DIFFERENCE IN COPING AMONG DAY SCHOLARS AND HOSTELERS

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ABSTRACT

Education plays a very important part in everyone's life. But the factors associated with it (exams, assignments, competition, etc.) place great amount of stress among students (Martin, 2007). It has been observed that the overall prevalence rates of stress have significantly increased over time (Jain & Singhai, 2018). In particular academic stress, which has become a part of students' academic life, poses a great threat to their psychological and physical well-being.Coping is a dynamic situation-specific reaction to stress. It is a set of concrete response to stressful situations or events that are intended to resolve the problem and reduce the stress. The objective of the study was to find the difference in coping among Day Scholar and Hostellers. A quantitative research approach was used using comparative study Design, there were 36 students who were divided into Day Scholars and Hostellers (n1=18) (n2=18). Coping scale by hamby, Grych, & Banyard was used. Results reveal that the mean score varied between the two variable. Mean of Day Scholar are 31.52, Mean of Hostelers are 31.83. As there is a very little difference in the mean score of Hostellers as compared to Day scholars, we can say that students who are Day Scholars are a bit high on coping as compared to student who are hostellers, as there can be many reasons behind it like Home, Emotional support provided by parents, better health condition and many other factors.

Hence the study confirmed that students who are Day Scholars are cope easily from stressful situation as compared to student who are Hostellers. Through this research we have found out that that those who are staying at home have more ability to cope as compared to hostellers.

Keywords: Coping, Day Scholar, hostelers

1. INTRODUCTION

Coping is a dynamic situation-specific reaction to stress. It is a set of concrete response to stressful situations or events that are intended to resolve the problem and reduce the stress.

- The way we cope with stress often depends on right deep-seated beliefs, based on experiences.

- Coping intends to contribute possess cognizant exertion, to take care of individual and relational issues, so as to attempt to ace, limit or endure pressure and conflict. The mental methods for dealing with stress are usually named coping systems or coping aptitudes. The term coping commonly alludes to versatile (helpful) coping procedures. That is systems which decrease pressure. Interestingly, other coping procedures might be instituted as maladaptive, in the event that they increment push. Maladaptive is along these lines additionally portrayed, when taking a gander at the result, as non-coping. For example the coping reaction which pursues the stressor. These contrasts from proactive coping, in which a coping reaction expects to, kill the future stressor. Intuitive or non-cognizant systems (for example resistance instruments) are by and large rejected from the territory of coping.

- To manage stress we often need to reassess the way we think and learn coping strategies. People who cope poorly with stress have an impaired immune response and diminished activity of natural killer cells.

- Individuals show consistent individual differences in the coping strategies they use to handle stressful situations.

  These can include both overt and covert activities. The three coping strategies given by **Endler and Parker** are:

- **Task-oriented Strategy:** This involves obtaining information about the stressful situation and about alternative courses of action and their probable outcome; it also involves deciding priorities and acting so as to deal directly with the stressful situation. For example, schedule my time better, or think about how I have solved similar problems.

- **Emotion-oriented Strategy:** This can involve efforts to maintain hope and to control one's emotions; it can also involve venting feelings of anger and frustration, or deciding that nothing can be done to change things. For example, tell myself that it is not really happening to me, or worry about what I am going to do.

- **Avoidance-oriented Strategy:** This involves "denying or minimizing" the seriousness of the situation; it also involves conscious suppression of stressful thoughts and their replacement by self-protective thoughts. Examples of this are watching TV, phone up a friend, or try to be with other people.

2. RESEARCH METHDOLOGY

2.1 AIM: To study the difference in coping levels among Day scholars and Hostellers in Delhi/NCR.

2.2 Variable:

Independent Variable: Day Scholars and Hostellers

Dependent Variable: Coping

2.3 Sample: Total sample size 36. Out of which 18 are Day Scholars rest 18 are Hostellers.

2.4 Tools:

Coping Scale

Hamby, Grych, & Banyard, 2013

Validity was established in the main sample with strong correlations with
other measures of regulatory strengths, such as
Anger Management (r = .57) and
Endurance (r = .63),and with measures of well-being, such as Subjective Well-being (r = .53) and
Posttraumatic Growth (r = .65).

3. RESULT:

MEAN OF Day Scholar: 31.52
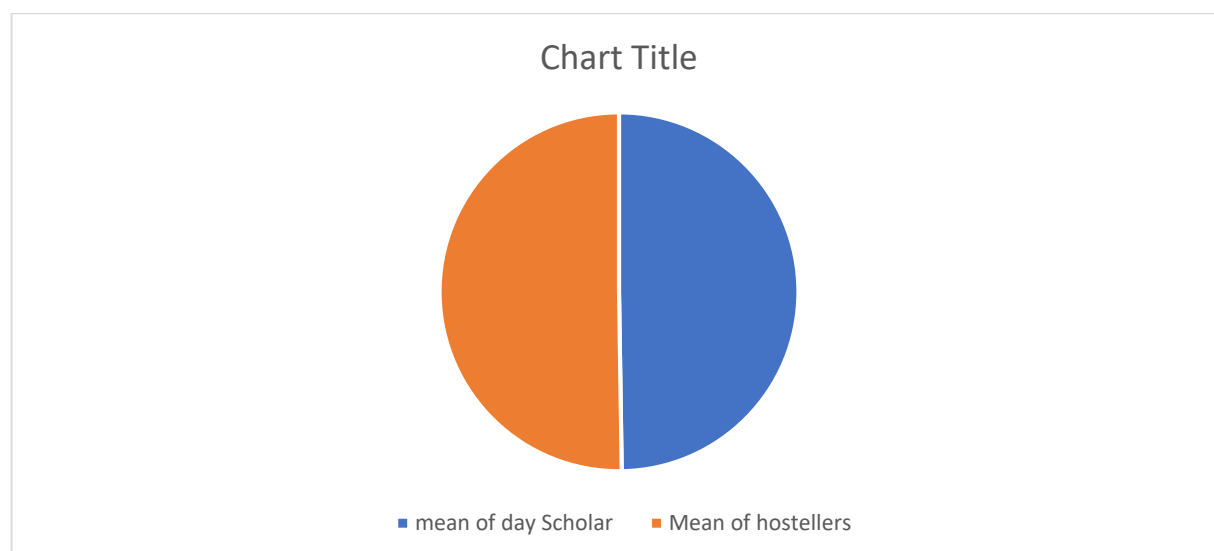
MEAN of Hostelers: 31.83
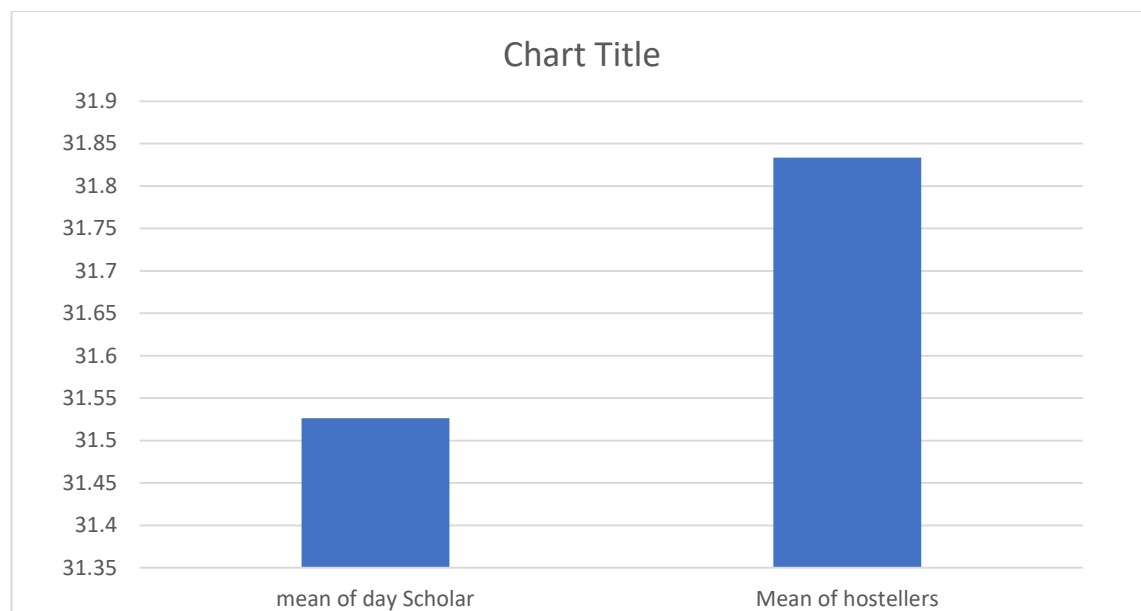
Pie Chart:

Fig.1

Bar Graph:

Fig.2

4. DISCUSSION AND CONCLUSION: The aim of the study was to study the difference in coping levels among Day scholars and Hostellers in Delhi/NCR. Scoring was done and the results are as follows:

Mean of Day Scholar are 31.52

Mean of Hostelers are 31.83

As there is a very little difference in the mean score of Hostellers as compared to Day scholars, which can been seen in Fig.1 and Fig.2, we can say that students who are Day Scholars are a bit high on coping as compared to student who are hostellers, as there can be many reasons behind it like Home, Emotional support provided by parents, better health condition and many other factors.

Hence the study confirmed that students who are Day Scholars are cope easily from stressful situation as compared to student who are Hostelers.

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