CHAPTER - 2

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In the present research the author intends to study role of daydreaming and gender in stress resistance and optimism in adolescents. For the purpose, the specific problems and the relevant hypotheses formulated are described in the present chapter.

A. INDIVIDUAL AND JOINT ROLE OF DAYDREAMING AND GENDER IN STRESS RESISTANCE

PROBLEM A (1)

The first problem of present research pertains to role of daydreaming in stress resistance of adolescents. In other words, the problem is whether positive and negative daydreamers differ in respect of their stress resistance?

HYPOTHESIS (A-i)

A daydream is a visionary fantasy experienced while awake, especially one of happy, pleasant thoughts, hopes or ambitions. While daydreams may include fantasies about future scenarios or plans, reminiscences about past experiences, or vivid dream-like images, they are often connected with some type of emotions, which may either be positive or negative. While daydreaming has long been described as a lazy, non-productive pastime, it can be constructive in some context. It is quite reasonable to believe that a positive daydreamer will prone to indulge in constructive activities with positive emotions, which may help him to be more stress resistant in comparison to a negative daydreamer, whose daydreams are non-productive and some time destructive too, due to accompaniment of negative emotions with it.

In a study by Wang & Gan (2010), it has been found that positive daydreamer adolescents were truly more stress resistant than negative daydreamers. Positive
daydreaming provides an escape from stressor by reducing stress and channeling one’s thoughts towards a positive visualization, thereby distracting his mind from his immediate attendant situations (Morgan & Skouholt, 1977; Muller & Dyer, 1985; and Carbonell et al., 1999). Muller & Dyer (1985) also asserted that positive daydreamers develop an intuitive set of control goals, which interacts with scenario generation, an emotion processing, which leads to better stress resistance.

Hence, it has been hypothesized that there would exist true difference in stress resistance of positive and negative daydreamers. More specifically, it is expected that positive daydreamers would show higher stress resistance than negative daydreamers.

**PROBLEM A (2)**

The second problem of present research pertains to role of gender in stress resistance of adolescents. In other words, the problem is whether male and female adolescents differ in regard to their stress resistance?

**HYPOTHESIS (A-ii)**

Gender differences have always attracted psychologists’ attention due to biological, psycho-social-cultural variations. Gender differences are essential in various domains of human endeavour. Stress resistance is one area where their variation can be thought playing vital roles in proning male and female adolescents to cope with stress differently.

McDonough & Walters (2001), Tamers et al. (2002), Torkelson & Muhonen (2004), and Mathney et al. (2005) found that women tended to use social support and help seeking behaviours to cope with stress, which may be protective factors against the incidence of depression and anxiety disorders. In contrast, males are more likely to use maladaptive coping strategies, such as consuming alcohol and following unhealthy eating patterns.
Fagot & Hamilton (1988), Galankis et al. (2009), and Ajawani et al. (2010) also found that female adolescents were more stress resistant than male adolescents.

Hence, it is assumed that female adolescent students would show more stress resistance than female adolescent students.

**PROBLEM A (3)**

The problem raised above are confined to the operation of single factor at a time. But, it would be a lopsided study if we don’t delve into the interaction or joint role of two are more variables. For example, we stipulate to study the role of daydreaming in Problem A (1) and the role of gender in Problem A (2), but, it remains unanswered for instance, whether positive and negative daydreamers would exhibit differential stress resistance because of their specific gender i.e., male or female.

Accordingly, the third problem in the present research is pertained to joint role of daydreaming and gender in stress resistance i.e., whether daydreaming and gender play any joint role in stress-resistance of adolescents. More specifically, the problem is whether positive and negative daydreamers show any differential level of stress resistance due to their gender specification i.e., male and female or vice-versa?

In other words, the problem is whether the four subgroups i.e., positive daydreamer males, positive daydreamer females, negative daydreamer males, and negative daydreamer females, differ in respect of their stress resistance?

Interaction effect among various factors can be predicted on the basis of their expected individual roles in stress resistance as detailed in subsection above and ahead. If we assign different weightages to different aspects of independent variables, we can work out joint roles of more than one factor.

Accordingly, following weightage scheme has been proposed as a model on the basis of which the hypotheses to follow would be formed. The weightage scheme is illustrated in Table 1.
**Table # 1: Proposed Model For Working Out Expected Joint Role Of Independent Variables**

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Independent Variable</th>
<th>Aspects</th>
<th>Weightage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Daydreaming</td>
<td>Positive</td>
<td>++</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Negative</td>
<td>+</td>
</tr>
<tr>
<td>2.</td>
<td>Gender</td>
<td>Male</td>
<td>+</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Female</td>
<td>++</td>
</tr>
</tbody>
</table>

**HYPOTHESIS (A -iii)**

It has already been assumed that positive daydreamers would be more stress resistant than negative daydreamers and female adolescents would be more stress resistant than male adolescents. When joint role of these two variables is to be tested, it can be assumed that positive daydreamer females would be the most stress resistant while negative daydreamer males would be the least stress resistant. The other two groups i.e., positive daydreamer males and negative daydreamer females, would fall in between the above two extreme groups in the same respect. The basis of these assumptions can be clarified with the help of following illustration (Table 2), wherein level of stress resistance is indicated by number of (+) sign weightages, based on the proposed model in Table 1.

**Table # 2: Weightages For Four Sub-Groups Formed On Joint Basis Of Daydreaming And Gender**

<table>
<thead>
<tr>
<th>Group</th>
<th>Positive Daydreamer (++)</th>
<th>Negative Daydreamer (+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male (+)</td>
<td>++, + (3)</td>
<td>+, + (2)</td>
</tr>
<tr>
<td>Female (++)</td>
<td>++, ++ (4)</td>
<td>+, ++ (3)</td>
</tr>
</tbody>
</table>
It is clear from above illustration that positive daydreamer females would be the most stress resistant (total 4 weightages), while negative daydreamer males would be the least stress resistant (total 2 weightages). The positive daydreamer males and negative daydreamer females would be equal and occupy the middle position in respect of their stress resistance (total 3 weightages).

B. INDIVIDUAL AND JOINT ROLE OF DAYDREAMING AND GENDER IN OPTIMISM

PROBLEM B (1)

The fourth problem of the present research pertains to role of daydreaming in optimism of adolescents. In other words, the problem is whether positive daydreamers and negative daydreamers differ in respect of their level of optimism?

HYPOTHESIS (B-i)

Positive daydreaming helps in challenging one’s thought towards a positive visualization. Findings of Cundiff & Gold (1979), and Starker (1982) also showed that positive daydreaming leads to higher level of optimism while negative daydreaming are central to maintaining a pessimistic orientation. Hence, it is expected that positive daydreamers would be more optimistic than negative daydreamers.

PROBLEM B (2)

The fifth problem of the present research pertains to role of gender in optimism of adolescents. In other words, the problem is whether male and female adolescents differ in respect of their optimism?

HYPOTHESIS (B-ii)

In the changing scenario of modern time at socio-cultural level, female adolescents are at better art of state. Government and nongovernment agencies are determined to provide a more reinforcing environment for females. Media too is
exploring various favourable avenues available for female. At family level also, the adolescent female is now viewed as an asset to the family rather than a burden and thus indicating a pro-environment for girl child. All these factors can be considered as encouraging for females, which in turn may make them more optimistic. Singer (1975), Taylor et al. (1978), Kassinova & Sukhodolsky (1995), Bosompra et al. (2000-2001), and Ey et al. (2005), also observed higher optimism level in females than males.

Hence, it is hypothesized that female adolescents would be more optimistic than male adolescents.

PROBLEM B (3)

The last problem of the present investigation pertains to joint role of daydreaming and gender in optimism. In other words, the problem is whether difference in optimism of positive and negative daydreamers varies differentially for male and female adolescents or vice-versa. More specifically, whether four subgroups formed on joint basis of two types of daydreaming (positive and negative) and two gender groups (male and female) i.e., positive daydreamer males, negative daydreamer males, positive daydreamer females, and negative daydreamer females, differ as regards to their optimism level.

HYPOTHESIS (B-iii)

It has already been assumed that positive daydreamers and females would excel their counterparts i.e., negative daydreamers and males, respectively, in respect of their optimism. When joint role of these two variables is to be considered, it can be hypothesized that positive daydreamer females would be the most optimistic, while negative daydreamer males would be the least optimistic. The other two groups i.e., positive daydreamer males, and negative daydreamer females, would fall in between these two extreme groups in the same regard. Table 2 clarifies the basis of these assumptions.