

## Study of stressful behaviour among different social groups of Bihar: As a function of life values

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### Summary

*The central theme of the present study is to evaluate stress in the light of life values of a person. Life values is a broad term and having many meanings. Values are physical or mental characteristics of a man which helps him to complete his goal of life. It affects people's behaviour, personality and work. Values differ from society to society and person to person according to their development. Values of a society may differ than other ones in terms of socio-cultural, economical and political background. The life values of Americans are significantly differing from Indians depending upon their geographical environment and other factors.*

**Keywords:** *Stress, Life-Values, Geographical Area, Society, Goal, Personality, Work etc*

### Introduction

Values are physical or mental characteristics of a man which helps him to complete his goal of life. It affects person's behaviour, personality and work. Values have two aspects first-content and second intensity. It is partially internal and partially area based. The area based values are different in their importance of values. Some values are immortal while some are acquired. It differs according to the socio-cultural environments of people. Values may be defined in common sense term as 'conceptions of the desirable' (Spranger 1928). Describes value as basic interest or motives in the personality of an individual. Human values are enduring long term goals that have emerged in man's evolution directing and regulating his behaviour adaptation (Mukherjee 1961). Values are derived from life, from environment, from self, society and culture and beyond all. From the ideal transcendent dimensions of human existence and experience (Mukherjee 1961). Values are independent qualities. Values do not change, moreover they are absolute (Fronzize 1963),

**Origin of Values:**

Values arise from definite wants. Values are stable standardized and hierarchical goals in human living rise from life maintenance and enhancement through social integration of self transcendence. (Mukherjee 1961). Similarities of culture, social system, caste, class, sex, occupation, education, religious upbringings and political orientation and major variables that is likely to shape in more or less similar ways, the values system of large number of people. Children learn their values from their parents (Smith, Fisher, Stanford et al 1968). College students have high positive identification with their families especially with parental values (Fredrickson 1972).

**Types of Values:**

According to Allport, Vernon and Lindzey (1931), there are six types of values like: theoretical values, economical values, aesthetic values, social values, political values and religious values.

**1. Theoretical Values**

The dominant interest of theoretical man in the discovery of truth. He is one that looks for identities and differences; one that devotes himself to judgment regarding the beauty or utility of objects, and seeks only to observe a reason. Since the interest of theoretical man is empirical, critical and rational, he/she is necessarily an intellectualist, frequently a scientist or philosopher.

**2. Economic Values**

The economic man is characteristically interested in practicality and usefulness in a definitely materialist sense. Based originally on the satisfaction of bodily needs (self-preservation) the interest is mainly to embrace the marketing and consumption of goods, the elaboration of credit and accumulation of tangible wealth.

**3. Aesthetic**

The chief interest of aesthetic man is in love of beauty and the aesthetic aspect of life. He seeks his highest values in from the harmony. Each single experience is judge from standpoint of grace, symmetry or fitness and each single impression is enjoyed for its one sake.

#### **4. Social Values**

The highest value for this type is love of people whether of one or many, whether conjugal, familial, friendly or philanthropic. The social man prizes other persons as ends, and is, therefore, himself kind, sympathetic and unselfish.

#### **5. Political Values**

The political man is interested primarily in power. His activities are not necessarily within the narrow field of politics but he/she is aiming at place, prestige, dominance personal power, influence and renown.

#### **6. Religious Values**

The religious man desires to comprehend the cosmos and to see the unity of man with the cosmic totality. Spranger defines, “the religious man as one whose mental structure is permanently directed to creation of highest and absolutely satisfying value experience.”

#### **Relation of life-values with stress and other aspects of life:**

Life-values are helpful in reducing stress. It also helps in decision-making and problem-solving skills even when we find ourselves in stress in taking any decision or find solution of any problems. Values inspire us for better health habits. It revs up our will power so that we can persist at difficult tasks. Values also help us to act more assertively. It helps us to communicate others with more compassion, making wiser career, work choices, boosting our self-confidence and enhances our relationship intimacy.

### **Methodology**

#### **Sample**

Personal Data Sheet and PSSSI Scale was used to collect the data. Data was tabulated and analyzed on MS Excel and SPSS software tools. Secondary sources were also taken in account to complete the study. To investigate this problem a group of 300 persons were taken as sample including 100 high caste, 100 low caste and 100 dalits. Which were further categorized into male, female undergraduate students? All the samples were selected through non-probability (incidental-cum-purposive) sampling technique from the rural and urban constituent colleges of Magadh University

### Tests and Tools

In order to evaluate value orientation among the respondents Verma's (1980) adaptation of Allport-Vernon-Lindzey study of values was used. The present scale aimed to measure the relative prominence of six dominant interests, motives or evaluative attitudes in personality. It has two parts : first part and second part. The first part consists of 30 questions whereas the second part consists of 15 questions. Questions of first part have two options whereas the questions of second part have four options. 30 minutes for first part and 15 minutes for second part was given to the respondents to give their response. Then its score was evaluated by scoring keys.

### Data Collection

The data were collected in the groups of 10-15 respondents at a time during the leisure hours of the respondents. Respondents were asked to read the instructions carefully and then to answer the questions. They were motivated to answer to the items freely and frankly. It took 90 minutes to complete the entire tests. Data were collected in two sessions.

### Result

**Table 1: Mean, SD and t-value of Stressful Behaviour as a function of Life Values**

Sl.	Life Values	Group	N	Mean	SD	t	df	p
1	Economic	High	150	49.96	7.11	3.92	298	<.01
		Low	150	36.48	6.81			
2	Political	High	150	44.78	6.89	.01	298	<.01
		Low	150	38.19	5.66			
3	Social	High	150	46.61	7.61	3.61	298	<.01
		Low	150	36.12	6.33			
4	Aesthetic	High	150	35.92	6.81	3.92	298	<.01
		Low	150	44.62	5.82			
5	Religious	High	150	39.16	6.29	3.59	298	<.01
		Low	150	47.14	7.33			
6	Theoretical	High	150	41.12	6.81	3.69	298	<.01
		Low	150	47.17	7.3			

## **Discussion**

It is apparent from Table 1 that life values significantly affect the stressful behaviour. The respondent who have high Economic, Political and Social values they are highly stressed than those who have low Economic, Political and Social values. All the t-values are significant at .01 level of significance. Table also shows that respondents who have high Aesthetic, Religious and Theoretical values, they are low stressed than those who have low Aesthetic, Religious and Theoretical values. All the t-values are significant at .01 level of significance.

## **Conclusion**

As a whole it can be said that life values plays a significant role in affecting the stressful behaviour of a person. It varies according to culture, geographical area, and economic condition, and religion, political and social environment. The persons who have high Economic, Political and Social values they are highly stressed than those who have low Economic, Political and Social values whereas the persons who have high Aesthetic, Religious and Theoretical values, are low stressed than those who have low Aesthetic, Religious and Theoretical values. All the t-values are significant at .01 level of significance.

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