

A study of Modernisation and Stress among Adolescents

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ABSTRACT

The current era is a period of diverse socio-economic changes and the world in a state of continuous process of change. These changes put forth multiple adjustment challenges especially for adolescents who are in a transitional stage of life. Modernisation of societies may bring many challenges and lead to stress and it is important to know the extent of impact of modernization as a stress stimulator. The present study is an attempt to study the relation between modernization and stress of adolescents. The study was conducted on a sample of 200 students from government and private schools of Punjab and a significant correlation was found between modernization and stress. The findings have important implications for educationists and parents that adolescents need to be exposed to the emerging social, economic and psychological patterns and guidance and mentoring should ensure that adolescents are made capable of dealing with these changes.

1. Introduction

The current era is a period of socio – economic change and the matrix of psycho-social interactional process is continuously passing through a transitional phase. The whole world is in a flux of transformation in social structures, behavioral patterns and cultural values due to the process of modernization (Jiloha, 2009) This dynamism has paved way for modernization resulting in a state of conflict between the old and the new, the aged and the youth, traditions and modernity, conservatism and radicalism. Modernization is the process of shifting of attitudes in accordance with the demands of today and has both positive and negative impacts on individuals (Devi,2014). A transition is always a challenge and changes in the external environment become more challenging for adolescents who are passing through a period of turmoil due to physical and emotional changes. Adolescence represents a stage in development when both of these aspects of stress are in flux (Romeo , 2013)

Modernization is generally referred to as a change of traditional society into a scientific and technology based society and is characterized by urbanization, high level of literacy, exposure to mass media, industrialization and higher mobility. Modernization means a revolutionary change leading to transformation of traditional or pre-modern society into an advanced, economically prosperous and relatively politically stable society(Moore,1993). Some view modernity as having a modern life style, while others consider modernity as having updated knowledge. Modern pertains to present and recent time and 'modernization' refers to becoming, adopting modern ways, views etc(Webster's Encyclopedia Unabridged Dictionary of English Language ,1989). Modernization can be referred to as the process of development in every aspect of human life including scientific, economical, technological environmental , educational and social fields. Modernization is a holistic process that covers all aspects of life and is a change that encompasses cultural values and personality orientation

Economic growth has led to drastic changes at individual level and the social level and combined change has been witnessed in lifestyle and social terms termed as modernization. It has also been suggested by that modernization is a psychological stressor. (Devi,2014). The stress of modern living refers to any condition that gives rise to worries, tensions and frustration and the emotional and physical strain caused by our responses due to demands from outside world. Many stressors are peculiar to adolescent and school going students that may be a result of biological or social causes like academic achievement, unrealistic expectations, physical condition, family situation and school problems (Mathpal,2015). Stress can be defined as an adaptive response to any kind of external situation resulting in physical, psychological or behavioural deviations in an individual (Luthans, 1998). It is a state of affair that involves demands on physical or mental energy (Oxford Advanced Learner's Dictionary,2000), and is a feeling that we experience, when we are not confident of our capability to cope with a difficult situation. Stress may also be referred to the stimulus generating physiological demands that requiring action on the part of an individual (Goodman, 2005).

The dynamic structure of modern societies expose individuals to many social and psychological challenges that may induce stress. Previous researches studied relation between modernization and socio-economic status and found significant positive relationship between dimensions of modernization and socio-economic status of class 9 students (Kiran,2003) and significant negative relationship was found between frustration and modernization of adolescent(Kapoor,2004). Few researches found that attitude towards modernization is not affected by gender (Bhatt and Naseem ,2012)whereas few researches indicated that male were significantly higher in term of modernization had more freedom in marriage, politics and employment than females (Peerzada ,2013)and few studies concluded that girls were more modern than boys (Kaur ,2014).However research did not indicate any significant difference in attitude of rural and urban background students towards modernization (Kaur ,2014).

Brogaard (2006) conducted a survey on college students and found that the one greatest health obstacle to college students academic performance was academic stress of the 97,357 college students who participated in the survey, 32% reported that academic stress had resulted in either incomplete, a dropped course or a lower grade. Academic stress can be the ultimate career stopper.

Researchers found significant negative correlation between anxiety and academic performance, and academic stress and depression was found to seriously affect the ability to focus (Rassel ,2006). Studies conducted on school students concluded that too much stress affects health of the students and too much academic stress negatively affected study habits of school going children (Aruna ,2008) but no significant differences were found between levels of stress and study habits of boys and girls.

Kumar and Kumar (2014) found significant differences in psychological stress and achievement of male and female science students and significant relationship was also found between psychological stress and achievement of male and female students. Pitt, Oprescu, Tapia & Gray (2017) identified major stressors as academic, personal, financial/work interpersonal, family-related, starting university, social support and university/life balance. Reddy, Menon , Thattil (2018) found that 48.80% of students fall under the category of having average to high stress levels and no significant difference was observed in total academic stress experienced by male and female students.

2. Research Objectives

1. To find the relationship between stress and modernization.

3. Hypothesis of the Study

There exists a significant relationship between stress and modernization among adolescents

Table-1.1

Coefficient of correlation between stress and modernization scores of total sample

Variable	N	r
Stress	200	-0.143
Modernization	200	

The coefficient of correlation between stress and modernization is -0.07809 that is significant at 0.05 level of confidence. Thus we can conclude that there is a significant negative correlation between stress and modernization. Hence the hypothesis, there exists a significant relationship between stress and modernization, is accepted.

4. Discussion & Implications

The findings indicate that it is the responsibility of the teacher and parents to develop right kind of attitudes towards modernization so that students may be able to handle stress effectively. The findings have important implications for the teacher to adopt innovative ways of teaching, provide specialized guidance to students and encourage students to adopt new pattern of living in a healthy manner. Students should be encouraged to participate in various activities that expose them to emerging global trends.

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