

A Descriptive Study to Assess the Prevalence of Sensational Seeking Behaviour Among Students of Selected Colleges of Surat City of Gujarat State with A View to Develop an Informational Booklet on Strategies to Overcome from Sensational Seeking Behaviour

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Abstract—Results and Findings: The study revealed that majority of samples has Perceived Performance Obstacles where fully present is 44.7% and moderately present is 52.7% hence it is seen that Perceived Performance Obstacles is truly faced by staff nurse working in psychiatric department in Government hospital of Gujarat state. Significant association was found between Gender, and Type of family and perceived performance obstacles score. There was non-Significant association was found between Age, Marital Status, and Educational Status and perceived performance obstacles score.

Index Terms—Assess: The word assess refers to the process of checking the prevalence sensational seeking behaviour of students of selected colleges in Surat city. **Prevalence:** It refers to identifying the numbers of students suffering from sensational seeking behavior at the time of data collection in the selected colleges of Surat city.

Sensational Seeking Behaviour: It refers to a personality trait defined by the search for experiences and feelings, there are mainly four personality traits in colleges students;

- 1) Thrill and Adventure Seeking
- 2) Experience seeking
- 3) Disinhibition
- 4) Boredom susceptibility

Students: Refers to individuals both girl and boy, in age group (18 to 26 year) and are studying in selected college in Surat city.

Colleges: In this study it defined as selected arts, science and commerce colleges in Surat city.

Informational Booklet: Informational booklet refers to systematically prepared small thin book that has cover page and that give you information about overcome from sensational seeking behavior.

I. INTRODUCTION

The 21st century is marked by increasing competition, compelling individuals to strive for success and maintain a leading position in society, often through engagement in risk-taking behaviors. Risk, conceptualized as the probability and severity of potential adverse outcomes, plays a crucial role in human decision-making processes. Sensation seeking, as defined by Zuckerman (1994), is a personality trait characterized by the pursuit of novel, complex, and intense experiences, along with a willingness to take physical, social, and financial risks. This trait is particularly prominent among college students, who, during this transitional phase of increased independence, are more likely to engage in high-risk behaviors such as substance use, unsafe sexual practices, and reckless driving. Empirical evidence suggests that peer influence and individual personality traits significantly contribute to these behaviors. Although this developmental period offers opportunities for personal growth and autonomy, it is also associated with increased vulnerability to adverse health and social outcomes, thereby underscoring the importance of targeted preventive interventions and awareness strategies.

II. PROCEDURE FOR PAPER SUBMISSION

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Define abbreviations and acronyms the first time they are used in the text, even after they have already been defined in the abstract. Abbreviations such as SI, ac, and dc do not have to be defined. Abbreviations that incorporate periods should not have spaces: write “C.N.R.S.,” not “C. N. R. S.” Do not use abbreviations in the title unless they are unavoidable (for example, “INTERNATIONAL JOURNAL OF INNOVATIVE RESEARCH IN TECHNOLOGY” in the title of this article).

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$$\int_0 F(r, \phi) dr d\phi = [\sigma r^2 / (2\mu_0)] \quad (1)$$

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The contents of the journal are peer-reviewed and archival. International Journal of Innovative Research in Technology publishes scholarly articles of archival value as well as tutorial expositions and critical reviews of classical subjects and topics of current interest.

Authors should consider the following points:

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- 3) Authors must convince both peer reviewers and the editors of the scientific and technical merit of a paper; the standards of proof are higher when extraordinary or unexpected results are reported.
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VII. CONCLUSION

From above all findings, in present study it concluded that sensational seeking behaviour among samples were found severe level. Major conclusions of the study are, sensational seeking behaviour found more at disinhibition area. Sensational seeking behaviour score shows there is association between sensation seeking behavior score and selected demographic variables gender, whereas it was found non-significant for the rest of the demographic variables like age, stream of education, father’s education, mother’s education and monthly income. It suggests that it may or may not affect the sensational seeking behaviour. College students’ awareness about the strategies to overcome from sensational seeking behaviour is necessary. An investigator also concluded that lacking of literature and proper counselling related to sensational seeking behaviour, hence investigator prepared the guideline on strategies to overcome from sensational seeking behaviour.

APPENDIX

Appendixes, if needed, appear before the acknowledgment.

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