

Socio-personal and academic factors affecting the extent of perceived stress among undergraduate students of Northern State Agricultural Universities (SAUs) of India

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■ **ABSTRACT** : The study was conducted to identify the socio-personal and academic factors of the undergraduate students affecting the extent of perceived stress. Three colleges of the four State Agricultural Universities of Northern India were selected purposively for the study. A sample of 360 students was selected through stratified random sampling technique. A scale was developed to measure the extent of perceived stress. Data were collected through distributed questionnaire technique. The findings of the study revealed that only 17 per cent of students had a high level of academic performance. Thirty-seven per cent of the students had a low level of stress whereas 36 per cent of the students had a medium level of stress. Place of accommodation, parent's education and father's occupation were significantly associated with the extent of perceived stress of the students. Family income of the students was positively and significantly correlated with the extent of perceived stress of the students. There is need to counsel students as well as their parents to manage stress. Students should be provided with proper accommodation in the hostel as well as at their home to release stress.

■ **KEY WORDS**: Extent of perceived stress, Socio-personal, Academic factors

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Today stress has become an important subject in academic circle. In higher learning institutions where the demands placed on students are based on deadlines and pressure for excelling in tests or examination, the students are likely to be the victims of stress. Stress can be seen as either positive, such as starting a new relationship, or negative, not being able to pay a debt. It not only affects our thoughts and feelings but our behavioural models, as well. Even though

appropriate stress is a juncture for self-growth, it is also a motivation for people to progress vigorously. However, over stress can cause problems and discomfort, and can have serious effects on people. College student's encounters a number of challenges in his/her day to day life which can contribute to stress and if not dealt meticulously can hamper their academic performance, emotional and social well-being. Thus keeping in mind the above scenario, the study was conducted with the

following objectives:

- To study the socio-personal and academic profile of the undergraduate students of selected State Agricultural Universities (SAUs).
- To study the relationship between the socio-personal and academic factors of the students and extent of their perceived stress.

Review of literature :

Agolla stated that many scholars in the field of behavioral sciences have carried out extensive research on stress and its outcomes and concluded that the topic needed more attention (Agolla, 2009).

Academic institutions have different work settings compared to non-academic and therefore one would expect the difference in symptoms, causes, and consequences of stress (Chang and Lu, 2007).

Stress was found to be a part of students' lives and could give impact on how students cope with the demands of academic life. Students reported experiencing academic stress at predictable times each semester with the greatest sources of academic stress resulting from taking and studying for exams, grade competition, and a large amount of content to master in a small amount of time (Rawson *et al.*, 1999).

RESEARCH METHODS

The study was conducted in three colleges namely College of Agriculture, College of Home Science and College of Agriculture Engineering of selected four State Agricultural Universities SAUs namely G.B.P.U.A.T., Pantnagar (Uttarakhand), CCS Haryana Agricultural University, Hisar, (Haryana), Maharana Pratap University of Agriculture and Technology, Udaipur (Rajasthan) and Punjab Agricultural University, Ludhiana (Punjab). A sample of 360 students was selected through stratified random sampling technique representing four selected universities. Thirty UG students from the third year of their degree programme were selected randomly from each college. Hence, ninety undergraduate students were selected to make a total sample of 360 students. Data were collected through distributed questionnaire technique.

Extent of Perceived stress was operationalized as the state of individual student that result from their interaction with the environment that is perceived as too demanding and a threat to their well-being. The extent of perceived stress was studied by using items and

response was measured on a scale of five point continuum. The scores obtained were categorised under three categories as low, medium and high.

RESEARCH FINDINGS AND DISCUSSION

Keeping in view the objectives of the study, the results have been reported under the following sub-headings.

- Socio - personal and academic profile of the students
- Extent of perceived stress among students
- Relationship between socio- personal and academic factors of the students and their extent of perceived stress.

Socio - personal and academic profile of the students :

Socio-personal profile was studied in terms of age, gender, order of birth, place of accommodation, family-background, type, caste and income, parents-education, occupation and marital status. Academic profile consist of academic performance (OCPA), school board, type of school at 10+2 level, participation in sports, cultural activities etc. The socio-personal profile of the undergraduate students is given in Table 1.

Socio-personal profile of the students :

Age and gender:

Data indicated that the age of the undergraduate students ranged from 19 to 24 years with highest percentage of the students *i.e.* 52.22 per cent in the age group of 21-22 years followed by 32.78 per cent in the age group of 19 to 20 years and the lowest percentage *i.e.* 15.00 was obtained in the age group of 23-24. Fifty per cent of the students were females.

Order of birth:

The order of birth was categorized as first, second, third and fourth. It was found that 48.06 per cent students were first born, 30.83 per cent second born and 12.78 per cent third born while 8.33 per cent students were born as fourth child.

Place of accommodation:

It was evident from the data that the highest percentage of the students (66.39%) were hostlers, 27.22 per cent day scholars and 3.61 per cent were staying as

Table 1 : Distribution of the undergraduate students according to their socio-personal profile					(n=360)
Profile	GBPUAT n ₁ = 90 f (%)	HAU n ₂ = 90 f (%)	MPUAT n ₃ = 90 f (%)	PAU n ₄ = 90 f (%)	Total n= 360 f (%)
Personal profile					
Age (years)					
19-20	32(35.56)	29(32.22)	27(30.00)	30(33.33)	118(32.78)
21-22	44(48.89)	46(51.11)	51(56.67)	47(52.22)	188 (52.22)
23-24	14(15.56)	15(16.67)	12(13.33)	13(14.44)	54 (15.00)
Gender					
Male	42 (46.67)	49 (54.44)	44(48.89)	43 (47.78)	178 (49.44)
Female	48 (53.33)	41 (45.56)	46(51.11)	47 (52.22)	182 (50.56)
Order of birth					
First	59 (65.56)	24 (26.67)	40(44.44)	50(55.56)	173(48.06)
Second	19 (21.11)	34 (37.78)	30(33.34)	28(31.11)	111(30.83)
Third	7 (7.78)	18 (20.00)	13(14.44)	8(8.89)	46 (12.78)
Fourth	5 (5.56)	14 (15.56)	7(7.78)	4(4.44)	30 (8.33)
Place of accommodation					
Hostel	76 (84.44)	55 (61.11)	60 (66.67)	48 (53.33)	239 (66.39)
PG	-	-	10 (11.11)	3 (3.34)	13 (3.61)
Rented accommodation	-	-	6 (6.67)	1 (1.11)	7 (1.94)
Own home	12 (13.33)	35 (38.89)	14 (15.56)	37 (41.11)	98 (27.22)
Relative's home	2 (2.22)	-	-	1 (1.11)	3 (0.83)
Eating all daily meals in a day	75 (83.33)	77 (85.56)	52 (57.78)	71 (78.89)	275 (76.39)
Family profile					
Family background					
Rural	38 (42.22)	49 (54.44)	27 (30)	41 (45.56)	155 (43.06)
Urban	52 (57.78)	41 (45.56)	63 (70)	49 (54.44)	205 (56.94)
Family type					
Joint	21 (23.33)	27 (30)	30 (33.33)	23 (25.56)	101 (28.06)
Nuclear	66(73.33)	58 (64.44)	56 (62.22)	61 (67.78)	241 (66.94)
Single parent family	3 (3.33)	5 (5.56)	4(4.44)	6 (6.67)	18(5.00)
Family caste					
SC	11 (12.22)	10 (11.11)	12 (13.34)	16 (17.78)	49 (13.61)
ST	10 (11.11)	8 (8.89)	10 (11.11)	7 (7.78)	35 (9.72)
OBC	13 (14.44)	21 (23.33)	19 (21.11)	8 (8.89)	61 (16.94)
General	56 (62.22)	51 (56.67)	49 (54.44)	59 (65.56)	215 (59.72)
Family income					
Below 5 lakhs	26 (28.89)	20 (22.22)	27 (30.00)	45 (50.00)	118 (32.78)
5-8 lakhs	48 (53.33)	44 (48.89)	46 (51.11)	34 (37.78)	172 (47.78)
Above 8 lakhs	16 (17.78)	26 (28.89)	17 (18.89)	11 (12.22)	70 (19.44)
Parents education					
Father's education					
Illiterate	-	7 (7.78)	2 (2.22)	-	9 (2.5)
Primary	3 (3.33)	14 (15.56)	4 (4.44)	2 (2.22)	23 (6.39)
Middle	9 (10.00)	18 (20.00)	8 (8.89)	13 (14.44)	48 (13.33)
High School	17 (18.89)	42 (46.67)	23 (25.56)	18 (20.00)	100 (27.78)
Graduate	57 (63.33)	7 (7.78)	30 (33.33)	49 (54.44)	143 (39.72)
Post graduate	6 (6.67)	-	23 (25.56)	8 (8.89)	37 (10.28)

Table 1 contd....

Contd.... Table 1

Mother's education					
Illiterate	5 (5.56)	6 (6.67)	9 (10)	4 (4.44)	24 (6.67)
Primary	2 (2.22)	17 (18.89)	8 (8.89)	2 (2.22)	29 (8.06)
Middle	9 (10)	31 (34.44)	15 (16.67)	16 (17.78)	71 (19.72)
High school	19 (21.11)	28 (31.11)	30 (33.33)	26 (28.89)	103 (28.61)
Graduate	48 (53.33)	6 (6.67)	18 (20)	35 (38.89)	107 (29.72)
Post graduate	7 (7.78)	2 (2.22)	9 (10.00)	8 (8.89)	26 (7.22)
Parents occupation					
Father's occupation					
Govt. service	31 (34.44)	19 (21.11)	43 (47.78)	26 (28.89)	119 (33.06)
Private service	24 (26.67)	19 (21.11)	16 (17.78)	18 (20)	77 (21.89)
Business	21 (23.33)	25 (27.78)	19 (21.11)	26 (28.89)	91 (25.28)
Farming	14 (15.56)	27 (30)	12 (13.33)	18 (20)	71 (19.72)
Labourer	-	-	-	2 (2.22)	2 (0.56)
Mother's occupation					
Govt. service	10 (11.11)	9 (10.00)	7 (7.78)	6 (6.67)	32 (8.89)
Private service	6 (6.67)	5 (5.56)	10 (11.12)	5 (5.56)	26 (7.22)
housewife	68 (75.56)	70 (77.78)	67 (74.44)	72 (80)	277 (76.94)
self employed	6 (6.67)	6 (6.67)	4 (4.44)	5 (5.56)	21 (5.83)
labourer	-	-	2 (2.22)	2 (2.22)	4 (1.11)
Marital status of parents					
Staying together	87 (96.67)	85 (94.44)	86 (95.56)	84 (93.33)	342 (95.00)
Separated	-	-	1 (1.11)	1 (1.11)	2 (0.56)
Divorced	1 (1.11)	3 (3.33)	2 (2.22)	1 (1.11)	7 (0.94)
Widow	2 (2.22)	2 (2.22)	1 (1.11)	3 (3.33)	8 (0.22)
Widower	-	-	-	1 (1.11)	1 (0.28)

PG (Paying Guest) while a negligible percentage of students were living in rented accommodation (1.94%) and at relative's home (0.83%). Further 84.44 per cent of the students from GBPUAT, Pantnagar were staying in hostels and 41.11 per cent students in PAU, Ludhiana were day scholars while 11.11 per cent of the students in MPUAT, Udaipur were living in PG.

Eating all daily meals in a day:

Large percentages of the students were in the habit of taking all while 23.61 per cent were skipping meals. Among all the four universities 85.56 per cent students from HAU were in the habit of taking all daily meals while 42.22 per cent students from MPUAT were skipping their meals. The reasons for skipping meals were getting late for the morning classes, fear of gaining weight and to be in the college during lunch hours.

Family background:

It was evident from the data that 56.94 per cent of

the students were from the urban background. Further the data in the table indicated that majority (70%) of the students from MPUAT, Udaipur were coming from the urban background and majority (54.44%) students in HAU were from the rural background.

Family type and caste:

The majority of the students (66.94%) were from nuclear family whereas 28.06 per cent were from joint families while five per cent had single parent families. The Table further revealed that 59.72 per cent belonged to general category and 16.94 per cent belonged to OBC category while the rest 23.33 per cent belonged to Scheduled Caste/Scheduled Tribe category.

Family income:

Family income was divided into three categories based on the data reported. The categories formed were families with annual income below 5 lakhs, families with annual income between 5 to 8 lakhs and families with

annual income above 8 lakhs. The data in Table revealed that 47.78 per cent of the respondents had a family income between five to eight lakhs followed by 32.78 per cent respondents having a family income below five lakhs while only a small per cent *i.e.* 19.44 had family income above eight lakhs.

Parent's education :

Parent's education was divided into six categories namely illiterate parents, parents studied till primary level, studied till middle school level, studied till high school level

and parents who were graduates and postgraduates. Parent's education was studied separately for mother and father. The data revealed that 39.72 per cent of the respondent's father was graduates and 27.78 per cent had high school education. It was further revealed that 6.39 per cent of the respondent's father had the primary education while a very low percentage (2.5%) was illiterate. As far as respondent's mother education was concerned it was found that 29.72 per cent were graduates and 28.61 per cent had high school education. Further 8.06 per cent respondent's mothers had education

Table 2 : Distribution of the undergraduate students according to their academic profile					(n= 360)
Profile	GBPUAT n ₁ = 90 f (%)	HAU n ₂ = 90 f (%)	MPUAT n ₃ = 90 f (%)	PAU n ₄ = 90 f (%)	Total f (%)
Academic Performance (OCPA)					
Low (below 7.0)	33 (36.67)	48 (53.33)	34 (37.78)	29 (32.22)	144 (40.00)
Medium (7.0 – 8.0)	43 (47.78)	35 (38.89)	35(38.89)	42 (46.67)	155 (43.06)
High (above 8.0)	14 (15.56)	7 (7.78)	21(23.33)	19 (21.11)	61 (16.94)
Type of school at 10+2 level					
Government	32 (35.56)	39 (43.33)	35 (38.89)	22 (24.44)	128 (35.56)
Private	58 (64.44)	51 (56.67)	55 (61.11)	68 (75.56)	232 (64.44)
Name of school board					
CBSE	43 (47.78)	51 (56.67)	41 (45.56)	45 (50)	180 (50)
ICSE	26 (28.89)	4 (4.44)	10 (11.11)	20 (22.22)	60 (16.67)
State School Education Board	21 (23.33)	35 (38.89)	39 (43.34)	25 (27.78)	120 (33.33)
Stream of 10+2 education					
Medical	35 (38.89)	25 (27.78)	35 (38.88)	23 (25.56)	118 (32.78)
Non-medical	49 (54.44)	58 (64.44)	50 (55.56)	56 (62.22)	213 (59.17)
Commerce	6 (6.67)	4 (4.44)	5 (5.56)	6 (6.67)	21 (5.83)
Any other	-	3 (3.33)	-	5 (5.56)	8 (2.22)
Reason for opting present degree programme					
Own interest	51 (56.67)	49 (54.44)	62 (68.89)	47 (52.22)	209 (58.06)
Parent's choice	16 (17.78)	16 (17.78)	8 (8.89)	21 (23.34)	61(16.94)
No other option	20 (22.22)	25 (27.78)	19 (21.11)	20 (22.22)	84(23.33)
Any other	3 (3.33)	-	1 (1.11)	2 (2.22)	6(1.67)
Scholarship holder	29 (32.22)	37 (41.11)	25 (27.78)	35 (38.89)	126 (35.00)
Participation in sports	36 (40)	49 (54.44)	31 (34.44)	26 (28.89)	142 (39.44)
Participation in cultural activities	39 (43.33)	54 (60.00)	27 (30.00)	36 (40.00)	156 (43.33)
Involvement in student's union activities	6 (6.67)	21 (23.33)	17 (18.89)	19 (21.11)	63 (17.50)
Internet usage					
Less than 2 hours	15 (16.67)	13 (14.44)	7 (7.78)	9 (10)	44 (12.22)
2-4 hours	11 (12.22)	16 (17.78)	10 (11.11)	17 (18.89)	54 (15.00)
4-6 hours	2 (2.22)	1 (1.11)	10 (11.11)	4 (4.44)	17 (4.72)
6-8 hours	5 (5.56)	2 (2.22)	6 (6.67)	2 (2.22)	15 (4.17)
8-10 hours	7 (7.78)	6 (6.67)	8 (8.89)	11 (12.22)	32 (8.89)
Need based	50 (55.56)	52 (57.78)	49 (54.44)	47 (52.22)	198 (55.00)
Punishment in college	6 (6.67)	4 (4.44)	8 (8.89)	3 (3.33)	21 (5.83)

up-to primary school level and 6.67 per cent were illiterate.

Parent's occupation:

In terms of the father's occupation, it was found that 33.06 per cent of the respondent's fathers were employed in government sectors and 25.28 per cent were involved in the business. The Table further revealed that 21.89 per cent respondent's fathers were employed in private sector jobs and 19.72 per cent were engaged in farming while a negligible (0.56%) were laborers. In case of mother's occupation, a majority of the student's mothers *i.e.* 76.94 per cent were housewives. It was further revealed that only a small percentage of the student's mothers *i.e.* 8.89 and 7.22 per cent were engaged in government and private sector jobs, respectively while 5.83 and 1.11 per cent were self-employed and labourer, respectively.

Marital status of the parents:

The marital status of the respondent's parents was categorized as staying together, separated, divorced, widow and widower. The data revealed that the highest percentage of student's parents *i.e.* 95 was staying together while a negligible percentage *i.e.* 0.56 were staying separately. Further 2.22 per cent respondent's mothers were widows and 1.94 per cent was divorced while 0.28 per cent respondent's fathers were widowers.

The academic profile of the students :

Academic performance (OCPA):

The academic performance of the undergraduate students was adjudged from the OCPA (Overall Credit Point Average) obtained by them after 4th semester of their respective degree program. The Table revealed that the overall highest percentage (43.06%) of students secured medium level OCPA between 7.0 and 8.0 while 40 per cent secured below 7.0 and only 16.94 per cent students were having OCPA above than 8.0.

Type of school at 10+2 level:

The percentage of students who had studied in government school at 10+2 level was 35.56 per cent while the majority of the students (64.44%) studied in private schools. Among four universities majority (75.56%) of the students who went to private schools were from PAU while the highest percentage (43.33%) of the students who went to government schools were from HAU.

School board :

The percentage of students who had studied from CBSE and State Board at 10+2 level was 50.00 and 33.33 per cent, respectively while 16.67 per cent were from ICSE board. Fifty per cent of the students from all the four universities passed their 10+2 from CBSE board followed by State School Education Board while 16% students from all the four universities were from ICSE board.

Stream of education at 10+2 level :

Nearly 59 per cent of the students had Non-medical as the stream of education at 10+2 level followed by 32.78 per cent students belonged to medical stream while a very few per cent *i.e.* 5.83 and 2.22 were from commerce and "any other" field, respectively.

Reasons for opting present degree programme:

As far as the reasons for opting the degree programme was concerned the data revealed that 58.06 per cent students opted for the present degree program because of their own interest while 23.33 per cent said that they had no other options further 16.94 per cent students said that they had opted for the present degree program because of their parent's choice.

Scholarship holder:

The data in the Table revealed that only 35 per cent

Table 3 : Distribution of undergraduate students according to their extent of perceived stress in different universities					(n=360)
Extent of stress	GBPUAT n ₁ =90 f (%)	HAU n ₁ =90 f (%)	MPUAT n ₁ =90 f (%)	PAU n ₁ =90 f (%)	Total f (%)
Low (23-48)	27 (30.00)	40 (44.44)	32 (35.56)	34 (37.78)	133 (36.94)
Medium (49-56)	40 (44.44)	23 (25.56)	26 (28.88)	41 (45.56)	130 (36.11)
High (57-86)	23 (25.56)	27 (30.00)	32 (35.56)	15 (16.67)	97 (26.94)

Table 4 : Association of socio- personal and academic profile of the students with their extent of perceived stress (n=360)					Chi square value
Profile of the students	Extent of stress			Total f(%)	
	Low f(%)	Medium f(%)	High f(%)		
Gender					
Male	65(36.52)	62(34.83)	51(28.65)	178(49.44)	0.538
Female	68(37.36)	68(37.36)	46(25.27)	182(50.56)	
Place of accommodation					
Hostel	127(53.14)	89(37.24)	23(9.62)	239(66.39)	20.512*
PG	3(23.08)	4(30.77)	6(46.15)	13(3.61)	
Rented accommodation	3(42.86)	2(28.57)	2(28.57)	7(1.94)	
Own home	55(56.12)	27(27.55)	16(16.33)	98(27.22)	
Relative's home	1(33.33)	1(33.33)	1(33.33)	3(0.83)	
Take all daily meals a day					
Yes	105(29.17)	101(36.73)	69(25.09)	275(76.39)	2.090 ^{NS}
No	28(7.78)	29(34.12)	28(32.94)	85(23.61)	
Reason for opting present degree programme					
Own interest	78(37.32)	77(36.84)	54(25.84)	209(58.06)	1.320 ^{NS}
Parents decision	22(36.07)	20(32.79)	19(31.15)	61(16.94)	
No other option	31(36.90)	30(35.71)	23(27.38)	84(23.33)	
Any other	2(33.33)	3(50.00)	1(16.67)	6(1.67)	
Internet usage					
Less than 2 hours	13(29.55)	18(40.91)	13(29.55)	44(12.22)	9.941 ^{NS}
2-4 hours	28(51.85)	14(25.93)	12(22.22)	54(15.00)	
4-6 hours	8(47.06)	6(35.29)	3(17.65)	17(4.72)	
6-8 hours	4(26.67)	8(53.33)	3(20.00)	15(4.17)	
8-10 hours	11(34.38)	11(34.38)	10(31.25)	32(8.89)	
Need based	69(34.85)	73(36.87)	56(28.28)	198(55.00)	
Participation in sports					
Yes	59(41.55)	49(34.51)	34(23.94)	142(39.44)	2.297 ^{NS}
No	74(33.94)	81(37.16)	63(28.90)	218(60.56)	
Participation in cultural activities					
Yes	62(39.74)	55(35.26)	39(25.00)	156(43.33)	1.026 ^{NS}
No	71(34.80)	75(36.76)	58(28.43)	204(56.67)	
Involvement in student's union activities					
Yes	23(36.51)	23(36.51)	17(26.98)	63(17.50)	0.007 ^{NS}
No	110(37.04)	107(36.03)	80(26.94)	297(82.50)	
Scholarship holder					
Yes	50(39.68)	44(34.92)	32(25.40)	126(35.00)	0.642 ^{NS}
No	83(35.47)	86(36.75)	65(27.78)	234(65.00)	
Punishment in college					
Yes	4(19.05)	7(33.33)	10(47.62)	21(5.83)	5.519 ^{NS}
No	129(38.05)	123(36.28)	87(25.66)	339(94.17)	
Stream of education at 10+2 level					
Medical	47(39.83)	42(35.59)	29(24.58)	118(32.78)	1.787 ^{NS}
Non-medical	77(36.15)	77(36.15)	59(27.70)	213(59.17)	
Commerce	7(33.33)	7(33.33)	7(33.33)	21(5.83)	
Any other	2(25.00)	4(50.00)	2(25.00)	8(2.22)	
Type of school at 10+2 level					
Government	53(41.41)	43(33.59)	32(25.00)	128(35.56)	1.698 ^{NS}
Private	80(34.48)	87(37.50)	65(28.02)	232(64.44)	

Table 4 contd...

Contd.... Table 4

School board					
CBSE	73(40.56)	63(35.00)	44(24.44)	180(50.00)	4.603 ^{NS}
ICSE	17(28.33)	27(45.00)	16(26.67)	60(16.67)	
State School Education Board	43(35.83)	40(33.33)	37(30.83)	120(33.33)	
Family background					
Rural	63(40.65)	55(35.48)	37(23.87)	155(43.06)	1.913 ^{NS}
Urban	70(34.15)	75(36.59)	60(29.27)	205(56.94)	
Family type					
Joint	42(41.58)	35(34.65)	24(23.76)	101(28.06)	1.473 ^{NS}
Nuclear	85(35.27)	88(36.51)	68(28.22)	241(66.94)	
Single parent family	6(33.33)	7(38.89)	5(27.78)	18(5.00)	
Order of birth					
First	64(36.99)	68(39.31)	41(23.70)	173(48.06)	2.717 ^{NS}
Second	40(36.04)	38(34.23)	33(29.73)	111(30.83)	
Third	17(36.96)	14(30.43)	15(32.61)	46(12.78)	
Fourth	12(40.00)	10(33.33)	8(26.67)	30(8.33)	
Family caste					
SC	17(34.69)	19(38.78)	13(26.53)	49(13.61)	3.756 ^{NS}
ST	15(42.86)	11(31.43)	9(25.71)	35(9.72)	
OBC	28(45.90)	18(29.51)	15(24.59)	61(16.94)	
General	73(33.95)	82(38.14)	60(27.91)	215(59.72)	
Father's education					
Illiterate	4(44.44)	2(22.22)	3(33.33)	9(2.50)	24.317*
Primary	9(39.13)	8(34.78)	6(26.09)	23(6.39)	
Middle	10(20.83)	16(33.33)	22(45.83)	48(13.33)	
High School	12(12.00)	36(36.00)	52(52.00)	100(27.78)	
Graduate	17(11.89)	45(31.47)	81(56.64)	143(39.72)	
Post graduate	11(29.73)	8(21.62)	18(48.65)	37(10.28)	
Mother's education					
Illiterate	6(25.00)	7(29.17)	11(45.83)	24(6.67)	21.447*
Primary	11(37.93)	11(37.93)	7(24.14)	29(8.06)	
Middle	35(49.30)	23(32.39)	13(18.31)	71(19.72)	
High School	39(41.94)	23(24.73)	31(33.33)	93(25.83)	
Graduate	30(28.04)	27(25.23)	50(46.73)	107(29.72)	
Post graduate	7(26.92)	8(30.77)	11(42.31)	26(7.22)	
Father's occupation					
Govt. service	32(26.89)	40(33.61)	47(39.50)	119(33.06)	
Private service	20(25.97)	22(28.57)	35(45.45)	77(21.39)	17.496*
Business	40(43.96)	28(30.77)	23(25.27)	91(25.28)	
Farming	26(36.62)	25(35.21)	20(28.17)	71(19.72)	
labourer	-	2(100.00)	-	2(0.56)	
Mother's occupation					
Govt. service	8(25.00)	13(40.63)	11(34.38)	32(8.89)	8.844 ^{NS}
Private service	14(53.85)	6(23.08)	6(23.08)	26(7.22)	
Housewife	103(37.18)	101(36.46)	73(26.35)	277(76.94)	
Self employed	7(33.33)	7(33.33)	7(33.33)	21(5.83)	
labourer	1(25.00)	3(75.00)	-	4(1.11)	
Marital status of parents					
Intact family	127(37.13)	123(35.96)	92(26.90)	342(95.00)	5.466 ^{NS}
Separated	-	1(50.00)	1(50.00)	2(0.56)	
Divorced	4(57.14)	1(14.29)	2(28.57)	7(1.94)	
Widow	2(25.00)	4(50.00)	2(25.00)	8(2.22)	
Widower	-	1(100.00)	-	1(0.28)	

*Significant at 5% level of probability

of the students were getting the scholarship. Twenty-eight per cent students were getting the scholarship in MPUAT and 41.11% were from HAU.

Participation in sports and cultural activities:

Data from the table indicated that only 39.44 per cent of the students were active in sports while a larger percentage *i.e.* 60.56% were not actively participating in sports. Among students from all the universities, HAU had the highest number of students *i.e.* (54.44%) participating in sports. In case of cultural activities, 43.33 per cent of the students were taking part in cultural activities while a major percentage of the student (56.67%) was not involved in cultural activities.

Involvement in student's union activities:

It is evident from the data that only a small percentage *i.e.* (17.50%) of students had involvement in student's union activities. The participation was maximum (23.33%) from HAU and minimum (6.67%) from GBPUAT.

Internet usage:

In terms of the internet usage, 55 per cent of the students were using the internet according to their needs when required with no time limits. The data further revealed that only 15 per cent of the students had internet usage for 2-4 hours, 12.22 per cent were using internet for less than 2 hours, 8.89 per cent had usage for 8 to 10 hours while lowest percentage *i.e.* 4.17% and 4.72% had usage for 6-8 hours and 4-6 hours, respectively.

Getting punishment:

As data in the Table showed that only 5.83 per cent of the students were punished in college out of which highest percentage of students were punished from MPUAT. A large majority (94.17%) of the students were never punished.

The extent of perceived stress of the students :

The extent of perceived stress was recorded in terms of low, medium and high categories according to the score obtained by the students on stress perception scale. Cumulative cube root method was used to distribute students in different categories.

Distribution of students under low, medium and high extent of perceived stress among students is given in Table 3. The data indicated that 36.94 per cent of the students were under low extent of stress, 36.11 per cent were under medium extent and the rest 26.94 per cent were under higher extent of stress. Thus it can be concluded on the basis of the results obtained that most of the undergraduate students were less stressed.

Relationship between the socio- personal and academic factors of the students and their extent of perceived stress :

The data for some of the socio- personal and academic factors were discrete in nature thus were subjected to chi square test for the purpose of knowing their association with the extent of perceived stress.

A scrutiny of the data presented in Table 4 revealed that a non-significant association was found between

Profile of the students	Extent of stress f (%)	r-value
Academic performance (OCPA)		
Low (below 7.0)	144 (40.00)	
Medium (7.0 – 8.0)	155 (43.06)	-0.02
High (above 8.0)	61 (16.94)	
Family income		
Below 5 lakhs	118 (32.78)	
5-8 lakhs	172 (47.78)	0.12*
Above 8 lakhs	70 (19.44)	
Age		
19-20	118 (32.78)	
21-22	188 (52.22)	-0.08
23-24	54 (15.00)	

* indicates significance of value at P=0.05 level

socio-economic factors such as gender, taking daily meals, family type and caste, family background, mother's occupation and marital status of parents and the extent of perceived stress. Whereas parents education, father's occupation, place of accommodation of the students were significantly associated with the extent of perceived stress. The finding was in accordance with the study conducted by Patil and Kalmath (2016) which also reported a significant association between levels of stress and place of accommodation.

Parent's education was found to be significantly related with the extent of perceived stress. This may be due to the fact that the highly educated parents may pressurize their children for better performance in the college. With the higher educational level of the parent's the stress among students is also seen towards higher extent. A further scrutiny of the data revealed that the father's occupation was significantly related to the extent of stress among students. Students whose father was working in government sector were found to be more stressed than the others who were engaged in business, farming and as labour.

The data in the Table 5 revealed that there was a positive and significant relationship between the family income of the student and their extent of perceived stress. The significance was found at 5 per cent level. This indicated that the stress among students was more in the families having high earning. The finding is in congruence with the study conducted by Zhang and Hong (2011). They investigated that the mental stress of college students was positively correlated with their economic conditions. Age and academic performance of the students were negatively correlated with the extent of perceived stress but the relationship was non-significant. Finding was in line with the study conducted by Elias *et al.* (2011). They also found that there was a negative relationship between undergraduate students' stress level and their academic achievement.

Conclusion and Suggestion :

– Parent's education had a significant association with the extent of perceived stress of students. The trend

of the data also showed a positive relationship. This may be due to the fact that highly educated parents may pressurize their children for better performance in the college. So there is need to counsel students as well as their parents to manage stress.

– Place of accommodation was significantly associated with the extent of perceived stress. So students should be provided with proper accommodation in the hostel as well as at home to release stress.

– A positive and significant relationship was observed between family income and extent of perceived stress. Being busy in earning money parents spend less time with their wards so they may feel ignored and stressed. Thus parents should manage their time schedule and spend some quality time with their children.

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