Chapter-VI

CONCLUSION

In the present research study the Perceived Stress full Life event Scale was established with proper reliability, validity and norms.

It is found that large number of college freshmen perceived high stress with academic field in their life. Among them HS group (both male and female) of people apply more problem focused coping and social support coping strategies for reducing their stress, they are more agreeable and conscientious in nature, which help them for better adjustment with their home, health, social, emotional and educational environment.

Moreover, the result revealed that female group is less extrovert, apply more emotion focused coping strategy for reducing their stress, they are agreeable in nature and well adjusted in their emotional adjustment field in comparison to their male counter part. They showed high neuroticism score.

Male groups are more extroverts, more open and conscientious in nature; they take less emotional focused coping strategies and are well adjusted in home, health and social environment in comparison to their female counterpart.

A very hopeful result extracted from the study is a good number of freshmen showed an effective practice with problem solving coping strategy to deal with their perceived stress events. Among them High Effective (HE) (both male and female) group (who use greater problem focused coping strategy) perceive more stress, they apply emotion focused and social support coping strategies where needed for reducing their stress along with problem focused coping. They are agreeable in nature and well adjusted in home and emotional adjustment areas.

The most important component of the present research is to identify ‘Resilient’ group pairing the scores of abovesaid two variables, viz., ‘High stress’ and ‘Effective coping’ The study have successfully identified 98 students out of 600 students as resilient. This identification is validated through criteria test (Annalaxmi, 2008). Now the picture is
clear that out of the population the percentage of resilient students are very low which is as low as 16% (approx) and non-resilient, i.e., though amount of stress is low still are not using effective coping strategies, is 14% (approx). Middle 70% are in between again where the chance of being non-resilient at any moment is within 35% of cases (inclined toward non-resilient). So, it is very essential to develop resiliency within the student population, and this will be possible to develop an insight within themselves that how to enrich the way that help them to understand the benefit for developing resiliency.

The present research study revealed that to become a resilient people, persons should use problem focused coping, emotion focused coping for some cases and also social support coping strategies when necessary and they should be agreeable and conscientious by nature to make good adjustment in home, health, social, emotional and educational adjustment areas.

And lastly, Perception of Stress, Problem-Solving-Coping-Strategy and Agreeableness of a person are mostly contributory factors for him to be resilient.

So, the final recommendation of the study toward the society, more specifically, to the psychologists that these are the qualities, if developed by counselling, may help a person become resilient.
LIMITATION

No research is free from any limitations. So, the present research is also not an exception. The limitations of the present research are as follows:

1. Since the sample size is restricted for taking only college freshmen. School students are not taken in this study.

2. Only urban college populations were to be taken as a sample group. For this reason the study was restricted for without taking rural population.

3. The age range of sample was restricted i.e., in between 18 to 19 years.

4. Only five factor of personality (neuroticism, extraversion, agreeableness, openness, conscientiousness) were assessed.

IMPLICATION

Any research work can not be conducted without its purpose. The present research work has a definite purpose. This research had done to develop an insight with in the individual especially in college student, the importance of developing resiliency within themselves. If the individual will be awakened regarding this matter, it will be easier for them to cope in a healthier or better way while dealing with future catastrophic events. In turn, it will help them for leading happier life. Present research find out some psychological correlated factors that are play an important contributory role behind resiliency. If individual can exercise these factors with the help of counselor or on his/her own they can easily develop resiliency within themselves or in others. It will in turn help the society to reduce stress and thus exercising effective coping.

FURTHER RESEARCH

Every research has a purpose behind it. For the present work, the most important one is to develop the insight for resiliency within the persons (especially on college student) on Indian culture who are facing continuous stressful situation and did not find any effective way of solution to deal with that situation, compel the researcher by putting
down the research work on the adolescent college freshmen group. The researcher while pursuing research observed the following to be added in future research:

- To throw light on academic stress, further researches are needed on other vocational streams, vi., Engineering, Medical etc. and a comparative study is needed on different types of academic streams without restricting it on general college population.
- Also the study considering the full college population comparing the different types of stress in different grade levels is needed to have a whole picture of academic stress.
- Work on semi-urban and rural population is suggested.
- In addition to five factors, some other personality factors have also close relation with resilience. So further research can be done on other personality factors.