Chapter VI

Summary and conclusion

Stress

Stress has increasingly become a part of human life today. Different people have different views about stress. Stress in human life is often equated with tension; anxiety, worry and pressure. It is really a fact that stress is indispensable in human life and it causes either beneficial or detriment effects. Physical, emotional or social illness often observed in human being. When people face demands from other or from the physical and social environment to which they feel unable to response a reaction is activated to cope with the situation. Stress can also be explained as condition and emotions and physical condition. It happens, sometime, a person does not success to get a job as per his ability. In such condition, it is an accepted fact that physically he or she is stressed. It a part of life and is generated by constantly changing situations that a person must face. People throughout the world keep different views about stress. Stress is not a result of some particular situation. It is quite acceptable that all human being leads a stressful life but the conditions of stress differ from person to person. This is an era of competition and selfishness. Whenever one’s fails to get its objectives it place itself into a stressful condition .Stress when it exceeds beyond the tolerable limits it badly affects the physical and mental health, of the person . Stress is somewhat natural. It is not in the capability of man to keep away stress. But we can also say that stress is not the bane of our existence. Some time human being himself becomes the cause of stress. Physical demands and environmental or social situations which are evaluated as harmful and uncontrollable. Psychological responses such as anxiety, hopelessness, depression
and a general feeling of not being able to cope with can result from a stress state. Psychological, physical, social or environmental situation can be cope with life would be simple if our needs were gratified; many obstacles, personal and environment prevent this.

A number of psychological consequences of stress involve the nervous system and cause the blood pressure, heart pulse rate and respiration rate to increase. People having overloaded task are more stressed than people with fewer task. In the case of adult and adolescent stress effect are noticed from beginning e.g. as they are unable to get admission or later unable to follow the vast syllabus. Their parents also feel stress in such situations. Adults while shifting to a life of self responsibility from a life of dependency feel pressure of the conditions. Such conditions are also a source of stress. This certainly affects them adversely. As already indicated that in modern life stress is a common problem. Today life is becoming busier. Everybody is in hurry to reach the goal. They have to perform a number of responsibilities and have to solve a lot of problems. Every time they feel stress from the pressure of work that they themselves created. Such environment situation cause stress sometime due to pressure of work and sometime due to unhappier with their job. Sources of stress may be classified as individual, organizational and outside of organization. Today it needs a global discussion about the cause and remedies of stress. It is the really true that stress is essential part of our life but to bring it under control more studies are needed.

Deprivation

Every young person has talents and can make a real contribution to the economy through work and enterprise with the right support. But youth living in poverty are more likely to grow up, feelings stressed and depressed. The worldwide economic recession has focused attention on the problem of poverty. The current
survey and researches have revealed the fact that one-sixth of world’s population continue to live in extreme poverty and many millions suffer and die for want of proper healthcare or clean water. According to Peter Singer (2009), the prevalence of poverty must be considered a failure of the world order. Approximately a quarter of the world poor people live in India, a huge number of them belonging to the categories of “dalit” and “adivasi”. India have made continuously progressive effort to reduce poverty since independence but still a huge number of people live below “poverty line since independence.”

Lack of social networking which predisposes people to mental illness. Though the society provides a sense of stability but socially deprived people fail to fit themselves within this social structure. Social deprivation is very difficult to dissect because certain issues that may be considered as outcomes of social exclusion may also become the cause of social stigma. Social deprivation may include young parent, homeless adults, lack of qualification or a problem of residence in social housing. The studies in this context tell that this apparent cycle of alienation can cause feeling of helplessness and the only possible resolution may be suicide. Durkheim illustrated that highly integrated society with strong social bonds and high degree of social cohesion have low suicide rates. Social integration consist of many sources such as religion, social and political membership, relationship within the community.

In the broad sense, poverty is not expressed in economic sense but it concerns the disability to acquire a decent life. Ravaillon (1996) and Brady (2003) stated that full understanding of poverty deprivation requires both economic and non economic factors to explain. Everyone has a goal of achieving more money for better life of his family but it is possible only when a person gets financial security time and ability to come out from subsequent happening.
Life satisfaction

Life satisfaction is the way a person tries to understand how his life has been and how he feels about where it is going in future. Life satisfaction is a measure of well being and may be assessed in term of mood, satisfaction, relation with others, achieved goals, self concepts and self perceived ability to cope with daily life. It is having a favorable attitude of one’s life as a whole rather their current feelings. Life satisfaction is considered to be the cognitive judgment component of subjective well being. There are emotions consisting of positive and negative affects about how people perceive their lives. The question is how satisfied people are and whether the degree of satisfaction differs among people. If everyone is satisfied with life then there is little need to search for ways in which level of satisfaction can be improved. Further if people do not differ there is no need or there would be no clues as to how life satisfaction could be improved. If people are not equally satisfied with their lives there is a great need of efforts to bring satisfaction.

Satisfaction with life is one of the most important social predictors which have been recently introduced in social sciences. This perception of life quality in response to economic assessments have been transformed to an important and independent field. Life satisfaction is a universal and sustainable concept that reflects the general sense and thought of public in a society in relation to the world in which they live. The importance of this concept is due to the reasons based on sustainable characteristics of social system. Social system brings social satisfaction but this satisfaction is temporal and transient and assesses the view of people in relation to the current conditions. Some time we plan life of quality. This concept of satisfaction should also be taken into account while working on the satisfaction. Life satisfaction is totally a combination of individual and social conditions and really a sign of positive views of
person in relation to world and his surroundings. Life satisfaction has a deep correlation with the sense of prosperity, mutual trust and sense of commitment in society. It is also a sign of individual view about himself and his surroundings. Low level of life satisfaction has also been experienced in the society. Today we are confronted with many issues, as we have different means of traffic which brought pollution all around but hundred years ago we had only soil routes and less vehicles. In this present time we encounter high rates of diseases where as in the past there was less health care and therefore. These situations lead towards dissatisfaction but today we have better medical care which leads to satisfaction and happiness.

Today, our school and college education has certainly expanded our mental capacity to learn more and more about the word, to acquire some knowledge’s to get a job and make living more happy and satisfied. It is a question to be asked how many people have grown emotionally mature and developed mental capacities to lead a fulfilled and satisfied life. The social report has a number of indicators including work life balance with leisure time. Perceived decimation, fear of crime, contact with family and friends, trust in others and loneliness, life expectancy, obesity, adult illiteracy.

Materialistic people need enough money to satisfy their carving for more and more items but as they failed, they become more dissatisfied. On the contrary if an individual does not hold the acquisition of wealth as a high priority, his personal financial state will not make a difference on how happy he is with life overall. Individuals having high value for tradition and religion reported higher level of satisfaction.

**Modernization**

Modernization was previously studied under some old names such as social change, cultural change, industrialization and so on. Modernization began with European
society. But modernization is not a synonym of westernization, which loosely means uncritical imitation of the social ways and values prevailing in the western countries. Modernization is discriminate selection of what is suitable in a particular situation. Modernization can be described as the process of development in almost every aspect of human life such as scientific field, technological, economical environmental social and educational fields. But the psychological conditions it created have made modernization a world process which seems to be operating practically in every country. Its intensity varies with countries and are categorized as backward or under develop and developed depending on the degree of modernization achieved.

Modernization has two majors aspects. Firstly there is a system of thought and values with reference to which an individual directs or orients his activities and secondly a system of institutions through which he carries out his activities. Both the aspects influence the behavior of an individual with respect to his self-esteem and social system. Modernization has made a great change almost on every aspect of human life as well as of society. Modernization include reason and rationalism, secularism, high aspiration and achievement, overall transformation of attitudes, norms and values of a society. Modernization is a process of building an open society. In such a society individuals talents, enterprises and training can find appropriate places according to their achievement. Appropriate change in the social system to meet the rising expectation of people is really a process of modernization. Modernization entails social change. Old social and psychological elements are transformed and new values of human conduct are setup.

Modernization includes other cultural changes such as secularization and individualization. Secularization is a shift from traditions to secular values and individualization is to judge a person through his achievement. Each person is
identified as a member of society rather than as a unit of a family or a tribe. His individual achievements are accountable for the purpose of his assessment in the society. He must make his own efforts and receive his own rewards to prove himself and realize his potential.

Methodology and Procedure

6.1 Statement of the problem

Present investigation is on attempt study stress, deprivation, modernity and life satisfaction among male and female subject in relation to their age.

Aims and objectives of study

1- To study the level of stress of adolescents and adults.
2- To compare the level of males and females on stress.
3- To study the interaction of age and sex for stress.
4- To study the level of deprivation of adolescents and adults.
5- To compare males and females on the level of deprivation.
6- To study the interaction of age and sex for deprivation.
7- To study the level of modernization of adolescents and adults.
8- To compare males and females on the level of modernization.
9- To study the interaction of age and sex for modernization.
10- To study the level of life satisfaction of adolescents and adults.
11- To compare males and females on the level of life satisfaction
12- To study the interaction of age and sex for life satisfaction.

6.2 Hypotheses
1-There would be significant difference between adolescents and adults on the level of stress.
2-There would be significant difference between males and females on the level of stress.
3-There would be significant interaction of age and sex on stress.
4-There would be significant difference between adolescents and adults on the level of deprivation.
5-There would be significant difference between males and females on the level of deprivation.
6-There would be significant interaction of age and sex on deprivation.
7-There would be significant difference between adolescents and adults on the level of modernization.
8-There would be significant difference between males and females on the level of modernization.
9-There would be significant interaction of age and sex on modernization.
10-There would be significant difference between adolescents and adults on the level of life satisfaction.
11-There would be significant difference between males and females on the level of life satisfaction.
12-There would be significant interaction of age and sex on life satisfaction.

3:1 Research Method

In the present research, descriptive research method was employed. Descriptive research method is concerned with conditions or a relationship that exists, opinions that are held, processes that are going on, affect that are evident or trends that are
developing. The purpose of the present effort was to study the difference between male female adolescent and adult in relation with life stress, modernity deprivation and life satisfaction.

The universe of the present study is adolescent and adult male female of Nainital district. It was decided to select three main cities of Nainital district - Ramnagar, Haldwani, and Nainital. The sample of the study is adolescent boys and girls (15 to 21 years) and adult male female (25 to 35 years). 150 adolescents (75 male and 75 female) and 150 adults (75 male and 75 female) were selected by random sampling. The total sample consisted of 300 subject.

6.4 Research Tools –
.
To measure stress, deprivation, life satisfaction. Modernization following tools were used personal stress source inventory Deprivation scale, The modernization scale life satisfaction scale.

6.9 Data collection:
It includes administration of tools. The tests were administered to each subject individually. The subjects were asked to answer all items on Stress, Deprivation, Modernization and Life satisfaction scale. The subjects were asked to read the instructions carefully and respond accordingly. Each respondent was asked to answer all items. To avoid fake information they were assured of confidentiality.

6.10 Statistical treatment of data
In order to assess the main and interaction effects of stress, deprivation, life satisfaction and modernization ANOVA was applied. The obtained data on dependent variables were tabulated according to 2x2 factorial designs with equal number of scores under each independent variable. Then calculation was done.
6.11 : Result and discussion

1- There was no significant difference between males and females on the level of stress.

2- There was no significant difference between adolescents and adults on the level of stress.

3- There was significant interaction between age and sex on stress.

4- There was significant difference between males and females on the level of physical deprivation.

5- There was significant difference between males and females on the level of social deprivation.

6- There was significant difference between males and females on the level of psychological deprivation.

7- There was significant difference between males and females on the level of total deprivation.

8- There was no significant difference between adolescents and adults on the level of physical deprivation.

9- There was no significant difference between adolescents and adults on the level of social deprivation.

10- There was significant difference between adolescents and adults on the level of psychological deprivation.

11- There was significant difference between adolescents and adults on total deprivation.

12- There was significant interaction between age and sex on the level of physical deprivation.
13-There was significant interaction between age and sex on social deprivation.
14-There was no significant interaction between age and sex on the level of psychological deprivation.
15-There was significant interaction between age and sex on the level of total deprivation.
16-There was no significant difference between males and females on the level of health satisfaction.
17-There was no significant difference between males and females on the level of personal satisfaction.
18-There was no significant difference between males and females on the level of economic satisfaction.
19-There was no significant difference between males and females on the level of social satisfaction.
20-There was no significant difference between males and females on the level of marital satisfaction.
21-There was no significant difference between male and female on the level of job satisfaction.
22-There was no significant difference between adolescents and adults on the level of total satisfaction.
23-There was no significant difference adolescent and adults on the level of health satisfaction.
24-There was no significant difference between adolescents and adults on the level of personal satisfaction.
25. There was no significant difference between adolescents and adults on the level of economic satisfaction.

26. There was no significant difference between adolescents and adults on the level of social satisfaction.

27. There was no significant difference between adolescents and adults on the level of marital satisfaction.

28. There was no significant difference between adolescents and adults on the level of job satisfaction.

29. There was no significant difference between adolescents and adults on the level of total satisfaction.

30. There was no significant interaction between age and sex on health satisfaction.

31. There was no significant interaction between age and sex on personal satisfaction.

32. There was no significant interaction between age and sex on economic satisfaction.

33. There was no significant interaction between age and sex on social satisfaction.

34. There was no significant interaction between age and sex on the level of marital satisfaction.

35. There was no significant interaction between age and sex on the level of job satisfaction.

36. There was no significant interaction between age and sex on the level of total satisfaction.

37. There was no significant difference between males and females on...
the level of socio religious

38- There was no significant difference between males and females on the level of marriage

39 There was no significant difference between males and females on the level of position of women

40 There was significant difference between males and females on the level of education

41 There was significant difference between males and females on the level of total modernization.

42 - There was no significant difference between adolescents and adults on the level of socio religious

43 There was no significant difference between adolescents and adults on the level of marriage

44 There was no significant difference between adolescents and adults on the level of position of women.

45- There was no significant difference between adolescents and adults on the level of education

46- There was no significant difference between adolescents and adults on total modernization

47 There was significant interaction between age and sex on socio religious.

48 - There was significant interaction between age and sex on marriage

49 - There was significant interaction between age and sex on position of women

50- There was significant interaction between age and sex on education
There was significant interaction between age and sex on total modernization.

**Limitations**

1- In this study only ANOVA was used to test the hypotheses. The other statistical techniques can also be used to see other findings.

2- The study has not covered wider area. The other relevant concept like anxiety, Depressions, Frustrations can also be studied.

3- The other relevant concepts can be studied either as dependent variables or independents variables. In the present study demographical variables are used as independent variables.

4- The size of sample would have been increased because the larger sample is always better for arriving to sound conclusion.

5- Present study is on Nainital district of kumaun region. Study can be done on other regions as well.

**Implications of the present study**

1- The results of the presents study can aid guidance counselors in creating better programs for adolescents and adults to overcome their problems.

2- This study will also be important for educators and public policy makers, as they seek to improve the conditions in the country.

3- The findings show the importance of family counseling for planning intervention programs for the society.

4- The finding can be used to plan awareness programs for the society.

**Importance of the study**
Most human problems arise from within the person and they are reflected in life situations. The rapid change that is brought about during this transition period makes adolescents and adults uncomfortable with themselves and society at large. During this period social change continues to exert influence on their lives especially in the challenge of adjusting to complex psychological demands, setting targets and achieving them. Family problems, political economic and social inequalities breed contempt in adolescents and adults for the existing system. Under such stresses person do not have any respect for the parents and defective educational system. Incidence of suicide in the world as well as in India is on an increase. The most important reason cited for it is the complexity of the modern life. It was considered by the researchers an inability to cope with the stressful situation in life. Particular population requires special attention such as children, socially disadvantaged class, adolescents and abuse victims. Social support networks have been associated with stress reduction, with good health, positive well being, improvement of individual competence, positive self image and self effectiveness (Durmont & Provost (1999)). Such networks together with individual’s role may help the young person accumulate important social relationship and other assets (Gilligam (2008)). Thus, caregivers, social workers and other professionals education may have important role to play. Studies on these areas may shed light on the cause and remedies. Present study might be useful in understanding and solving some of the problems of adolescent and adult.
**Suggestion for further study:**

For further research the following recommendations are proposed:

1- Cross cultural study can be conducted for the same variables.
2- Caste wise comparative study can be conducted.
3- A study can be conducted on rural and urban areas as well.
4- Different religious groups can be studied.
5- Older generation can also be used as sample.
6- Study can be conducted with employed and unemployed youth.
7- The researcher recommends going for action research through intervention programs to change modernity, stress, life satisfaction among adolescent and adult.

**Conclusions**

1- There was no significant difference between males and females on the level of stress.
2- There was no significant difference between adolescents and adults on the level of stress.
3- There was significant interaction between age and sex on stress.
4- There was significant difference between males and females on the level of physical deprivation.
5- There was significant difference between males and females on the level on social deprivation.
6-There was significant difference between males and females on the level of psychological deprivation.

7- There was significant difference between males and females on the level of total deprivation

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20-There was no significant difference between males and females on the level of marital satisfaction.

21-There was no significant difference between male and female on the level of job satisfaction.

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34. There was no significant interaction between age and sex on the level of marital satisfaction.
35. There was no significant interaction between age and sex on the level of job satisfaction.
36. There was no significant interaction between age and sex on the level of total satisfaction.
37. There was no significant difference between males and females on the level of socio-religious.
38. There was no significant difference between males and females on the level of marriage.
39. There was no significant difference between males and females on the level of position of women.
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