

GENDER DIFFERENCES IN PERCEIVED STRESS AMONG YOUNG ADULTS PRE AND POST COUNSELLING

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ABSTRACT

The aim of the study was, to find out the gender differences in perceived stress among young adults before and after counseling. The current article presents the mean differences among both genders perceived stress before and after counseling. To conduct the study a sample of 120 young adults belonging to the age group of 20-40 years were selected. To measure the stress levels among young adults Perceived stress scale developed by Cohen (1983) was used. Results revealed that there were no significant differences found between the genders before and after counseling. However, mean differences were observed between genders depicting women had higher levels of perceived stress compared to men before and after counseling. Therefore, it was evident that counseling techniques were effective in reducing stress and enhancing better coping strategies among young adults.

KEYWORDS: *Counseling, Perceived Stress, Gender, Financial Stress*

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