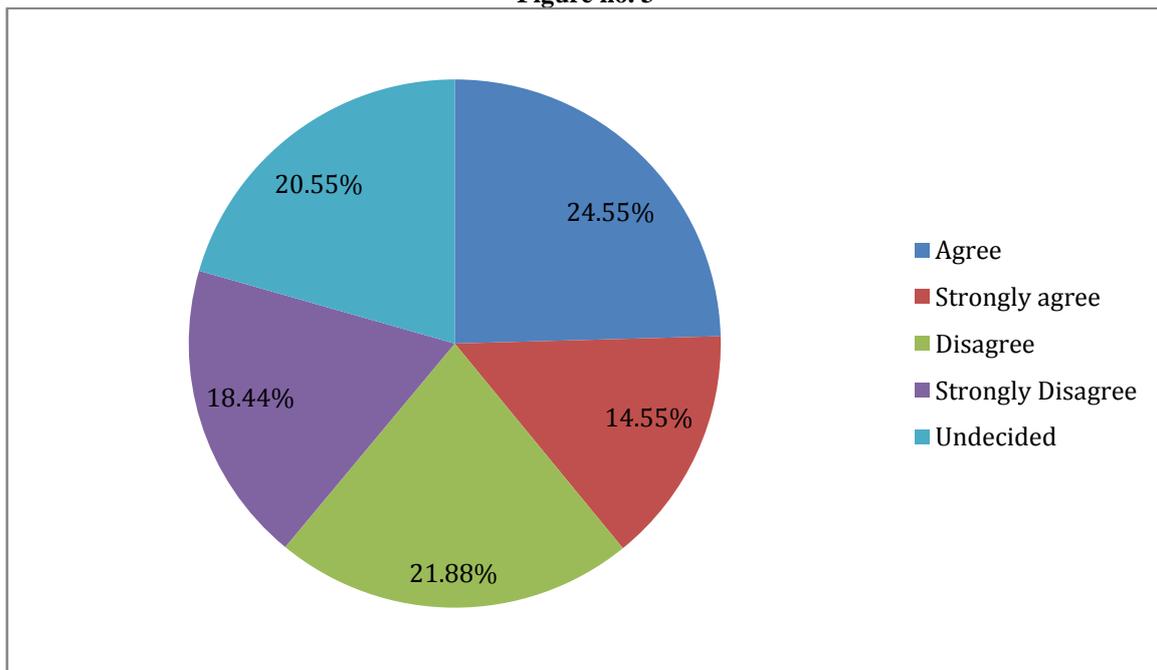


Table no. 4
Table showing the role of government policy for unemployment for physical education students

	S.A	A	U	D.A	S.D
Fo	17.33	22.00	16.33	20.11	24.22
Fe	20	20	20	20	20
Fo-fe	-2.67	2.00	-3.67	0.11	4.22
(fo-fe) ²	7.12	4	13.46	0.01	17.80
(fo-fe) ² /fe	0.35	0.02	0.67	0.00	0.89

Level of significance =0.05

Chi square = $\sum \{(fo-fe)^2/fe\}$

Chi square =0.35+0.02+0.67+0.00+0.89

Chi square =2.11

From the table above it is observed that the frequency observed for strongly agree is 17.33,for agree 22.00,for undecided it is 16.33,for disagree it is 20.11,and for strongly disagree it is 24.22.Near about 40% students are of the opinion that the government policy is responsible for giving rise to unemployment in a particular state and at least 44% are of the opinion that the unemployment is not due to government policy .After that the researcher uses the chi-square for the justification of the collected data.

The χ^2 for above given statement is 2.11, the table value of χ^2 at 4 degree of freedom and 0.05 level of significance is 9.49. Because the obtained χ^2 is less than the table value of χ^2 , it is concluded that government policy is responsible for giving rise to unemployment is not significant .

Figure no.4
Graph shows the policy of government towards unemployment of physical education students.

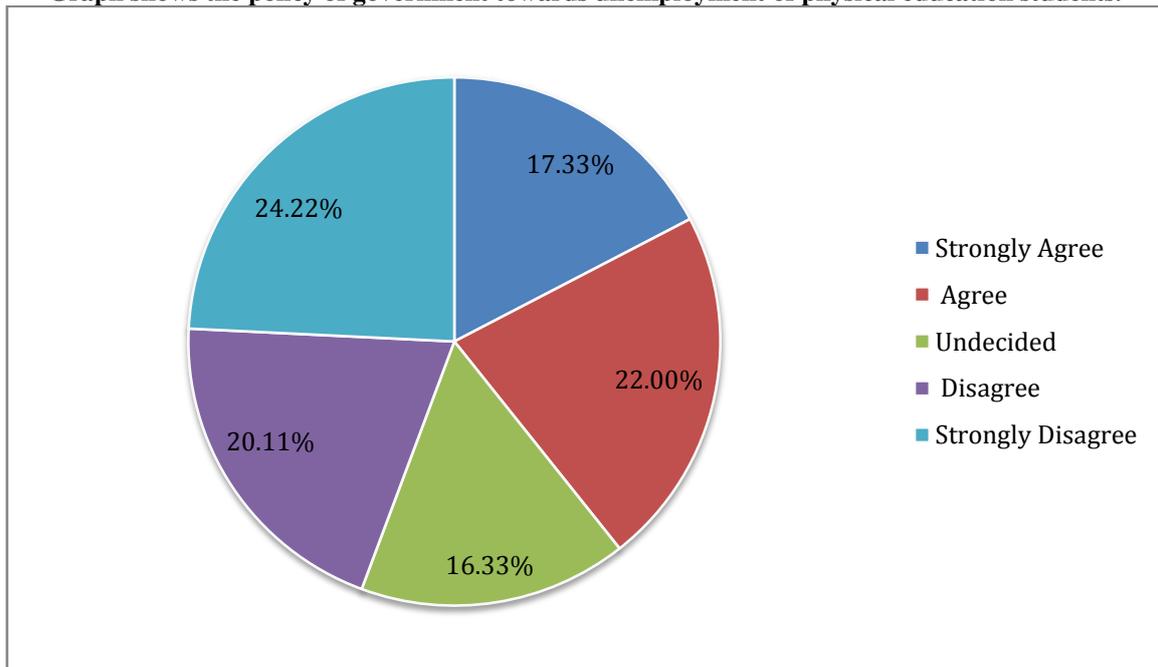


Table No. 5
Showing table of Stress and problems facing by Trained Unemployed Students of Physical Education in Srinagar

	S.A	A	U	D.A	S.D
Fo	16.27	23.85	19.88	19.88	20.16
Fe	20	20	20	20	20
Fo-fe	-3.73	3.85	-0.12	-0.12	0.16
(fo-fe) ²	13.91	14.85	0.01	0.01	0.02
(fo-fe) ² /fe	0.69	0.74	0.05	0.05	0.01

Level of significance = 0.05

$$\text{Chi-square} = \sum \{(fo-fe)^2/fe\}t6$$

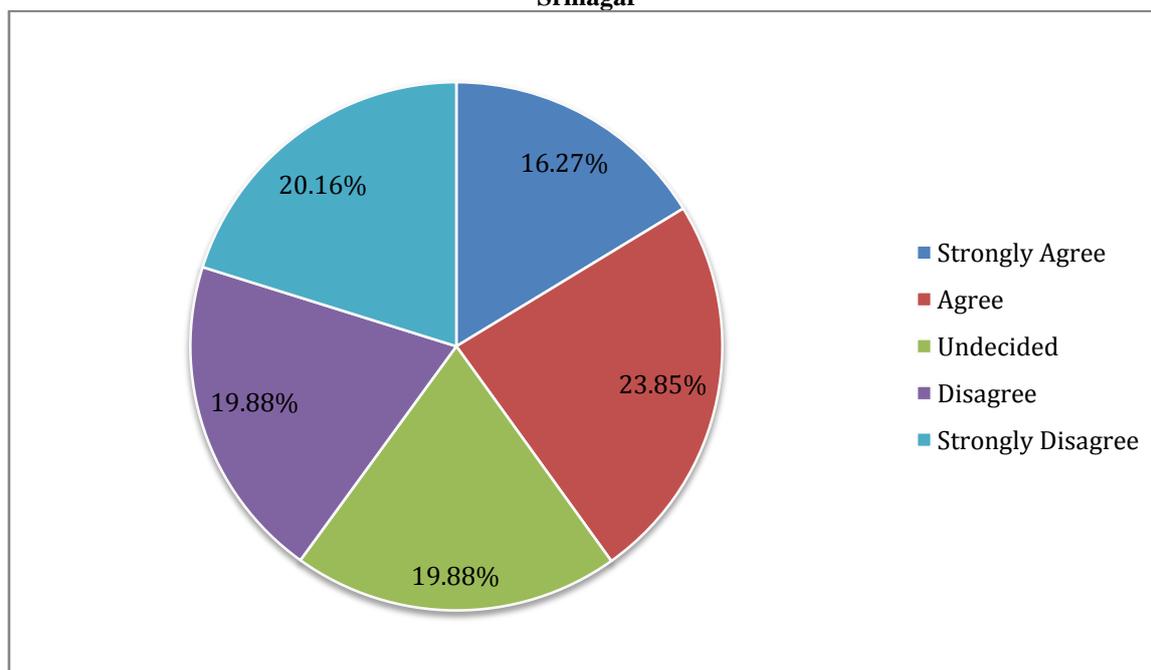
$$\text{Chi-square} = 0.69+0.74+0.05+0.05+0.01$$

$$\text{Chi-square} = 1.54$$

From the above table it is observed that the frequency observed for strongly Agree is 16.27, for Agree it is 23.85, for Undecided it is 19.88, for Disagree it is 19.88, and for strongly Disagree it is 20.16. Near about 40.12% students are of opinion that due to unemployment the stress level of the students due to unemployment increases and near about 40.14% are of opinion that they are not facing any stress and any problems due to unemployment.

The χ^2 for whole opinionnaire is 1.54. The tabulated value of χ^2 at 4 degree of freedom and 0.05 level of significance is 9.49. Because the obtained χ^2 is less than the table value of χ^2 . Percentage of both types of students having and not having problems are near about same. Chi-square also shows that there were no stress level due to unemployment. The students who are facing stress there causes may be different from the causes which have taken by the researcher.

Figure no. 5
Graph showing stress and problems facing by Trained Unemployed Students of Physical Education in Srinagar



III. Discussion of Findings

The findings of this study show that due to unemployment the trained unemployed students are not facing any problem regarding stress because there are various other income sources which can give rise to lot of stress other than that mentioned above.

Testing of Hypothesis:

In the light of above results, it was found that the assumption made by the researcher was partially correct in beginning. It was hypothesized that due to unemployment large no. of problems and too much stress are found in trained unemployment students of srinagar district, because they are engaging themselves in the various works regarding their day to day life. Hence the researchers hypothesis is rejected.

IV. Conclusion

Within the limitations of the study and from the statistical analysis the following conclusion is drawn.

The opinionnaire is divided into four sections viz stress, society, unemployment and government policy.

For Section 1 (stress), it is concluded that there is found no level of stress due to unemployment among the students of srinagar district.

For section 2(society), it is concluded that due to unemployment status or value of an individual in the society is not diminished.

For section 3 (unemployment), it is concluded that due to unemployment, that there is no increase in the level of stress among the individuals of srinagar district. For section 4 (Government policy), it is concluded that due to policy of Government which gives rise to unemployment in a particular area. At last the percentage of both types of students those who are having problems due to unemployment and those are not have the problems are near about the same.

Also, after the analysis of the gathered data, with the help of chi-square. It also shows that there is no stress level found among the unemployed students of Srinagar. There are other sources which are responsible for giving rise to lot of stress among them like some have financial problems and some have different types of worries of different things. It is also concluded that it is not only unemployment which gives rise to lot of stress level but there are many factors by which the stress level among the students is increased.

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