

Stress Caused by Hetrosexual Relationship among Male and Female Adolescents

TATHEER FATMA

Associate Professor

Department of Home Science, Khwaja Moinuddin Chishti Language University
Lucknow (U.P.) India

ABSTRACT

The present study was designed to know the causes of stress due to heterosexual relationship among adolescents, so for the purpose a complete sample of three hundred adolescents from 6 schools of Lucknow district were arbitrarily chosen, whereby one hundred fifty boys and one hundred fifty girls were further selected for this study. Hundred fifty boys & equal number of girls were further divided into fifty respondents belonging to lower, middle and higher Socio-economic status. For the study self developed questionnaire and Socio-economic scale by Kuppu swami was used. The result indicated that most of the male and female adolescents from the entire socio-economic group were frequently suffering from the stress caused by heterosexual relationship and future plans.

Key Words : Adolescents, Socio-economic status, Gender, Stress, Heterosexual relationship, Future plans

INTRODUCTION

Adolescence is the most common time of life for psychiatric illness to emerge (Kessler *et al.*, 2005), with reported anxiety reaching its lifetime peak (Abe and Suzuki, 1986). The effect of daily stressors can be particularly harmful to the psychological and physiological wellbeing of young people (Yahav and Cohen, 2008). Spirito *et al.* (1991) found four main stressful domains in their research on young people that was school, siblings, parents and friends. Increasing academic pressure, siblings and parental conflicts, peer pressure and romantic relationship problems were the main issues children encountered daily (Spirito *et al.*, 1991). Persike and Seiffge-K renke (2012) conducted a multicultural analysis of adolescent stressors and found that academic achievement and parental control were of most concern, whilst anxiety about peers and relationships was less than expected. Similar to de Anda *et al.* (2000) and Spirito *et al.* (1991), Persike and Seiffge-Krenke (2012) found that

adolescents were very much concerned about school, future employment and further education. Comparisons of these studies indicate that time have not significantly altered the types of stressors adolescents experience. The effect of daily stressors can be particularly harmful to the psychological and physiological wellbeing of young people (Yahav and Cohen, 2008). The stressors adolescents experience range from the school environment to home and family life, and extend as far as global social issues (De Anda *et al.*, 2000). Spirito *et al.* (1991) found four main stressful domains in their research on young people that was school, siblings, parents and friends. Increasing academic pressure, siblings and parental conflicts, peer pressure and romantic relationship problems were the main issues children encountered daily (Spirito *et al.*, 1991). In concurrence with the article by Spirito *et al.* (1991) however, De Anda *et al.* (2000) also stated that school was a major stressor for adolescents. Pressure surrounding future goals were reported as most stressing, with personal expectations, academic

performance and homework were also identified as anxiety provoking situations (De Anda *et al.*, 2000).

The adolescents during this period of maturation are exposed to profound stressors and based on their personality traits and protective factors they are able to mediate between these stress and coping behavior, but in others it may be a period of instability and adjustment difficulties. This instability may become one of the risks for going ahead towards ending the life or committing suicide.

Review of Literature:

Steinberg and Davila (2008) found, in cross-sectional analyses of the present sample, that the association between romantic experiences and depressive symptoms was stronger for early adolescents girls with emotionally unavailable parents, suggesting that when parents are unavailable to help youth regulate emotions and cope with the stress of romantic experiences, young people may fail to develop such skills and be more vulnerable to depressive symptoms.

Davila *et al.* (2004); Joyner and Udry (2000) found that this is consistent with the few existing longitudinal studies, which have shown increases in depressive symptoms over time among adolescents who were or became involved in a romantic relationship.

Larson *et al.* (1999), stated that adolescent romantic experiences might increase risk for depressive symptoms. Specifically, romantic experiences are associated with a great deal of intense emotion often involve breakups and issues of rejection, involve needs for intimacy and support, require skills to deal with conflict, and require the negotiation of sexual feelings and desires. As such, romantic experiences may be challenging for adolescents, thereby increasing risk for depressive symptoms.

And although sexual activity is a normative adolescent behavior and may have adaptive qualities, early sexual activity, particularly intercourse and casual sex, is frequently associated with poorer psychosocial functioning, including depression (Bingham and Crockett, 1996; Grello *et al.*, 2003; Shulman *et al.*, 2008; Welsh *et al.*, 2003).

Objectives of the study:

To know the stress caused by heterosexual relationship among male and female adolescents from different socio-economic status.

METHODOLOGY

The present study was conducted in Lucknow city, drawing sample from the six schools of the city. The sample for the study was collected adopting stratified random sampling technique. The sample for the study consisted of 300 adolescents of class 7 to 12 between the age group of 12-18 years, studying in co-educational Senior Secondary schools belonging to lower, middle and upper socio-economic groups. A total sample of 300 adolescents was selected, wherein 150 boys and 150 girls were selected for the present study. Hundred fifty boys & equal number of girls were further divided into 50 respondents each belonging to lower, middle and upper Socio-economic Status.

Tools used:

Self Developed Questionnaire and Socio-economic status scale by Kuppu Swami were administered for data collection.

RESULTS AND DISCUSSION

It was interesting to know that most of the male adolescents from upper socio-economic group that is 38 per cent followed by lower and middle socio-economic group 32 and 28 per cent respectively were in the favour that stress is frequently caused by heterosexual relationship while majority of the female *i.e.* 42 per cent from lower socio-economic group followed by middle and upper socio-economic group *i.e.* 36 and 16 per cent respectively also supported that stress is frequently caused by heterosexual relationship. It is clear from the table that 24 per cent male from middle and 16 per cent each from upper and lower socio-economic group were in the favour that stress is always caused by heterosexual relationships where as 28 per cent female respondents from upper middle and lower socio-economic group each were also in the favour of the same statement. 32 per cent male from lower 30 per cent from middle and 26 per cent from upper socio-economic group said that stress is occasionally caused by heterosexual relationships while 36 per cent female from upper and 18 per cent each from middle and lower socio-economic group also given the same cause. A less number of respondents were in the favour that stress is rarely or never caused by heterosexual relationships. The result shows that most of the male respondents from upper and female adolescents from lower socio-economic group supported

Sr. No.	Statements	Male(N=150)						Female(N=150)					
		Upper SES		Middle SES		Lower SES		Upper SES		Middle SES		Lower SES	
		F	P	F	P	F	P	F	P	F	P	F	P
1.	Always	08	16	12	24	08	16	14	28	14	28	14	28
2.	Frequently	19	38	14	28	16	32	08	16	18	36	21	42
3.	Never	02	04	01	02	02	04	00	00	00	00	00	00
4.	Occasionally	13	26	15	30	16	32	18	36	09	18	09	18
5.	Rarely	08	16	08	16	08	16	10	20	09	18	06	12

F= Frequency

P = Percentage

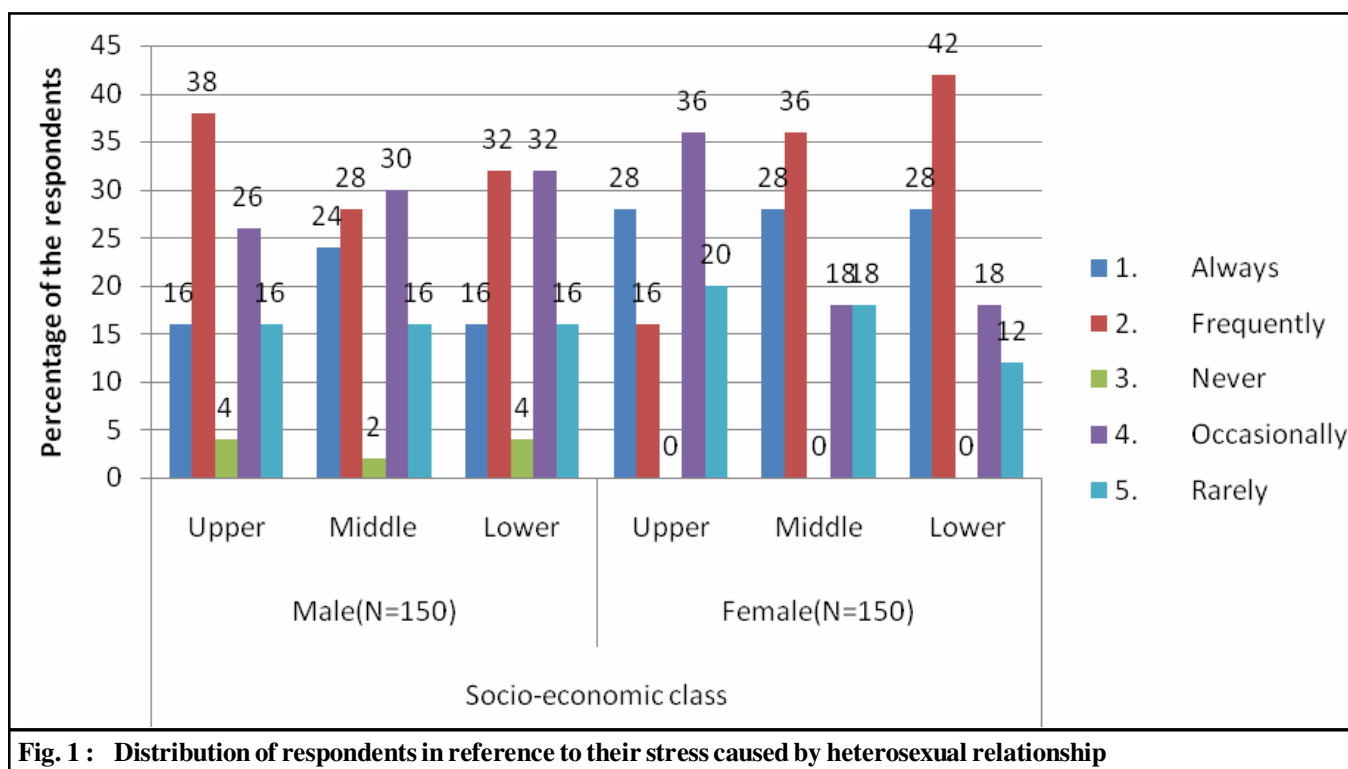


Fig. 1 : Distribution of respondents in reference to their stress caused by heterosexual relationship

that stress was frequently caused by hetro-sexual relationships. Boys and girls often worry about not having a boyfriend or girlfriend, when all their friends do. In the middle of academic and social pressures, adolescents indulge in romantic relationships that add to their stress. Male adolescents from upper socio-economic status feel more stress because they want to enjoy the hetro- sexual relationship as they have no financial problems but expectations from the partner, getting too little or too much attention from the partner and the confusion caused due to budding sexual feelings are just a few things about romantic relationships that can get them stressed while female respondents from lower socio-economic status are given less freedom to indulge in hetro –sexual

relationships causes stress in them (Tabla 1 and Fig. 1).

Archer and Lamnin (1985) also identified tests, grade competition and lack of time as primary causes of academic stressors, while intimate relationships, parent relationships and finances ranked as causes of highest personal stressor.

Conclusion:

This study used data from 300 male and female adolescents from different socio-economic status groups to determine the factors causing stress in adolescents due to heterosexual relationship. The result shows that most of the male respondents from upper and female adolescents from lower socio-economic group supported

that stress was frequently caused by hetro-sexual relationships.

REFERENCES

- Abe, K. and Suzuki, T. (1986). Prevalence of some symptoms in adolescence and maturity: Social phobias, anxiety symptoms, episodic illusions and ideas of reference. *Psychopathology*, **19** : 200–205 [PubMed].
- Ande, D., Baroni, S., Boskin, L., Buchwald, Morgan J., Gold, J.S. and Wiess, R. (2000). Stress, Stressors and Coping among High School Students. *Children & Youth Services Reviews*, **22** (6) : 441-463.
- Archer, James, Jr. and Lamnin, Alisa (1985). An Investigation of Personal and Academic Stressors on College Campuses. *Journal of College Student Personnel*, **26**.
- Bingham, C. R. and Crockett, L.J. (1996). Longitudinal adjustment patterns of boys and girls experiencing early, middle, and late sexual intercourse. *Developmental Psychology*, **32**, 647e658.
- Davila, J., Steinberg, S., Kachadourian, L., Cobb, R. and Fincham, F. (2004). Romantic involvement and depressive symptoms in early and late adolescence: the role of a preoccupied relational style. *Personal Relationships*, **11**, 161e178.
- Grello, C.M., Welsh, D.P., Harper, M. S. and Dickson, J.W. (2003). Dating and sexual relationship trajectories and adolescent functioning. *Adolescent & Family Health*, **3** : 103e112.
- Joyner, K. and Udry, J. R. (2000). You don't bring me anything but down: adolescent romance and depression. *Journal Health & Social Behavior*, **41** : 369e391.
- Kessler, R.C., Berglund, P., Delmer, O., Jin, R., Merikangas, K. R. and Walters, E. E. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*, **62** : 593-602.
- Larson, R.W., Clore, G.L. and Wood, G. A. (1999). The emotions of romantic relationships: Do they wreak havoc on adolescents? In W. Furman, B. Brown, & C. Feiring (Eds.), *The development of romantic relationships in adolescence* (pp. 19e49). NY: Cambridge Press
- Persike, M. and Seiffge-krenke, I. (2012). Competence in coping with stress in adolescents from three regions of the world. *J. Youth & Adolescence*, **41**(7) : 863-79. doi:10.1007/s10964-011-9719-6
- Shulman, S., Weisman, O. and Schelyer, M. (March, 2008). Romantic contexts, sexual behavior, and depressive symptoms among adolescents. Poster presented at the biannual meeting of the Society for Research on Adolescence. Chichago, IL
- Spirito, A., Stark, L. J., Grace, N. and Stamoulis, D. (1991). Common problems and coping strategies reported in childhood and early adolescence. *J. Youth & Adolescence*, **20**(5) : 531544. Retrieved from: <http://link.springer.com.elibrary.jcu.edu.au/article/10.1007/BF01540636>
- Steinberg, S.J. and Davila, J. (2008). Adolescent romantic functioning and depression: The moderating role of parental emotional availability. *J. Clinical Child and Adolescent Psychology*, **37**, 350e362
- Welsh, D.P., Grello, C.M. and Harper, M. S. (2003). When love hurts: Depression and adolescent romantic relationships. In P. Florsheim (Ed.), *Adolescent romantic relations and sexual behavior: Theory, research, and practical implications* (pp. 185e211). Mahwah, NJ: Lawrence Erlbaum Associates Publishers.
- Yahav, R. and Cohen, M. (2008). Evaluation of a cognitive-behavioral intervention for adolescents. *Internat. J. Stress Management*, **15**(2) : 173-188. doi:10.1037/1072-5245.15.2.173.
