



# International Journal of Nursing and Healthcare Research

Journal home page: [www.ijnhr.com](http://www.ijnhr.com)



## A STUDY TO ASSESS THE LEVEL OF STRESS AMONG UNEMPLOYED MEN

Sagar K\*<sup>1</sup>

<sup>1\*</sup> Army College of Nursing, Deep Nagar, Jalandhar Cantt, Punjab, India.

### ABSTRACT

A study was conducted in selected setting, a total of 30 unemployed men were selected using simple random sampling technique as per selection criteria. The data was grouped and analyzed using descriptive statistics and inferential statistics. On assessing the level of stress and coping among unemployed men majority 13 (43.33%) of unemployed men had severe level of stress 9 (30%) were in moderate level of stress, 8 (26.67%) was in mild level of stress. Association was found between demographic variables the unemployed men can be enlightened with stress and coping management strategies. The unemployed men should be taught regarding the various stress reduction techniques like meditation, yoga, relaxation exercise, exercise, music therapy etc.

### KEYWORDS

Stress and Unemployed men.

### Author for Correspondence:

Sagar K,  
Army College of Nursing,  
Deep Nagar, Jalandhar Cantt, Punjab, India.

**Email:** rajisag@gmail.com

### INTRODUCTION

Stress is a part of life everyone feels stress at one time or another. Books and Magazines are written positive and negative feeling. Stress out is common and taking stress breaks to do physical exercise is recommended in many work setting. The nature of the job stress has been studied by scholars in a wide range of academic disciplines researches studies in managing the stress one of the main cause for mental illness is stress and inadequate coping. Work is an important part of every person's life; it defines who we are and without work we often feel socially excluded. Youth unemployment is an acute problem in many nations. This is primarily owing to the unequal economic growth and formal job growth and

secondly, the mismatch in skills between those demanded by employers. More "enlightened" societies in developing countries are aware of the problems but become frustrated in their individual attempts to solve these problems.

### **STATEMENT OF THE PROBLEM**

A study to assess the level of stress among unemployed men at selected setting.

#### **Objectives**

1. To assess the level of the stress among unemployed men in selected setting.
2. To find out the association between the level of stress with selected demographic variables.

### **RESEARCH METHODOLOGY**

A descriptive research design was adopted to conduct the study on the level of stress among unemployed men in selected settings. In the present study the population refers to all unemployed men in the selected villages of Vellore. The study was conducted in vellore. A total of 30 unemployed men in selected setting who fulfill the sampling criteria. Simple Random sampling technique was used to select the sample. The study was conducted at selected setting among the unemployed men. The data was collected for a period of 20 days by using modifies stress assessment rating scale and the sample size was 30.

Table No.1 shows the level of stress among unemployed men based on perceived stress and coping assessment scale. This table shows that 8 (26.67) are in mild level of stress, 9 (30%) are in moderate level of stress and 13 (43.33%) are in severe level of stress.

Table No.2 illustrates the overall mean of stress level of unemployed men is 12.67 with standard deviation is 4.09.

### **RESULTS AND DISCUSSION**

The aim of the present study was to assess the level of stress coping among unemployed men. The total 30 unemployed men who met the inclusion criteria selected under simple random sampling method in selected setting.

### **THE FIRST OBJECTIVE WAS TO ASSESS THE LEVEL OF STRESS AMONG UNEMPLOYEDMEN**

The assessment of stress level among unemployed men residing at selected setting. The patients who met the inclusion criteria were selected and each of them were assessed with demographic variables, vital parameters monitored, each one observation score rated on stress assessment rating scale 13 (43.33%) were in severe level of stress, 9 (30%) were in moderate level of stress, 8 (26.67%) was in mild level of stress.

### **THE SECOND OBJECTIVE WAS TO ASSOCIATE THE LEVEL OF STRESS AMONG UNEMPLOYED MEN WITH SELECTED DEMOGRAPHIC VARIABLES**

The overall mean of stress level of unemployed men was 12.67 mean with standard deviation 4.09. Statistically there was a significant association between unemployed men and level of stress.

**Table No.1: Frequency and Percentage Distribution of Level of Stress among Unemployed Men n= 30**

S.No	Level of stress	Frequency	Percentage
1	Mild stress	8	26.67
2	Moderate stress	9	30
3	Severe stress	13	43.33

**Table No.2: Association between Levels of Stress among Unemployed Men with the Demographic Variables**

S.No	Days	Mean	S.D.
1	Level of stress among Unemployed men	12.67	4.09

### CONCLUSION

On assessing the level of stress and coping among unemployed men majority 13 (43.33%) of unemployed men had severe level of stress 9 (30%) were in moderate level of stress, 8 (26.67%) was in mild level of stress. Association was found between demographic variables the unemployed men can be enlightened with stress and coping management strategies. The unemployed men should be taught regarding the various stress reduction techniques like meditation, yoga, relaxation exercise, exercise, music therapy etc.

### ACKNOWLEDGEMENT

The author wish to express their sincere gratitude to Army College of Nursing, Jalandhar Cantt, Punjab for providing necessary facilities to carry out this research work.

### CONFLICT OF INTEREST

We declare that we have no conflict of interest.

### BIBLIOGRAPHY

- Ahuja. Text book of Psychiatry. *New Delhi: Jaypee publications*, 6<sup>th</sup> Edition, 2003.
- Bruno. Clinical Consult to Psychiatric Mental Health Care, *Mosby publications*, 1<sup>st</sup> Edition, 2004.
- Cahn B R, Delorme A and Polich J. Occipital gamma activation during stress, *Cognitive Process*, 11(1), 2009, 39-56.
- Chandrasekhar. Stages of stress, *Jaypee publication*, 2008.
- Claxton G. The Impact of Eastern Religions on Psychological Theory and Practice, *Wisdom Publication, London*. 2008.
- Engler J. Therapeutic Aims in Psychotherapy and Meditation. In Transformations of Consciousness. K. Wilber, J. Engler and D. Brown, Eds. Boston: Shambala, *The Journal of Transpersonal Psycholog*, 16(1), 2010, 25-61.
- Goleman D. Stress - An Asian Approach to Mental Health, *Elsevier publication*, 2010.
- Ghai O P. Statistical Method, *Sultan chand and sons, New Delhi*. 2001.

**Please cite this article in press as:** Sagar K. A study to assess the level of stress among unemployed men, *International Journal of Nursing and Healthcare Research*, 2(2), 2018, 25-27.