

Gender-Based Study on Stress Management

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Keywords

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Abstract

Background: Studies repeatedly note gender disparities in health indicators, such as physical ailments, anxiety, and sadness. While the exact cause of this disparity is unknown, stress variations might be a factor. The American Psychological Association claims that because women are better at relating to others, they are more likely to take control of and manage their stress. **Objective:** This study aims to explore the significant differences in stress management among males and females. **Participants and Settings:** A total of 80, both male and female respondents were selected through convenience sampling from Amity University, Jaipur Rajasthan. **Methods:** The “Stress Management Scale” developed by Dr. Vandana Kaushik and Dr. Namrata Singh Charpe was administered to determine the stress management levels of participants. **Result:** A significant difference was found between the male mean scores and female mean scores. The p-value for the findings was 0.050 which indicate a borderline significant difference among male and females in stress management. **Conclusion:** These findings contribute to the understanding of gender differences in stress management and highlight the role of stress and stress management in this context.

Introduction

Studies consistently find gender differences in certain measures of health, such as anxiety, depression, and some physical illnesses (e.g. Barnett, Biener, & Baruch, 1987; Mirowsky & Ross, 1995; Cleary, 1987; Nolen-Hoeksema, 1987; Weissman & Klerman, 1977). While the reason for this discrepancy is not clear, one of the contributing factors could be stress differences (Aneshensel & Pearlin, 1987; Barnett et al., 1987; Baum & Grunberg, 1991; Billings & Moos, 1984; McDonough & Walters, 2001; Mirowsky & Ross, 1995; Turner, Wheaton, & Lloyd, 1995; Wethington, McLeod, & Kessler, 1987).

What is stress?

According to the American Psychological Association (APA), stress is a normal reaction to everyday pressures, but can become unhealthy when it upsets your day-to-day functioning. Stress involves changes affecting nearly every system of the body, influencing how people feel and behave. By causing mind-body changes, stress contributes directly to psychological and physiological disorders and diseases and affects mental and physical health, reducing the quality of life. It is the physiological or psychological response to internal or external stressors. For example, it may be manifested by palpitations, sweating, dry mouth, shortness of breath, fidgeting, accelerated speech, augmentation of negative emotions (if already being experienced), and longer duration of stress fatigue. The general adaptation syndrome manifests severe stress. Stress is the body's natural defense against real or imagined danger. It flushes the body with hormones to prepare systems to evade or confront danger. This is known as the "fight-or-flight or freeze" response.

The World Health Organization (WHO) defines stress as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being. Stress makes it hard for an individual to relax and comes with a range of emotions, including anxiety and irritability. When stressed, one may find it difficult to concentrate. One may experience headaches or other bodily pains, an upset stomach, or trouble sleeping. One may lose appetite or eat more than usual. Chronic stress can worsen pre-existing health problems and may increase the use of alcohol, tobacco, and other substances. Stressful situations can also cause or exacerbate mental health conditions, most commonly anxiety and depression, which require access to health care. When one suffers from a mental health condition, it may be because the symptoms of stress have become persistent and have started affecting daily functioning, including at work or school. Not everyone responds to stress in the same way. Everyone reacts to stress differently. Coping styles vary from person to person.

Types of Stress

According to APA, there are 3 different types of stress – acute stress, episodic acute stress, and chronic stress. The 3 types of stress, each have their characteristics, symptoms, duration, and treatment approaches. Acute stress is usually brief. It is the most common and frequent presentation. Acute stress is most often caused by reactive thinking. Negative thoughts predominate about situations or events that have recently occurred, or upcoming situations, events, or demands soon. People who frequently experience acute stress, or whose lives present with frequent triggers of stress, have episodic acute stress. 2 main personality types frequently present with episodic acute stress. Chronic stress is the most harmful type of stress. If chronic

stress is left untreated over a long period, it can significantly and often irreversibly damage your physical health and deteriorate your mental health.

Gender and Stress

Research on gender and stress has uncovered that men often exhibit the "fight-or-flight" response during prolonged periods of stress, while women typically lean towards the "tend-and-befriend" response. The classical symptoms of "fight-or-flight" evolved as a survival mechanism to aid individuals in swiftly reacting to threatening situations by either confronting the danger or seeking safety. Generally, this response is more commonly triggered in men.

The impact of stress on men and women differs due to various factors such as biological variances, immunity, sex hormones, and fight-or-flight reactions. Studies indicate that in general:

- Men display a heightened response to stressors compared to women, as the hypothalamic- pituitary-adrenal axis (the stress response system) and the sympathetic nervous system are more active in men. This renders men more susceptible to aggression, cardiovascular disease, and diminished immune function.
- Men and women exhibit distinct brain responses to stress. Men exhibit a more pronounced stress response and have elevated levels of cortisol in their saliva when exposed to the same stressors.
- Under stress, men tend to react with the fight-or-flight response, while women tend to demonstrate a tend-and-befriend response due to disparities in brain responses. This makes men more vulnerable to elevated stress levels in certain situations compared to women.

Chronic pain may affect males differently due to the mitigating effects of testosterone. However, stress can decrease testosterone levels and increase cortisol, potentially intensifying feelings of pain.

When faced with stressful situations, men release stress hormones that induce physiological changes such as an accelerated heart rate, tense muscles, perspiration, and rapid breathing. Some men respond by becoming angry or argumentative, representing the "fight" aspect of the reaction. Others withdraw into a negative mood and seek solace in sleep, experiencing sensations of helplessness, anxiety, and frustration, which embody the "flight" aspect of the response.

In contrast, women tend to exhibit the "fight or flight" tendency less frequently. According to the American Psychological Association, women are more likely to take charge of their stress and manage it because of their ability to connect with others. Personal connection is often a significant part of female stress management, leading them to choose treatment, giving, friendship, and sharing their feelings with others.

Stress Management

Stress management, according to APA, is the use of techniques, strategies, or programs – such as relaxation training, anticipation of stress reactions, and breathing techniques – for dealing with stress-inducing situations and the state of being stressed.

Gender affects each element in the stress process as much in the input, by determining whether a situation will be perceived as stressful, as in the output, influencing coping responses and the health implications of stress reactions (Barnett et al., 1987). Although the literature examining the relationship between gender and stress reveals several conflicting outcomes, numerous authors have determined that women find themselves in stressful circumstances more often than men (e.g., Almeida & Kessler, 1998; McDonough & Walters, 2001). Other authors have suggested that women may appraise threatening events as more stressful than men do (Miller & Kirsch, 1987; Ptacek, Smith, & Zanas, 1992). Furthermore, women have been found to have more chronic stress than men (McDonough & Walters, 2001; Turner et al., 1995; Nolen-Hoeksema, Larson, & Grayson, 1999) and are exposed to more daily stress associated

with their routine role functioning (Kessler & McLeod, 1984). Women are also more likely to report home and family life events as stressful (Oman & King, 2000) and stress related to gendered caring roles (Lee, 1999, Lee, 2001; Walters, 1993). In addition, women experience gender-specific stressors such as gender violence and sexist discrimination, which are associated with women's physical and psychiatric events (Heim et al., 2000; Klonoff, Landrine, & Campbell, 2000; Koss, Koss, & Woodruff, 1991; Landrine, Klonoff, Gibbs, Manning, & Lund, 1995). Women also were more affected by the stress of those around them, as they tend to be more emotionally involved than men in social and family networks (Kessler & McLeod, 1984; Turner et al., 1995).

How do Men and Women Approach Stress Management?

Sometimes men and women manage stress in the same ways. For example, an APA survey found the top way people deal with stress was by walking or other exercise, and men and women did this about equally (46% of men and 48% of women). But women tended toward activities that connected them with others, such as spending time with friends and family and going to church. Other ways men dealt with stress included playing sports and listening to music. Almost 10% of men said they did nothing at all to manage their stress (compared to 4% of women).

Stress Management Techniques

Stress management encompasses a range of techniques and strategies aimed at assisting individuals in dealing with and mitigating the adverse effects of stress in their lives. Stress is a natural response to challenging or demanding circumstances, and it can have both physical and psychological implications for an individual's overall well-being. The implementation of effective stress management practices can enhance one's overall quality of life and contribute to the maintenance of good physical and mental health. Several stress management techniques and strategies include:

Identifying Stressors. The initial step in managing stress involves identifying the sources of stress. Maintaining a stress journal can aid in tracking the triggers of stress, enabling individuals to address specific issues.

Time Management. Inadequate time management can lead to heightened stress levels. Organizing tasks, prioritizing them, and creating a schedule can facilitate more efficient time management.

Utilizing Relaxation Techniques. Learning and practicing relaxation techniques, such as deep breathing, meditation, progressive muscle relaxation, or mindfulness, can help alleviate stress and promote a sense of calmness in both the mind and body.

Engaging in Regular Exercise. Engaging in regular physical activity has been proven to reduce stress. Exercise stimulates the release of endorphins, which are natural mood enhancers. Finding an enjoyable activity, whether it be walking, jogging, yoga, or participating in a sport, can contribute to stress reduction.

Maintaining a Healthy Diet. Consuming a balanced and nutritious diet can significantly contribute to effective stress management. It is advisable to avoid excessive consumption of caffeine, sugar, and processed foods, as they can exacerbate stress levels.

Prioritizing Sleep. Ensuring an adequate amount of quality sleep is essential for overall well-being. Lack of sleep can heighten stress levels, making it crucial to prioritize sufficient rest.

Seeking Social Support. Sharing feelings and concerns with trusted friends and family members can provide emotional relief and foster a sense of connection, thereby aiding in stress management.

Setting Realistic Goals. Avoiding the establishment of unrealistic or overly ambitious goals can help reduce stress and enhance one's sense of accomplishment. Setting achievable goals promotes a more manageable approach to stress management.

Establishing Boundaries. Setting clear boundaries to manage work-life balance is crucial. I am learning to say no when necessary and making time for relaxation and personal activities can contribute to effective stress management.

Practicing Mindfulness and Self-Care. Incorporating mindfulness techniques and engaging in self-care activities can further enhance stress management efforts. Being present in the moment and prioritizing self-care can contribute to overall well-being.

Significance of the Topic

Research has indicated that stress affects men and women differently, and it is crucial to comprehend these gender disparities. By understanding these differences, more personalized and efficient stress management strategies can be developed for both genders. This study focusing on gender-based analysis can illuminate the distinct impacts of stress on men's and women's health. Furthermore, it can identify specific stressors and coping mechanisms associated with mental health disorders, thereby facilitating targeted treatment and support. Additionally, this research can provide insights into how men and women communicate during stressful situations and how this influences their relationships. The exploration of gender-specific stress research can inform the creation of policies and initiatives aimed at reducing stress-related disparities in healthcare, workplace, education, and other domains. In conclusion, the examination of gender differences in stress management is of great significance as it not only enhances our understanding of the unique experiences and requirements of men and women but also offers insights that can lead to more effective and targeted stress management interventions, improved health outcomes, and a more equitable society. It emphasizes the

importance of considering gender as a critical factor in research, healthcare, and policy development concerning stress and well-being.

Literature review

Maravi et al (2023) did a study on the influence of gender on stress among school children: a cross-sectional study. In August and September of 2016, a cross-sectional study was carried out in the government boys and girls higher secondary schools in Mauganj, a town in Madhya Pradesh, India. Forty students were included in the study. Of these, 24 were male and 16 were female students. The study showed that high school students experienced a significant amount of stress. While male and female students reported similar levels of stress in their academic and vocational domains, female students felt significantly more stress in their financial, emotional, familial, and social domains. Female students also had significantly higher total stress levels than male students.

Apter et al (2021) did research on gender differences in perceived stress and coping strategies among college students. During the twelfth week of the semester, four weeks before final exams, a total of 448 students enrolled in three different undergraduate exercise science courses were assessed. The assessment involved administering two instruments, namely the perceived stress scale and brief cope. T-tests were conducted to detect gender differences in stress levels and coping strategies. The results showed that females experienced higher levels of stress compared to their male counterparts. Additionally, gender differences were observed in both coping dimensions and individual coping strategies. Females were found to use emotion-focused coping dimensions more often than males and endorsed the use of four coping strategies.

Adasi et al (2020) conducted a study on gender differences in stressors and coping strategies among teacher education students at the University of Ghana. The study included 270 second-third-year students who were selected randomly to respond to open-ended and close-ended questions in a survey questionnaire in the 2018-2019 academic year. The study found that there is no significant difference in stressors experienced by male and female students, but female students generally experience higher levels of stress compared to their male counterparts. Female students were more likely to experience stress due to factors such as insufficient water supply and the number of courses offered per semester, while male students were more likely to experience stress due to academic requirements, congested lecture halls, and financial pressures.

Aguilera et al (2020) researched gender differences in stress- and burnout-related factors of university professors. The study participants comprised 58.7% males and 41.3% females, with an average age of 42.1 years. A set of questionnaires was used to gather the required data. The findings revealed that women had significantly higher levels of perceived stress, emotional exhaustion, and neuroticism compared to men ($p < 0.05$). These results suggest that women might be at a higher risk of developing burnout syndrome, which can lead to physical symptoms such as dry mouth, gastritis, or heartburn.

Chambres (2014), compared the coping and perceived stress among students by first-generation and continuing-generation status, race or ethnicity, and gender. This study assessed how different populations cope with stress how diverse student population perceive their

general level of stress and how they coped with stress. Participants were from six racial or ethnic groups which included 1,085 UG psychology students from two Southeast Universities. From this research, it was found that the most significant relationship with both coping and perceived stress was Gender.

Balhara, Gupta, and Verma (2011) researched gender differences in stress response: role of developmental and biological determinants. The manifestation of various psychosomatic and psychiatric disorders is often associated with the body's stress response. Therefore, it is crucial to comprehend the underlying mechanisms that impact this connection. Men and women react differently to stress, both psychologically and biologically, which requires a separate study to better understand the gender disparity observed in several disorders. Such a comprehension would significantly aid in understanding how adult health is established during early life and how adult diseases can be prevented.

Collins and Frankenhaeuser (2010) did a study on stress responses in male and female engineering students' group of male and female engineering students were observed in two different situations - one where they were given a cognitive-conflict task to induce stress and the other where they were inactive - to understand how each gender responded to stress. The study revealed that during a stress-inducing task, both males and females had a significant increase in adrenaline excretion and heart rate. However, the increase in adrenaline excretion was more noticeable in males, while the increase in heart rate was more significant in females. In the male group, cortisol excretion increased significantly during stress, but there was no such increase in the female group.

Bennie and Huang (2010) did a study on gender differences in stress management, emotional management, and emotional expression within the workplace. The results, obtained from a sample of 1025 professionals (475 male and 550 female), demonstrated that there are significant differences between males and females in how they manage and express their stress and emotions. Men tend to exhibit greater emotional and stress management skills, while women tend to express more emotions in their responses. Additionally, several other factors, such as home language, marital status, and age, were considered, but they did not directly influence the expression or management of emotions or stress in either men or women.

Aung et al (2007) researched Gender differences in stress and coping among adults living in Hawaii. During the spring and summer of 2006, a statewide cross-sectional telephone survey was conducted with 1518 participants. Women reported higher stress levels overall, while men experienced higher stress levels from personal factors. There was no difference in social and health stressors. Women used adaptive coping strategies, while men used maladaptive and avoidance strategies. Lastly, there were no significant gender differences in stress management stages.

Bahrudin et al (2007) did a study on gender differences and stress management among psychology students. It is assumed that male respondents would use problem-focused coping styles more often than emotion-focused coping styles to deal with stress compared to female respondents. To test the hypothesis, a questionnaire consisting of 15 closed-ended items was developed and pilot-tested on 15 psychology students (7 males and 8 females). After the pilot, minor changes were made, and the actual survey was administered to 50 psychology students (25 males and 25 females).

Davidson and Fielden (2001) did a study on stress and gender in unemployed female and male managers. A questionnaire was developed based on a literature review and interviews with 40 unemployed managers. It was distributed to 80 government-run executive job clubs in England. The study received a 47% response rate from 115 women and 169 men. Results showed unemployed women experienced more stress than men, with poorer mental well-being and negative physical effects.

Methodology

Objectives

To examine the coping strategies employed by males and females in response to stress and ascertain if there are coping mechanisms specific to each gender.

Hypothesis

There will be a significant difference in stress management between male and female university students.

Research design

A cross-sectional research design is used to know about the gender differences in stress management.

Sample and sampling

The purpose of the present study is to understand how male and female university students manage their stress. For this a total of 80 students (40 male and 40 female) from Amity University, Rajasthan were selected using convenience sampling.

Inclusion Criteria-

- Males and females
- Age group- 18 to 23
- Undergraduate students
- Proficiency in English language

Exclusion Criteria

- Postgraduate students
- Age <18 and >23

Tools used.

Stress Management Scale-

The Stress Management Scale, developed by Dr. Vandana Kaushik and Dr. Namrata Arora Charpe, is a test that measures an individual's ability to manage stress. The test consists of 36 items, with 18 positive and 18 negative statements. The reliability of the test was established by calculating the correlational coefficient scores using Test-retest and split-half methods. The total was validated to ensure its dependability in recognizing stress management techniques.

Reliability and Validity

The reliability and validity estimates indicate that the scale is highly reliable and valid for its intended purpose. The scale is designed to evaluate an individual's proficiency in managing stress.

Procedure

For conducting the research, 80 students (40 male and 40 female) at Amity University in Jaipur, Rajasthan were contacted. Demographic details such as name, date of birth, gender, and qualifications were collected during the rapport formation phase. The purpose of the research was also communicated to the participants. After obtaining their informed consent, the participants were provided with exact instructions to respond to the tools used, as given in the respective manual. After data collection, scoring was done as per the instructions in the manual given.

Ethical consideration

To conduct an ethical study, the researcher will prioritize the safety and rights of all participants throughout the data collection process. Before distributing questionnaires, the researcher will seek approval from their research advisor regarding the chosen data collection methods and tools. The participants will be fully informed about the main objectives of the study. The study will also consider the convenience, accessibility, understanding, and willingness of the participants.

To ensure that participants comprehend each question accurately, the questionnaire will be designed in a way that communicates the important details. This will make sure that their responses genuinely reflect their attitudes towards the concepts being investigated. In addition, the privacy and anonymity of the participants will be strictly maintained, with their identities used solely for the study and kept confidential.

By adhering to ethical research guidelines, the study will protect both the researcher's and participants' rights throughout the study.

Result

Table 1. Mean and standard deviation of stress management on male and female

Group Statistics					
	Group	N	Mean	Std. Deviation	Std. Error Mean
Score	1	33	116.5152	17.24116	3.00130
	2	33	126.5152	22.96753	3.99813

Table 2. Independent sample test results of stress management on male and female

		Levene's Test for Equality of Variances		Independent Samples Test			t-test for Equality of Means		95% Confidence Interval of the Difference	
Score		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
	Equal variances assumed	1.665	.202	-2.000	64	.050	-10.00000	4.99929	-19.98723	-.01277
	Equal variances not assumed			-2.000	59.373	.050	-10.00000	4.99929	-20.00224	.00224

Discussion

The study aimed to assess the significant difference between stress management in males and females. Through convenience sampling, 40 male and 40 female students of Amity University, Jaipur, Rajasthan, India aged between 18 to 23 years were contacted and asked to give responses for a psychological test, “Stress Management Scale” developed by Dr. Vandana Kaushik and Dr. Namrata Singh Charpe was administered to determine the stress management levels. Post-data collection, Mean, SD, and Independent Sample T-test were applied using SPSS.27.

The hypothesis of the study was, “There will be a significant difference in stress management between male and female university students”.

The hypothesis aimed to find a significant difference between the stress management levels of males and females at the university. For a test to be significantly different, the p-value must be less than 0.05 ($p < 0.05$). The p-value represents the probability of observing the results (or more extreme results) when there is no real effect or difference. In this study, the independent variable (IV) was gender (male and female), and the dependent variable (DV) was stress management. Independent variable is the variable that is manipulated or controlled by the researcher. It is assumed to have a direct effect on the dependent variable. The dependent variable is the one that is observed for changes to assess the effect of the treatment.

The findings of this study showed that male students had higher mean scores on stress management mean scores ($M = 126.5$, $SD = 22.9$) than female mean scores ($M = 116.5$, $SD = 17.2$), as shown in Table 1. The study results are presented in Table 2, indicating a marked difference in stress management between male and female university students. The p-value of the study is 0.050, meaning that there is sufficient evidence to reject the null hypothesis that suggests no significant difference or effect. However, the 0.050 p-value is borderline, indicating some evidence to support the hypothesis, but not particularly strong. These findings are consistent with previous research, which also identified a variation between males and females in managing stress.

H1 is accepted.

According to a study conducted by Eisenbarth in 2019, men tend to use humor more frequently to cope with stress, while women often rely on emotional and instrumental support. Another study by Bennie and Hung in 2010 found significant differences in how males and females manage and express their stress and emotions. A 2017 study by Anbumalar, Dorothy, Jaswanti, Priya, and Reniangelin revealed that females are more likely to experience anxiety, fear, crying, depression, and self-blame as a reaction to stressors, while males are more likely to express anger, smoke, and focus on finding solutions to the problem.

In general, both men and women tend to choose sedentary activities such as reading, listening to music, and watching television to manage their stress rather than adopting healthier behaviors. However, both groups manage their stress in different ways. According to studies, women tend to use reading as a way of managing stress more often than men do (57% for women and 34% for men). Women also report engaging in more stress management activities that involve socializing with others, like spending time with friends and family (54% for women and 39% for men) and attending religious services (27% for women and 18% for men). On the other hand, men are more likely to use sports (16% for men and 4% for women) and music (52% for men and 47% for women) as a way of managing stress. It's worth noting that men are also more likely to not do anything to manage their stress (9% for men and 4% for women). Eating is a common stress management activity for women, with 31% of women reporting using eating to manage stress. However, women are also more likely to overeat or consume unhealthy foods due to stress (49% for women and 30% for men). Finally, significantly more women (35%) than men (24%) exercise only once a week or less.

Meidziun and Czabala conducted research in 2015 on stress management techniques. Their study found that people use different coping mechanisms when experiencing stressful situations. The most frequently used techniques were problem-solving (72.5%) and replacement gratification (53.8%). This suggests that people may use multiple techniques to cope with stress and that different techniques may be used depending on the situation. The frequency of used techniques indicates that successful coping mechanisms can involve both direct problem-solving techniques and seeking social support from friends, engaging in pleasant activities, and reducing tension.

Some stress management techniques to better cope with stress are:

Identification of stressors

The first step in stress management is recognizing the sources of stress in life. This can include work-related stress, personal relationships, financial concerns, health issues, and more. Understanding the triggers of the stress is essential for finding effective strategies.

Stress Reduction Techniques

Relaxation techniques. methods such as deep breathing, progressive muscle relaxation, meditation, and mindfulness can help calm the mind and reduce stress.

Physical activity. regular exercise can have a significant impact on stress reduction. It releases endorphins, which are natural stress relievers.

Time management. efficiently managing time and setting priorities can reduce the feeling of being overwhelmed.

Social support. talking to friends, family or a therapist can provide emotional support and an outlet for discussing stressors.

Healthy lifestyle choices. eating a balanced diet, getting enough sleep, and avoiding excessive alcohol, caffeine, and nicotine can all contribute to stress management.

Coping strategies

Problem-solving. addressing the root causes of stress by finding practical solutions or making necessary changes in life.

Emotional regulation. developing the ability to manage and express emotions healthily.

Positive thinking. fostering a positive outlook and challenging negative thought patterns can help reduce stress.

Self-care and lifestyle changes

- Engaging in self-care activities, such as hobbies, spending time with loved ones, and practicing relaxation techniques, can help reduce stress.
- Making conscious lifestyle changes, like simplifying daily routine and setting realistic goals, can contribute to a less stressful life.

Regular assessment and adaptation

Stress management is an ongoing process. What works for one person may not work for another, so it's important to regularly assess the stress management strategies and adapt them as needed.

Stress is a normal part of life, and not all stress is harmful. However, when stress becomes chronic or overwhelming, it can lead to physical and mental health issues. Effective stress management helps individuals build resilience, reduce the negative effects of stress, and improve their overall well-being.

Contributions

The study aimed to explore the gender differences in stress management. A gender-based study on stress management can make significant contributions to our understanding of how stress affects individuals differently based on their gender, and it can offer valuable insights and recommendations. By identifying gender differences in stress perception and coping strategies, the study can contribute to the development of gender-specific stress management techniques. Educational institutes can benefit from this research by incorporating gender-specific stress management strategies into their support systems for students.

Individuals can use the study's findings to become more aware of their stress responses and to adopt effective stress management techniques that align with their gender-specific needs. Overall, a gender-based study on stress management can contribute to both individual well-being and broader societal changes by providing insights into gender-specific stress experiences and effective strategies for stress reduction and management.

Limitations

Limitation of Sampling bias

College students may not be representative of the entire population. They tend to be younger, more educated and may have different stressors compared to individuals not attending college. This can limit the generalizability of the findings.

Limitation of academic stress

While academic stress is a significant aspect of college, it may overshadow other sources of stress (e.g., financial, and personal relationships). Focusing primarily on academic stress may not provide a comprehensive picture.

Limitation of small sample size

Smaller sample sizes can limit the statistical power of the study and the ability to detect significant differences.

Limitation of time constraints

Conducting a comprehensive gender-based study on college campuses can be challenging due to time and resource constraints, potentially leading to limitations in the scope of the research.

Future Implications

Recognizing the importance of increasing counseling services within college administration is a crucial step in addressing the mental health and stress management needs of students. Providing easy access to professional support can help students navigate stress and related challenges effectively. Equipping students with appropriate coping skills is essential. Instead of relying on maladaptive coping mechanisms, students can benefit from learning healthy strategies for managing stress and maintaining well-being.

The present study has made contributions to the existing literature, likely by shedding light on the gender-based differences in stress management among undergraduate students. These contributions can guide future research and policy decisions. The findings of the study are limited to undergraduate students. This limitation is important to acknowledge because the experiences and stressors of students in secondary schools, middle-level colleges, or other educational settings may differ from those of undergraduates. There is a need for future research in different educational settings (e.g., secondary schools, and middle-level colleges) to assess whether the findings of the study are applicable in those contexts. This call for

additional research is valuable in building a more comprehensive understanding of stress management across diverse populations.

Conclusion

In conclusion, this study contributes to the understanding of the difference between the stress management levels of males and females. The results show a significant difference between male mean scores on stress management and female mean scores on stress management. The p-value of the test indicates that there is a borderline significant difference between the genders in stress management. By delving deeper into the differences between males and females in stress management, future investigations can inform a significant difference in a wide range of populations of different age groups. The findings highlight the importance of gender-specific research in this area and provide valuable insights for clinicians, policymakers, and educators to promote stress management use and provide support for individuals at risk of mental health disorders led by chronic stress.

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