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Dr. Dilkhush Patel



NATIONAL INSTITUTE OF SCIENCE COMMUNICATION
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14, Sansad Vihar Marg, New Delhi 110 067



Mrs. V. V. Lakshmi, Head, National Science Library
Phone: 91-11-2686 3759
E-mail: vvlakshmi@niscair.res.in Website: www.niscair.res.in

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“A Comparative Study of children in relation to their Stress.”

Dr. Nitesh Patel

Assi. Professor, Dpt. of Psychology
VNSB Ltd. Arts & commerce College,
Vadnagar, Dist: Mehsana, Gujarat (India)

ABSTRACT

The Purpose of the Present study was investigating the level of stress of children (boys & Girls) who living with family and in orphanage. The total sample consisted of 240 children (120 children who living with family and 120 living in orphanage) were selected in Ahmedabad city. The scale of “STRESS” developed by Dr.M.SING was administered to measure their stress level. Scoring has been done as per manual. The data were analyzed by using descriptive statistics mean, SD and t-test. Result was found that, there is significant difference in level of stress of children who living with family and living in orphanage. Children’s who living with family is more stress level than children of living in orphanage. It was also found that, there is significant difference the level of stress of the boys and girls who living with family and in orphanage. Living with Family boys more stress level than girls but living in orphanage girls more stress level than boys.

Key word: Stress, Gender, types of residence

Introduction:

Most researchers agree that an acceptable definition of stress is likely to be satisfactory only to its author (Abbott, 2001; Cox, 1980; Hinkle, 1987; Kahn & Byosiere, 1992). Researchers have expressed that stress is a part of human life from which no human being can escape (Cooper & Dewe, 2004; Jones & Bright, 2001; Steptoe, 2000; Wong, 2006). Experience of stress varies among individuals and is inevitable at sometime or other in one’s life (Lazarus & Cohen, 1977; Taylor, 2006). Cox (1987) defined stress as perceived phenomenon arising from a comparison between demands on an individual and one’s ability to cope. An imbalance in this mechanism gives rise to experience of stress and to stress response. Stress may be defined as a real or interpreted threat to physiological or psychological integrity of an individual that results in physiological or behavioral responses (McEwen, 2000).

Stress is a complex pattern of cognitive appraisal physiological response and behavioral tendencies that occur in response to a perceived imbalance between a situational demand and our resources needed to cope with them .three type of stressors as micro stressors catastrophic events and major negative event all three classes of stressors required major adaptation and can have significant negative impact on psychological and physical well being .prolonged exposure to stress without effective coping mechanism could lead to a most of physical and mental problem.