

# A Study to Assess the Level of Stress Regarding the Demonetization of Rs. 500 and Rs. 1000 Notes Among the People Residing at Selected Areas of Vadodara District

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**Abstract:** Stress is a state of mental and emotional strain or tension resulting from adverse or demanding circumstances. There are both good and bad or positive and negative stress. 86% of Indian currency was abrogated in effort to Demonetization. The survey that 51% work and 50% personal finances are the contributing factors for the increased level of stress in the individual. Aims and Objectives: The main aim to conduct this study was to find out the level of stress regarding the Demonetization of Rs. 500 and Rs. 1000 notes among the people.

**Material and Method:** In this research study a Quantitative survey approach with Descriptive research design is used. Non probability convenience sampling technique was used to select the samples from selected areas of Vadodara District and data collection was done. Data was analyzed by using descriptive and inferential statistics such as Standard deviation and Chi-square test.

**Result:** In this study, 7% were having Mild Stress, 76% were having Moderate Stress and only 17% were having Severe Stress. Here one demographic variable living area is significant with the level of Stress.

**Conclusion:** In this research study findings show that the people have Severe and Moderate Stress regarding Demonetization of Rs. 500 and Rs. 1000 Notes.

**Keywords:** Assess, Stress, Demonetization, Residing.

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## 1. INTRODUCTION

Stress is a state of mental and emotional strain or tension resulting from adverse or demanding circumstances. Stress is an inevitable. Financial stress is one of the major stressor effecting the life of an individual. Financial stress is very common for people in most of the rural areas than the people living in urban areas and affects nearly every part of your life. Financial issues should be taken into consideration and step forward ought to be taken in order to handle them. The demonetization issue has been discussed and debated by politicians, economists, sociologist and policy makers. November, 8<sup>th</sup> 2016 Indian Prime Minister Shri. Narendra Modi made a sudden announcement about both demonetization and scrapping of high domination currency that is Rs. 500 and Rs. 1000 with immediate effect both these demonetization comprised nearly 86% of circulating cash of the Indian Economy. Deaths have been link to demonetization and Denial of health care services a specially in the private sector were reported in the initial few weeks when the cash crunch was severe. Now demonetization is becoming the biggest stress especially people who do not use plastic money. In the present scenario the sudden decision of demonetization will slow down in the growth rate as demand is low due to shortage of money enhance. But in a long run it is fictional as the Indian Government will have more revenue.

#### **OBJECTIVES OF THE STUDY:**

- To Assess the Level of Stress Regarding the Demonetization of Rs. 500 and Rs. 1000 Notes Among People Residing At Selected areas Of Vadodara district.
- To find out the association between the level of stress with their selected demographic variables.

#### **RESEARCH HYPOTHESIS:**

**H<sub>1</sub>:** There will be significant association between the level of stress with their selected demographic variables.

## **2. METHODOLOGY**

Research Methodology is a systematic, theoretical analysis of the Method of collection of information and data in the study. This chapter includes all those Methods and Techniques that are adopted for conducting Research studies. Research Methodology is the way in which research problems are solved systematically and scientifically. This chapter includes Research approach, Research design, setting, sample population, sample, and sample size, sampling criteria, sampling technique, validity of tool, data collection procedure and plan for analysis.

#### **RESEARCH APPROACH:**

The selection of Research approach is the fundamental process for conducting research study. The Researcher will know how to collect data and analyze it. It helps the Researcher to draw conclusions from the collected data.

This study is based on Quantitative Approach. In this study in view of the problem selected and in order to accomplish was considered to assess the level of stress about demonetization of Rs.500 and Rs.1000 notes.

It consists of 4 steps:

- Identifying the objectives of the study.
- Expanding the means of attaining the objectives.
- Collecting data.
- Analyzing the data.

#### **RESEARCH DESIGN:**

Research design is a part of research study. Type of the study is descriptive research design. It helps in collecting the data, analyzing the data. It helps the Researcher in selection of appropriate variables their control and handling the observations to be made in order to analyze data.

#### **VARIABLES:**

A Variable is a abstract which has a differentiating quantity or quality values. The variables in the study are as follows:

- **Independent variable**

A variable that is believe to affect the dependent variable. In this study the Demonetization of Rs. 500 and Rs. 1000 notes are considered as independent variable.

- **Dependent Variable**

A dependant variable is the one that cause the problem. In this study the level of stress is considered as dependent variable.

#### **RESEARCH SETTING:**

Setting is the place and location where the data is to be collected.

The study was conducted at Piparia, Waghodia, Kishanwadi, and Bavchavad at Vadodara City.

#### **POPULATION:**

A Population is the number of all the organisms of the same group or species, which live in a particular geographical area and have a capability of interbreeding.

Population defined as a Group of individuals or commodities having the same common characteristics.

**Accessible population:**

It is a portion of the Entire population in which the researcher interested and available to the researcher.

In this study accessible population were people above 18 years residing at Piparia, Waghodia, Bavchavad and Kishanwadi of Vadodara District.

**SAMPLING TECHNIQUE:**

Possibility of the residents available as participants in the study is called convenient sampling.

The sample of the study will be selected by using non probability convenience sampling technique.

**DEVELOPMENT OF TOOL:**

Self structured rating scale will be used to assess the level of stress among the people residing at Piparia, Waghodia, Bavchavad and Kishanwadi of Vadodara district.

**DESCRIPTION OF TOOL:**

**SECTION: A:**

It is designed to obtain information of residents and it consists of 7 items related to selected demographic variables.

**SECTION: B:**

In this study a self structured rating scale consist of 27 items regarding the level of stress. The questions were asked based on stress level due to demonetization of Rs.500 and Rs.1000 notes.

In this evaluation tool there is a total 27 questions, in this 18 questions are positive From that you have to select 0, 1, 2, 3 options and 9 questions are negative From that you have to select 3, 2, 1, 0 options. If demonetization is more affected on people than Maximum Score of this tool is 81 and if less affected on people than Minimum score is 1.

**SCORING:**

- Mild : If score is between 0 to 27
- Moderate : If score is between 28 to 54
- Severe : If score is between 55 to 81

**VALIDITY OF TOOL:**

Validity of the degree to which on tools measures what is actual to measure. The content validity of the tool for the present study was determined by acquiring from experts. The experts suggest some alteration changes in the demographical variables and some of the questions. Appropriate changes were made accordingly the tool was finalized.

**RELIABILITY OF THE TOOL:**

Reliability refers to the accuracy or inaccuracy in measurement device.

Reliability of tool is the degree of consistency or dependability with which the tool measures the attribute it is designed to measure. Quality and Accuracy of the tool is assessed by the reliability of tool.

Reliability of the tool is assessed by split half method. Spearman's Brown prophecy formula has been used to test the reliability of the prepared tool. The reliability of the tool conducted on 20<sup>th</sup> March, 2017 in Piparia village and data collected from 10 people. The tool has been found to be effective and reliable as per reliability sum is 0.72.

### 3. RESULT

**OBJECTIVE-1:** To assess the level of stress regarding the Demonetization of Rs.500 and Rs.1000 notes among the people residing at selected areas of Vadodara district.

In this study, it highlights that the stress score mean percentage is 17% suffers with severe stress, 76% suffers with moderate stress and only 7% have mild stress.

**OBJECTIVE-2:** To find out the Association between the level of Stress with their selected demographic variables.

In this association was analyzed by using chi-square between pre test level of stress score of the samples and their demographical variables. The statistical findings shown to be statistically significant  $X^2_7$  value for living area is 11.163 at

$p < 0.05$  level. These findings show that there is significant association between the mean pre test stress score and its demographic variables.

The statistical findings shown to be statistically not significant  $X^2_1$  value for age is 7.351;  $X^2_2$  value for gender is 0.012;  $X^2_3$  value for education is 7.627;  $X^2_4$  value for occupation is 8.069;  $X^2_5$  value for monthly income is 2.526;  $X^2_6$  value for monthly expenditure is 0.864; at  $P < 0.05$  level. These findings show that there is not significant association between the mean pre test score of stress and their demographical variables.

**SCHEMATIC REPRESENTATION OF RESEARCH METHODOLOGY N = 100**

CHARACTERISTICS		FREQUENCY	PERCENTAGE
Age In Year	21 to 40 years	61	61%
	41 to 60 years	27	27%
	Above 60 years	12	12%
Gender	Male	70	70%
	Female	30	30%
Education	Primary & Secondary	38	38%
	Higher Secondary	44	44%
	Graduate & Post Graduate	17	17%
	Illiterate	1	1%
Occupation	Unemployed	7	7%
	Private	45	45%
	Government	3	3%
	Self Employed	45	45%
Monthly Income	1000 to 10,000 Rs.	57	57%
	10,001 to 20,000 Rs.	36	36%
	20,001 to 30,000 Rs.	5	5%
	Above 30,001 Rs.	2	2%
Monthly Expenditure	Below 5000 Rs.	68	68%
	5001 to 10,000 Rs.	30	30%
	10,001 to 15,000 Rs.	1	1%
	15,001 to 20,000 Rs.	1	1%
Living Area	Urban	50	50%
	Rural	50	50%

**4. CONCLUSION**

The purpose of this study was to assess the stress level regarding demonetization of Rs. 500 and Rs. 1000 among people residing at selected areas of Vadodara district .The collected data were analyzed by descriptive and inferential statistics, interpreted in terms of objectives and hypothesis of the study. In this study the researcher concluded that people were undergoing 7% mild stress, 76% moderate stress and 17% severe stress residing at selected areas of Vadodara district.  $H_1$  is accepted as 1 variable was significant.

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