Stress, Conservatism and Dependence Proneness amongst Adolescents of Flood Prone Area

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ABSTRACT

The present study was conducted with a view to examine the effect of conservatism and dependence proneness on the level of stress. For the purpose incidental cum Purposive Sampling Technique was employed on 128 students belonging in age group of 10-18 adolescents of Chapra (Bihar).It was hypothesized that (i) Conservatism would have significant influence on stress. (ii) Dependence proneness would have significant influence on stress. (iii) There would be a significant positive correlation between conservatism and dependence proneness. For the purpose Stress Scale by Kumari Sinha and Singh(1996) &C-Scale by Mohsin (1980) and Dependence Proneness Scale by Sinha (1968) were used to measure the levelof stress, conservatism and dependence proneness of the respondents. Besides these, a PDS was used to get other necessary information about the respondents. The analysis of the data was made using t-test and Pearsonian 'r'. The result thus obtained supported all the hypotheses. It was concluded that : (i) liberal and low dependence prone people are less likely to be the victim of stress. (ii) conservatism and dependence proneness are significantly and positively correlated.

The present study includes three components namely conservatism, dependence proneness and stress. Here conservatism and dependence proneness have been used as independent variables and stress as a dependent variable. The term conservatism refers to the tendency to resist change adherence to established institution and modes of behavior (Chaplin 1975). The second component is dependence proneness which refers to a category of behavioural construct which may be applied to many different kinds of substitutable responses such as asking for help, seeking physical contact and attracting the attention of others. It is a motivational construct which refers to a unitary descriptive drive. Stress refers to psychological and physical reaction to certain situation called stressors. It refers to varieties of ways in which the body responds to some physical and emotional stimuli (Holmes 1998). Stress is the Psychological and Physiological response to over taxing changes which results in responses such as anxiety depression and elevated psychological arousal. Several studies have been conducted in India and abroad relating to stress and its consequences and its management. In this connection studies by Kagan et al. 1995, is found significant. The present study is an attempt to fulfil the gap in Indian context.

INTRODUCTION

Stress is a feeling of emotional strain and pressure. (*Stress* Mental Health America. (2013) Stress is a type of psychological pain. Small amounts of stress may be desired, beneficial, and even healthy. Positive stress helps improve athletic performance. It also plays a factor in motivation, adaptation, and reaction to the environment. Excessive amounts of stress,

however, may lead to bodily harm. Stress can increase the risk of strokes, heart attacks, ulcers, and mental illnesses such as depression (Sapolsky, Robert M. 2004.) and also aggravation of a pre-existing condition.

Stress can be external and related to the environment, (Flona Jones et al. 2001) but may also be caused by internal perceptions that cause an individual to experience anxiety or other negative emotions surrounding a situation, such as pressure, discomfort, etc., which they then deem stressful. Stress, either physiological or biological, is an organism's response to a stressor such as an environmental condition. Stress is the body's method of reacting to a condition such as a threat, challenge or physical and psychological barrier. Stimuli that alter an organism's environment are responded to by multiple systems in the body. In human and most mammals, the autonomic nervous system and hypothalamic-pituitary-adrenal (HPA) axis are the two major systems that respond to stress.

Conservatism bias is a bias in human information processing, which refers to the tendency to revise one's belief insufficiently when presented with new evidence. This bias describes human belief revision in which people over-weigh the prior distribution (base rate) and under-weigh new sample evidence when compared to Bayesian belief-revision. Conservatism is describe as a social attitude characterized by the dominant value of the social environment which the individual functions differed attitude grouping of conservatism were identified. The adolescent with high level of conservatism in term of religions, fundamental anti hedonism confirming attitude towards authority teenage behavior may also expensive high level of psychological well being.

Adolescent is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood age of majority. Hill, Mark (2008) Adolescent is usually associated with the teenage years, (Cooney, Elizabeth 2010) but its physical, psychological or cultural expressions may begin earlier and end later. Adolescents is an important period of human.Adolescent frequently have to cope with various stresses that could be potential threat to their health development and well being.

Development characterized by neurological hormonal psychological and social changes adolescent is one of the development period during which stress most frequently occur, (Hamens 2009). With the increased level of stress leads the adolescent towards some psychological problems and abnormal it is. This may lead their behavior towards increased level of conservative and dependence proneness. The present study deals with the level of stress, dependence proneness and conservatism in adolescents residing in flood prone area of Chapra district in Bihar State.

METHODOLOGY

An incidental-cum-purposive sampling technique was employed on 128 students of edge group 10-18 ofChapra (Bihar). Stress Scale by Kumari, Sinha et al.(1996) was used to measure the stress of the respondents.Mohsin C-Scale (1980) was used to measure conservatism of the respondents. Dependence Proneness Scale by Sinha (1968) was used to

measure the dependence proneness of the respondents.Personal Data Sheet was used to collect the necessary information regarding respondents.

Procedure: The scales along with PDS were employed on the adolescents respondents. The data were obtained as per the manuals of the test concerned. The median values of the data on C-Scale Score and Dependence Proneness Scale Score were determined and the respondents were divided into high and low groups in respect of conservatism score and dependence proneness score respectively using their median cut. Then stress scale was employed on the respondents and data were obtained as per the manual. The obtained data were analysed using t-ratio and Pearsonian 'r' respectively.

RESULT

TABLE – 1 t-ratio showing the effect of conservatism on level of stress amongst the adolescent respondents.

Subjects	N	Mean	SD	t-ratio	Df	P
Conservative group	64	51.72	5.31	8.48	126	<.01
Liberal group	64	43.92	5.27			

The results displayed in the table-1 showed significant effect of conservatism on level of stress amongst adolescent respondents. The adolescent respondents belonging to liberal group were found having less level of stress as compared to their counterparts belonging to high conservative and means differ significantly (t = 8.48; df = 126; p<.01). Thus, hypothesis no. (1) is retained. The finding might be interpreted in terms of more clarity of self perception, self concept and self-reliance resulting in lower degree of anxiety and tension leading to lower level of stress on the part of the respondents belonging to liberal group as compared to the respondents belonging to high conservative groups.

TABLE – 2t-ratio showing the effect of Dependence-Proneness on level of the respondents.

Subjects	N	Mean	SD	t-ratio	Df	P
High Dependence Proneness	64	50.61	5.13	7.20	126	<.01
Low Dependence Proneness	64	44.06	5.20			

The results displayed in table-2 showed significant effect of dependence proneness on level of stress amongst adolescents respondents. The respondents belonging to low dependence proneness group were found with less level of stress as compared to their counterpart adolescents respondents belonging to high dependence proneness group of respondents. The difference between the means was found significant (t = 7.20; df = 126; p<.01. Thus, second hypothesis was also confirmed. The finding might be interpreted on the

ground of lower degree of anxiety, tension, pertaining to the respondents of law dependence proneness group resulting into lower level of stress as compared to the amongst adolescents respondents belonging to high dependence proneness group.

TABLE-3r-showing relationship between Conservatism and Dependence Proneness.

Variable	N	R	df	P
Conservatism Vs Dependence Proneness	128	0.468	126	<.01

The results displayed in table-3 showed significant positive relationship between conservatism and dependence proneness. Thus third hypothesis, too, was confirmed. The finding is quite consistent with those recorded in table-1, 2 & 3.

CONCLUSIONS

The study conducted on 128 adolescence students of Patna using 3 independent scale for measurement of stress level, dependent proneness level and conservatism showed that the adolescence group can be dominantly divided into two groups of high level of stress level, dependent proneness & low level of the same. The observed data using appropriate scale and its statistical analysis proved that the liberals are less likely to be the victim of stress them conservatism, low dependence prone people are less likely to be the victim of stress than high dependence prone people & conservatism and dependence proneness are significantly and positively correlated as per the data obtained.

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