

## STRESS AND COPING MECHANISM AMONG NORMAL AND ORTHOPEDICALLY IMPAIRED EARLY ADOLESCENTS

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### ABSTRACT

Stress and coping mechanism among normal and orthopedically impaired adolescence has been a topic of much discussion over the years. Unproductive of stress might to be harmful to adolescence and can affect their personal lives. This study analyzed a comparative study of 50 normal and 50 orthopedically impaired boys was carried out on the stress and coping mechanism. Allahabad city was purposively selected. Orthopedically impaired boys were taken from Viklang Kendra, Allahabad and normal boys in comparison to orthopedically impaired boys were subjected to more stress. Significant effect was found on stress of orthopedically impaired and normal boys. The result also revealed that there was significant difference between coping mechanism opted by normal and orthopedically impaired boys took more realistic approach towards their frustration then the normal boys.

Many of the frustrations and pressures we experience in our social, personal, and work live cause us to feel stress. Today's fast-paced and ever changing environment has caused stress to become a part of our daily living. All of us have encountered stressors, experienced stress, and felt the effects of stress. Stress is the actually body's reaction to the stressors we encounter (Kaiser & Polczynski, 1982; Terry, 1997). Stress has been studied for many years by researchers in psychology, sociology, and medicine. People have become enormously interested in the topic of stress, the effects of stress, and stress management (Hubert, 1980; Selye, 1974, 1980).

**KEYWORDS:** Stress, Coping Mechanism