

# Role of counseling in prevention and management of stress

Dr. Anand Kr. Singh

Assistant Professor, University Department of Psychology, BNMU Madhepura (Bihar)

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## ABSTRACT

In the presented study Role of counseling in prevention and management of stress, the researcher has studied various sources of stress of people and has studied the role of counseling in reducing stress in people. the researcher included 100 people of Madhepura district in the study and analyzed it on the basis of the data obtained. It was found in the study that there can be many sources of stress like social, economic, educational, environmental, physical, psychological etc. In this study, the researcher evaluated the effect of counseling and found that counseling proves helpful in reducing stress.

**Keywords:** Stress, Counseling Service, Stress levels.

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## INTRODUCTION

Unawareness has become a big problem of the present society. Stress can be any event or situation that causes people to make unusual or extraordinary reactions. For example, job uncertainty, natural disaster, social problems etc. are some important sources of stress. These can also be sources of stress within a person. For example, stomach disease, blood pressure or other physical diseases etc. can also be caused by stress. In youth, worries about employment, disputes between boyfriend and girlfriend, family disputes, non-performance of expected exam results etc. can be the cause of stress. It is an internal process which produces many types of physical changes in the person. . The events or situations arising under stress are beyond the control of the person. If the circumstances or events are under the control of the person then the stress can be reduced. A stressed person experiences weariness both physically and mentally. Stress can be short-term or long-term. Whether stress will be short-term or long-term depends on the events and circumstances causing the stress. There can be many sources of stress. Stressful events in life can trigger stress such as divorce between husband and wife, dispute between boyfriend and girlfriend, marital separation, legal violation, distress to a loved one, workplace environment not being conducive, daily hassles, etc. Worrying about performing well in the examination, worrying about not getting favorable results of the examination etc. are sources of negative stress. There can also be some environmental sources of stress like occurrence of natural disasters, storm, flood, drought, etc. are its examples. Due to this, anger inside the person can also be due to stress. Frustration gives the person inadequate self-control which leads to guilt in the person because it becomes very difficult for the person to deal with such frustrations. There may also be some sources of positive stress, such as getting a promotion.

Stress makes a person's behavior unbalanced. Therefore it becomes necessary to reduce tension. For this, counseling of the person is required as per appropriate time and circumstances. The Manappaniks have given very serious thought to reducing the stress . To reduce tension, Faulkman divided it into two parts. The first is a problem-oriented solution and the second is an emotion-focused solution. In problem-centered coping strategies, a person evaluates stressful situations and searches for appropriate solutions to eliminate stress or reduce stress. In the term emotion-focused coping strategies, the individual focuses on the emotional response generated by the problem. In the presented study, the researcher has conducted a survey of secondary school students to study the role of counseling in reducing stress or to remove stress and analyzed the data obtained.

### Objectives of study:-

1. To find out the stress level in people.
2. To find out the sources of stress among students.
3. To find out ways to relieve stress among people.
4. To find out the role of counseling in relieving stress among people.

### Research hypotheses:

1. The difference in stress levels of people of different age groups is significant.
2. The difference in stress level of people of different income levels is significant.

3. The difference in stress levels of men and women is significant.
4. Counseling has a meaningful role in reducing stress.

### LITERARY OVERVIEW

JA Akandle et. al. (2014) in their research study “A study of level and source of stress among secondary school students” found that moderate level of stress was found in secondary school students. Many types of stress sources like social, economic, educational, family sources have been found in stress. Environmental sources of internal and external stress have also been found. Hence the need for management of necessary plans to reduce stress among secondary school students is suggested.

Jobby Abraham (2018) in his study “impact of counseling services in stress reduction among first year MBBS students” found that high levels of stress were found among MBBS students. MBBS students were counseled and tested for stress reduction. Went. Reduction in stress was found among the students after counseling. Therefore, the researcher described stress management program as necessary to reduce stress so that the performance of students improves.

Daulay et. al. (2022) in their study “the role of guidance and counseling service in helping students with academic stress” observed that counseling is essential for stress management. They have called for counseling from the school counselor to reduce academic stress.

#### Research study method:-

The presented research paper is based on primary data obtained from 100 people of Madhepura district. The presented research is based on the analysis of data received from the respondents before and after counseling. To know the level of stress, popular sets measurement tool perceived stress scale has been used. The PSS measures three levels of stress: low, medium and high. Four alternative and 10 questions have been used in this. The data obtained has been analyzed through various statistical techniques like mean, standard deviation, t test, F test etc. In this research study w rank tool has been used for counseling scale.

### DATA ANALYSIS AND RESULTS

**Classification of respondents according to age-Table :-1**

Age	No. of respondents	% of respondents	Mean value	S.D.	,F-Test	d. f.	Significance level
Up to 25	29	29	18	3.02	3.68	99	0.05(2.68)
25 to 35 years	34	34	24	2.78			
35 to 45 years	25	25	10	3.26			
Above 45	12	12	8	1.25			
dgy	100	100	16.84				

(Source: primary data)

In the above Table-1, the data obtained from the people included in the research study has been classified according to their age. It is clear from the above table that there is a difference in the mean value of stress among people of different age groups. It is clear from the table that moderate level of stress has been found in people in the age group up to 25 years and 25 to 35 years.

Whereas the stress level of people between 35 years to 45 years and above 45 years of age has been found to be low. It is clear from the above table that the level of stress in people up to 35 years of age is found to be higher than that in people older than that.

#### Hypothesis: -

1. **Null Hypothesis: There is no significant difference in the stress level of people of different age groups.**
2. **The alternative hypothesis: there is significant difference in the stress levels of people of different age groups.**

It is clear from the above table that the value of F test (3.68) at 5 percent significance level is more than its table value (2.68). Hence here the null hypothesis is rejected. Hence, significant differences have been found in the stress levels of people of different age groups.

**Classification of respondents according to Gender-Table:-2**

Sex	No. of respondents	% of respondents	Mean value	S.D.	,F-Test	d. f.	Significance level
Male	50	50	18.22	2.08	4.08	99	0.05 (2.68)
Female	50	50	15.46	3.02			
Total	100	100	16.84				

(Source-Primary Data)

In the above Table-2, the data obtained from the people included in the research study was classified according to their gender. The mean value of stress in males is 18.22 while the mean value of stress in females is 15.46. However, medium level of stress has been found in men and women.

**Hypothesis:-**

1. Null hypothesis: There is no significant difference in stress level between men and women.
2. The alternative hypothesis: there is significant difference in stress levels between men and women.

From the above table it is clear that at 5 percent significance level the value of a test (4.08) is more than its table value (2.68). Therefore, the null hypothesis is rejected. A significant difference has been found in the mean stress levels of men and women.

**Classification of respondents according to their monthly income:- Table:-3**

Income/month	No. of respondents	% of respondents	Mean value	S.D.	,F-Test	d. f.	Significance level
Up to RS.10,000	28	28	12	2.05	3.56	99	0.05 (2.68)
RS.10,000-Rs.20,000	35	35	16	3.01			
RS.20,000-Rs.30,000	21	21	18	1.89			
More than RS. 30,000	16	16	26	1.67			
	100	100	16.84				

In the above Table-2, the data obtained from the people included in the research study has been classified according to their monthly income. It is clear from the above data that moderate level of stress has been found in people with monthly income up to Rs 10 thousand, whose mean value is 12. Moderate level of stress has also been found in people with monthly income between Rs 10 thousand to Rs 20 thousand, the mean value of which has been found to be 16. Moderate level of stress has been found among people with monthly income between Rs 20 thousand to Rs 30 thousand and more than Rs 30 thousand, the mean value of which has been found to be 18 and 26 respectively.

**Hypothesis:-**

1. Null Hypothesis: There is no significant difference in the stress level of people of different income groups.
2. The alternative hypothesis: there is significant difference in the stress levels of different income groups.

It is clear from the above table that the value of F test (3.56) at 5 percent significance level is more than its table value (2.68). Hence here the null hypothesis is rejected. Therefore, a significant difference has been found in the mean stress levels of different income groups.

**Classification of respondents on the basis of nature of family-Table:-4**

Nature of family	No. of respondents	% of respondents	Mean value	S.D.	F-Test	d. f.	Significance level
nuclear	54	54	17	3.15	2.05	99	0.05 (2.68)
Joint	46	46	16.44	2.26			
total	100	100	16.84				

In the above Table-4, the data obtained from the people included in the research study has been classified according to the nature of their family. The study found that the mean value of stress in a nuclear family is 17, while the mean value of stress in a joint family is 16.44. It is also clear from the above table that moderate level of stress has been found in both types of families.

**Hypothesis:**

1. Null hypothesis: There is no significant difference in the mean stress level of nuclear and joint families.
2. The alternative hypothesis: there is significant difference in the mean stress level of nuclear and joint families.

It is clear from the above table that the value of F test (2.05) at 5 percent significance level is less than its table value (2.68). Hence the null hypothesis is accepted here. Therefore, no significant difference has been found in the mean levels of stress of nuclear and joint families.

**Comparative description of people's stress levels and stress mean values before and after counseling-Table-5**

	Pre-counseling	post-counseling	Pair T-test Value	d. f.	Significance level
Mean value	16.84	11.02	3.89	99	0.05
N	100	100			

From the above Table 5, it is clear that a difference has been found in the mean values of stress of people before and after counseling. To test the significance of this difference, a paired t test was conducted at the 5 percent significance level.

**Hypothesis:**

1. Null hypothesis: There is no significant difference in the stress level of people before and after counseling.
2. Alternative hypothesis: there is significant difference has been found in the stress level of people before and after counseling.

From the above table it is clear that at 5 percent significance level the value of a test (3.85) is more than its table value (2.68). Hence here the null hypothesis is rejected. Hence, there has been a significant change in the stress level of people before and after counseling.

**CONCLUSION AND SUGGESTIONS**

In the above studies, researchers studied people based on various stress factors and examined the significance of differences in stress levels on people. Along with this, various sources of stress were also examined. It has been found in the study that various factors like social, family, educational, economic, psychological etc. are responsible for stress in people. To overcome these, counseling was done in which the researcher suggested people of different ages to participate in some different types of activities based on the sources of stress to reduce stress. For example, counseling was done again by suggesting things like listening to music, participating in various sports activities, improving eating and drinking habits, improving daily habits, improving study methods etc. and its effect was studied. The study found that counseling has proven helpful in reducing people's stress

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