



## **A Study of Gender Difference in Perceived Stress among College Students**

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### **Abstract**

**Aim:** The aim of the study was to observe gender difference in perceived stress among college students. **Materials and Methods:** A sample of 200 college students (100 males and 100 females) aged 18-22 were selected from Ludhiana, Punjab. A Cohen's Perceived Stress Scale (PSS-10) was used for data collection. **Results:** A statistical significant difference was found between the mean scores of perceived stress levels among male and female college students. **Conclusion:** It was concluded that gender do play a significant role in determining stress levels among college students.

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**Key words: Gender Difference, Stress**

**DOI: 10.18376/jesp/2023/v19/i2/223652**

### **Introduction**

“Stress is the Spice of Life; the absence of stress is death”

-Hans Selye

Stress is a term used regularly in books, in the media, and in daily life and we all experience a great deal of it in our everyday lives. According to World Health Organization (2023), Stress can be defined as ‘a state of worry or mental tension caused by a difficult situation’. It is a natural human response that prompts us to address challenges and threats in our lives. McNamara (2000) refers to stress as the ‘internal state of the individual, an external event, or the interaction between a person and his or her environment.’ Pargman (2006) defined stress as an ‘uncertain reaction to external and internal events.’ The term ‘stress’ was first coined by endocrinologist Hans Selye to describe the “nonspecific response of the body to any demand”. He proposed that stress was present in an individual throughout the entire period of exposure to a nonspecific demand and gave the concept