

A Study of Differences in Stressful Behaviours Among People of Bihar (As A Function of Gender, Place of Residence and Type of Family)

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Summary

This study was conducted to evaluate the differences in stressful behaviour among people of Bihar in respect of their gender, place of residence and types of family. For this purpose a sample of 200 people from rural and urban blocks of Patna district through simple random sampling. Result was analyzed on SPSS software. Study shows that male/female from urban background and belonging to extended family feels more stress in their life than male/female from rural background and belonging to nuclear family.

Keywords: Stress, Gender, Residence, Type Of Family, Rural-Urban Background, Life, Feels

Introduction

Stress is a natural human response to a difficult situation that causes a state of mental tension or worry. It can be physiological, biological or psychological. It is an organism's reaction to a stressor, such as an environmental condition. Stress affects both the mind and the body. A little bit of stress is good and can help us to perform daily activities. Too much stress can cause physical and mental problem. Not everyone reacts differently to stressful situations. Coping styles and symptoms of stress vary from person to person. Some stressful situations are interviews, schools exams, unrealistic workloads, an insecure job or conflict with family, friends or colleagues etc. People respond differently in different situations. Stress changes people's behavior towards one another. In some stressful situations, such as train crashes, earthquakes, and other disasters, many people may work together to help each other survive. Perhaps they do this because they have a common goal that requires cooperative effort (Sherif & Sherif, 1953)¹ In other stressful situations, people may become less sociable or caring and more hostile and insensitive toward other individuals. When Stress is accompanied by anger, negative social behaviours often increase. Research has shown that stress-produced anger increases aggressive behavior, and these negative effects continue after the stressful event is over (Donnerstein & Wilson, 1976)². This increased aggressive behavior has important implications in real life, outside the laboratory. Child abuse is a major social problem that poses a serious threat to children's health, physical development, and psychological adjustment. Studies have found a connection between parental stress and child abuse (Kempe, 1976; Kolbe et al., 1986)³ Prior to an act of battering, frequently the parent has experienced a stressful crisis, such as the loss of a job. A parent under high levels of stress is at risk of losing control. If, for example the child runs around the house making a racket, a stressed parent may become very angry, lose control and start beating the child. Stress also affects helping behavior. This was shown in an experiment conducted in a shopping center (Cohen & Spacapan, 1978)⁴. After each subject completed either a difficult shopping task or an easy one in

either a crowded or un-crowded shopping centre, he or she walked through a deserted hallway to meet with the researcher. In the hallway, the subject encountered a woman who feigned dropping a contact lens-a situation in which the subject could provide help. Those subjects who had just experienced the most stress, having completed the difficult shopping task in crowded conditions, helped less often and for less time than those who had completed the easy task in un-crowded conditions. Does the experience of stress depend on a person's gender and socio-cultural group membership? Apparently it does. With respect to gender differences, women generally report having experienced a greater number of major stressors than men do (Green-glass & Noguchi, 1996)⁵ Although this differences may result partly from women's greater willingness to say they have felt distressed, it probably also reflects real variations in experiences. For instance, in today's two-income households, the total daily is particularly heavy for mothers because they still do most of the chores at home (Frankenhaeuser, 1991)⁶ Being a member of a minority group or being poor appears to increase the stress people experience (Johnson et al., 1995; Young & Zane, 1995). Research in the United States has shown that individuals with these socio-cultural statuses report having experienced a disproportionately large number of major stressor (Gottlieb & Green, 1987). For example, black Americans report for more stressors than Hispanics, who report more than non minority people do. We have seen that the effects of stress are wide-ranging involving interplay among our biological, psychological and social symptom. Even when the stressor is no longer present, the impact of the stress experience can continue. Some people experience more stress than others do, but we all find stress somewhere in our lives. Stress arises from a countless variety of sources.

Methodology

Sample

To investigate this problem a group of 200 people were selected from rural and urban blocks of Patna district. Which were further categorized into male, female and nuclear/joint families. All the samples were selected through incidental-cum-purposive sampling technique .

Tests and Tools

1. Personal Stress Source Inventory (PSSI)
2. Personal Data Sheet to capture the informations like sex, residence and type of family

Data Collection

The data were collected in the groups of 10-15 respondents at a time during the leisure hours of the respondents. Respondents were asked to read the instructions carefully and then to answer the questions. They were motivated to answer to the items freely and frankly. It took 60 minutes to complete the entire tests.

Data Analysis

Data collected in this study were analzed on SPSS software. Tables were created including Mean, SD and t-value etc.

Result

Table 1: Mean, SD and t-value of Stressful Behaviour of Male and Female Respondents

Sex	N	Mean	SD	t	df	p
Male	100	40.16	6.32	2.75	198	
Female	100	35.11	5.30	<.01		

Table 2: Mean, SD and t-value of Stressful Behaviour of Rural and Urban Respondents

Residence	N	Mean	SD	t	df	p
Urban	100	41.33	6.82	2.36	198	
Rural	100	36.92	5.39	<.05		

Table 3: Mean, SD and t-value of Stressful Behaviour as a function of type of family

Type of Family	N	Mean	SD	t	df	p
Nuclear	50	30.12	5.11	2.79	198	
Extended	150	36.55	6.82	<.01		

Discussion

It is clear from table 1 that male respondents are more stressed than female respondents. The difference between the group is statistically significant ($t=2.75$, $df=198$, $p<.01$). It is evident from table 2 that the rural and urban respondents significantly differ in terms of stressful behavior. The difference between the group is statistically significant ($t=2.36$, $df=198$, $p<.05$). A glance of table 3 reveals that respondents of nuclear and extended family significantly differ in terms of stressful behavior. The difference between the group is statistically significant ($t=2.79$, $df=198$, $p<.01$).

Conclusion

On the basis of above study it can be concluded that gender, place of residence and type of family plays a significant role in shaping the stressful behaviour of a person. From the above discussion it can be concluded that male shows more stressful behaviour than female respondents. Urban people feel more stress than rural people and extended family passes from more stressful situation than nuclear family.

References

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