



**Sri Dharmasthala Manjunatheshwara College**  
(Autonomous), Ujire-574 240, Dakshina Kannada, Karnataka State

### **3.1.1. Additional information:**

#### **Student publications**



## List of Publications

Sl No	Authors	Title	Journal	Year	Volume, Page number	ISSN/ DOI
1	Varsha J.	Perceived Stress in Adolescents Across Gender	The International Journal of Indian Psychology	2023	11(2), 1657-1661	2348-5396 / 10.25215/1102.173
2	Surya P. S.	Emotional Maturity and Resilience among Athletes.	The International Journal of Indian Psychology	2023	11(3), 2736-2749	2348-5396 / 10.25215/1103.261



## Front Page of Publications

The International Journal of Indian Psychology  
ISSN 2348-3396 (Online) | ISSN: 2349-3429 (Print)  
Volume 11, Issue 2, April-June, 2023  
DOI: 10.173.20231102, DOI: 10.25215/1102.173  
<https://www.ijip.in>



Research Paper

### Perceived Stress in Adolescents Across Gender

Ms. Varsha J.<sup>1\*</sup>, Dr. Vandana Jain<sup>2</sup>

#### ABSTRACT

Stress may be defined as mental, emotional and psychological strain to cope with real or imagined factors. In the Indian context, stress is commonly seen in adolescents specifically during the time of the 10th standard board examinations. These examinations are used as a starting point for admissions into desirable institutes or courses for the more important 12th standard examinations. Thus, the researcher wished to measure the differences in the levels of perceived stress in male and female students studying in 10th grade. The researcher's hypothesis is that there are no significant differences in the levels of stress between the two genders. The sample size being considered is a total of 60 with equal division of 30 subjects for each gender. The tool being used for this study is the Perceived Stress Scale developed by Cohen, Kamarck and Mermelstein (1983) and is a well-established self-report measure based on the psychological conceptualization of stress. The result of the study will be discussed with the help of descriptive and inferential statistics.

**Keywords:** Stress, Students, Gender

It has been argued that adolescence is a transition period in one's life in which one undergoes biological, social, and psychological changes (McNamara, 2000; Tsai et al., 2015a, b, 2018; Lin and Tsai, 2016; Strong et al., 2016; Lee et al., 2017; Foulkes and Blakemore, 2018; Blakemore, 2019). According to the World Health Organization, Adolescence may be defined as "Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19." This is a unique stage of human development and a major milestone in one's life. Adolescents experience rapid physical, cognitive and psychosocial growth affecting their interaction with the world around them. In the Indian context, Adolescents usually have to undergo two Board examinations at age 15-16 and 17-18. The class 10 board examinations are vital for admission into institutes for the more important 12th standard examinations and thereby gain access to better institutes of higher education and more career opportunities.

When there is an imbalance between environmental demands and adolescents' coping capacity, people will perceive stress (Cohen et al., 1997). This may be linked not only to unhealthy behaviors such as cigarette smoking and alcohol use (Wills and Shiffman, 1985;

<sup>1</sup>II B.Sc. Psychology Student, SDM Degree College, Ujire, Karnataka, India.

<sup>2</sup>Assistant Professor & Head, Dept. of Psychology SDM College, (Autonomous), Ujire, Karnataka, India.

\*Corresponding Author

Received: March 05, 2023; Revision Received: May 31, 2023; Accepted: June 4, 2023

© 2023, Varsha, J.& Jain, V.; licensee IJIP. This is an Open Access Research distributed under the terms of the Creative Commons Attribution License ([www.creativecommons.org/licenses/by/2.0](http://www.creativecommons.org/licenses/by/2.0)), which permits unrestricted use, distribution, and reproduction in any Medium, provided the original work is properly cited.



## Emotional Maturity and Resilience among Athletes

Surya P S<sup>1\*</sup>, Dr. Maheshbabu N<sup>2</sup>

### ABSTRACT

Emotional maturity and resilience are important psychological factors that can influence an athlete's performance and overall well-being. This study aims to investigate the relationship between emotional maturity and resilience among athletes. A sample of 100 athletes, 50 males and 50 females, aged between 18-28 years, and with a minimum of 3 years' experience in their respective sports, were selected through purposive sampling from three districts in Kerala. The Emotional Maturity Scale, consisting of 48 items, was used to measure emotional maturity. The scale comprises five sub-scales: emotional instability, emotional regression, social maladjustment, personality disintegration, and lack of independence. Connor-Davidson Resilience scale, consisting of 10 items was used to measure resilience. The personal data sheet was used to collect socio-demographic details. obtained data was analysed through Spearman's correlation and Kruskal -Wallis test with the help of SPSS version 22 and it was found that there is no significant relationship between Emotional maturity and Resilience among Athletes. The study also found that there is no significant difference in Emotional maturity among Athletes across Gender and there is no significant difference in Resilience among Athletes across Gender. These results suggest that emotional maturity and resilience may be distinct constructs that are not necessarily related to each other or influenced by age in the context of athletic performance. The study's findings may provide insight into the emotional well-being of athletes and inform interventions to enhance their psychological resilience.

**Keywords:** Emotional Maturity, Resilience, Athletes

Athletes are individuals who engage in sports or physical activities at a competitive level. They participate in a variety of sports, including team sports (e.g., basketball, soccer, volleyball) and individual sports (e.g., running, swimming, gymnastics). They participate in organized sports at various levels, ranging from amateur to professional. They may train and compete at the local, regional, national, or international level, and may represent their country in international competitions such as the Olympics or the World Cup. Participation in sports can have a range of physical, psychological, and social benefits for athletes. Physically, athletes may experience improved cardiovascular health, increased

<sup>1</sup>Post Graduate Student, Psychology Dept. Of PG Studies and research in Psychology, SDM College (Autonomous), Ujire, India

<sup>2</sup>Assistant Professor of Psychology Dept. Of PG Studies and research in Psychology, SDM College (Autonomous), Ujire, India

\*Corresponding Author

Received: July 27, 2023; Revision Received: August 22, 2023; Accepted: August 24, 2023

© 2023, Surya, P. S. & Maheshbabu, N.; licensee IJIP. This is an Open Access Research distributed under the terms of the Creative Commons Attribution License ([www.creativecommons.org/licenses/by/2.0](http://www.creativecommons.org/licenses/by/2.0)), which permits unrestricted use, distribution, and reproduction in any Medium, provided the original work is properly cited.