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## STRESS TOLERANCE AMONG DIABETICS AND NON DIABETICS

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### Abstract:

*In this study an attempt has been made to study stress tolerance among diabetics and non diabetics.. Stress Tolerance scale has been used to measure their stress tolerance. This tool was administered to 160 diabetics and 160 non diabetics from Pathanamthitta district in Kerala. The sample mainly consisted of working people. The result of the analysis reveals that stress tolerance seems to have a significant effect on non diabetics compared to diabetics.*

### INTRODUCTION

Diabetes is a progressive metabolic disorder with cumulative symptoms across multiple organ systems. Physical symptoms are frequently reflexively attributed to diabetes with little consideration given to the potential role of psychological factors in their production and maintenance. The severity of the diabetes is one or the other way related to psychological factors which need treatment in the very beginning.

### DIABETES

Diabetes mellitus is a prototype of chronic non communicable disease that must be cared for rather than cured. It often sets in without warning, although in some with a family history of diabetes, it is presage by an apprehensive wait. (Sridhar and madhu, 2002).

### STRESS AND DIABETES

Hans selye says that stress is a process that enables the body to resist the stressor in the best possible way by enhancing the functioning the organ system best able to respond to it Stress is a state of tension that is created when person responds to the demands of pressures that come from work, family and other external sources as well as those that are internally generated from self imposed demands, obligations and self criticism. Stress is both addictive and cumulative. It adds up over time until a state of crisis is reached and symptoms appear. Stress is common and natural condition of our mortal existence. It arises through our daily efforts to achieve goals, relate with others and adjust to the demands of living in an ever changing world. Stress can strike anyone but people with diabetes may be at greater risk. Stress in diabetic individual has been traditionally viewed as a hyperglycemic stimulus. Both type 1 and type 11 diabetics are sensitive to the effects of stress. At least 14 studies have reported direct links between stress and poor glycemic control.

## STRESS TOLERANCE

Stress tolerance is "the ability to handle emotionally charged situations and to resist burn out in demanding environments" here an attempt is made to find the difference among diabetics and non diabetics in their stress tolerance on the basis of their gender.

## NEED AND IMPORTANCE OF THE STUDY

Diabetes is a sociologically, psychologically and behaviorally demanding disease; therefore, psycho-demographic factors are relevant to nearly all aspects of its occurrence, maintenance and management. The psychological impact of diabetes has been recognized as a stronger predictor of mortality in diabetic patients than many clinical and physiological variables. Identifying the stress tolerance level of diabetics and non diabetics and applying various stress management techniques to the vulnerable population help in improving the stress tolerance level and improve their self care behaviors like proper glycemic control and, thereby reducing their risk of health complications and improving their quality of life.

## OBJECTIVES

The study has the following objectives  
To find out the stress tolerance among diabetics and non diabetics.  
To find out stress tolerance among diabetics and non diabetics on the basis of their gender.

## HYPOTHESIS

There is no significant difference between diabetics and non diabetics in their stress tolerance.  
Male and female diabetics do not differ in their stress tolerance.  
Male and female non diabetics do not differ in their stress tolerance.

## METHOD

The investigator adopted normative survey method. It involves describing, recording, analyzing and interpreting the data which are all directed towards a better understanding of the present study.

## SAMPLE

The study consisted of 320 samples that are 160 diabetics and 160 Non diabetics which were collected from Pathanamthitta district, Kerala. Diabetics and non diabetics were selected by using simple random sampling technique.

## TOOL

The successful outcome of research mainly depends upon the proper selection of the research tool so the researcher used the Stress Tolerance Scale developed by Rshmy, Sam Sananda Raj (1999). The final form of the scale consisted of 24 items. Each statement gets five responses like Strongly Agree (A), Agree (B), Undecided (C), Disagree (D) and Strongly Disagree (E). The scale consists of both positive and negative items and an individual score is the sum of all the scores for the 24 items. The reliability coefficient was found to be 0.82 and the correlation coefficient was 0.72.

## RESULTS AND DISCUSSION

Table-1 Showing mean, standard deviation, standard error and t values of diabetics and non diabetics in their stress tolerance

STRESS TOLERANCE AMONG DIABETICS AND NON DIABETICS



Variable	Sub variables	N	Mean	Standard Deviation	Standard error mean	't' value	Level of Sig.
Stress Tolerance	Non	160	73.9688	8.24958	.65219	2.010	0.05
	Diabetics						
	Diabetics	160	72.1313	8.10243	.64055		

From the table the 't' value of diabetics and non diabetics were found to be 2.010. it is significant at 0.05 levels. Therefore it is concluded that there is a significant difference between diabetics and non diabetics in their stress tolerance. Hence the research hypothesis is not accepted.

**Table-2 showing the significance of the mean difference between male and female non diabetics in their stress tolerance**

Variable	Gender	N	Mean	Std. Deviation	't' value	Sig (2-tailed)
Stress tolerance	Male	98	74.9694	6.95413	1.946	N.S
	Female	62	72.3871	9.81527		

From the above table-2 the 't' value was found to be 1.946 which is lower than the table value of 1.96 at the 0.05 level of significance. Therefore it is concluded that there is no significant difference between the male and female non diabetics in their stress tolerance. Hence the null hypothesis is accepted.

**Table-3 showing the significance of mean difference between male and female diabetics in their stress tolerance.**

Variable	Gender	N	Mean	Std. Deviation	't' value	Sig. (2-tailed)
Stress tolerance	Male	94	72.1809	7.01759	.092	N.S
	Female	66	72.0606	9.49312		

From the above table-3 the 't' value was found to be .092 which is lower than the table value of 1.96 at the 0.05 level of significance. Therefore it is concluded that there is no significant difference between the male and female diabetics in their stress tolerance. Hence the null hypothesis is accepted.

**CONCLUSION**

The present study indicates that non diabetics have high stress tolerance compared to diabetics. But at the same time male and female diabetics and non diabetics did not show any significant difference in their stress tolerance.

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