

Socio-personal and academic factors affecting the extent of perceived stress among undergraduate students of Northern State Agricultural Universities (SAUs) of India

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Received: 13.11.2017; Revised: 17.03.2018; Accepted: 03.04.2018

■ **ABSTRACT** : The study was conducted to identify the socio-personal and academic factors of the undergraduate students affecting the extent of perceived stress. Three colleges of the four State Agricultural Universities of Northern India were selected purposively for the study. A sample of 360 students was selected through stratified random sampling technique. A scale was developed to measure the extent of perceived stress. Data were collected through distributed questionnaire technique. The findings of the study revealed that only 17 per cent of students had a high level of academic performance. Thirty-seven per cent of the students had a low level of stress whereas 36 per cent of the students had a medium level of stress. Place of accommodation, parent's education and father's occupation were significantly associated with the extent of perceived stress of the students. Family income of the students was positively and significantly correlated with the extent of perceived stress of the students. There is need to counsel students as well as their parents to manage stress. Students should be provided with proper accommodation in the hostel as well as at their home to release stress.

■ **KEY WORDS**: Extent of perceived stress, Socio-personal, Academic factors

■ **HOW TO CITE THIS PAPER** : Negi, Anjali and Kaur, Kanwaljit (2018). Socio-personal and academic factors affecting the extent of perceived stress among undergraduate students of Northern State Agricultural Universities (SAUs) of India. *Asian J. Home Sci.*, 13 (1) : 18-27, DOI: 10.15740/HAS/AJHS/13.1/18-27. Copyright © 2018: Hind Agri-Horticultural Society.

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