

Stress level of college students in relation to their gender

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Abstract

The present investigation in to find out the Stress level of college Students in Relation to their gender boys and girls. The sample consisted of 120 college students out of which 60 where boys and 60 where girls. For this purpose of investigation “Anxiety, Depression and Stress Scale” by Pallavi Bhatnagar, Megha Singh, Manoj Pandey, Sandhya and Amitabh was used. The obtained data were analyzed through ‘t’ test to know the mean difference between college students in relation to their gender. The result shows that there is no significant difference in stress level of boys and girls, but a significant different boys & girls and urban and rural area students.

Key Words: stress, Boys, Girls, urban and rural