

IMPACT OF STRESS AMONG COLLEGE STUDENTS

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ABSTRACT

Stress is a feeling of emotional or physical tension. Short bursts of stress can be beneficial, such as when it helps one meet a deadline or avoid danger. However, prolonged stress may be harmful to one's health. College students are better organized internally and have greater personal accountability. They are expected to play a variety of roles, including juggling their personal and familial obligations with their peer group and academic excellence. Education has improved throughout time, providing a diverse range of experiences, possibilities to enhance one's skills and professional personality, as well as obligations such as academic standards and high costs, which can be stressful for students. The purpose of the study was to investigate the effects of stress on students from different colleges of Mangalore. The objective of the study is to understand the factors that lead to student stress as well as how academic stress affects students' physical, intellectual, and mental health. The researcher used questionnaire method to collect data from respondents with a descriptive research design. 50 Graduate students were chosen through convenience sampling. This study focuses on identifying academic issues, such as academic burden and financial problems that lead to stress among students. It also examines how well students are able to manage their stress and the stress-relieving methods employed to have a balanced academic life.

Keywords: Stress, College Students, Personality, Academics, Stress Management.

I. INTRODUCTION

College students are entering the adult stage of their development; they are maturing at this time. They will probably have to balance a lot of things that get in their way at this point. They maintain a balance between their personal lives, such as their hobbies, passions, and interests, and their ties with their families and peer groups. They are also expected to be devoted to managing these relationships. At this point, the bulk of them take on a variety of tasks as challenges, which eventually turn into burdens along with other problems. Stress is one of those difficulties. Everybody experiences stress, which is brought on by various stressors, and everyone deals with it in a temporary way by abusing substances, giving up, working dishonestly, and other things. In the same manner that college students are overwhelmed by project due dates, tests, financial difficulties in meeting financial obligations such course fees, exam fees, and print costs, as well as family troubles like (unemployment in the family, poverty, substance abuse by parents). They experience short-term or long-term stress as a result, which negatively affects their physical and mental health. They also become overburdened with obligations, which may lead to a loss of interest in schoolwork and frequent medical problems. Although, it is necessary to deal with stress immediately, many students are unaware as in how to deal with their stress effectively. And they are likely to practice temporary and short term stress management techniques that are to avoid these stressors by showing no interest in completing the deadlines on time, no interest in attending classes, and going for other activities. Which in return increases their stress day by day, therefore it is important that every college going students must know to tackle their stress.

It is also essential that every college management knows what their students are going through and how the stress is impacting in their lives and do something to reduce the stress as much as possible by providing sufficient time to complete their deadlines for all the subjects , having a pre-planned schedule regarding exams, programs or other work so that it will be easy for the students to plan accordingly, with their personal life commitments and academic work, As a graduate or post-graduate students , they should be able to earn for themselves and study. Whereas, it is impossible to students to manage both studies and job due to hectic academic schedule, lack of time to complete academic tasks due to which education, now has become burden for parents or earning member/s in the family who have to look after expenses of family needs and also high cost of course fee along with other college expenses that can lead to financial issues other issues in the family.

Therefore, it is necessary that every college should maintain a good interpersonal relationship with students so that they are able to function effectively along with the students while the students make their fullest efforts to sustain and excel in their academics and there is better opportunity for good and fun learning.

II. LITERATURE REVIEW

Dalia Saleh, Nathaniel Camart, and Lucia Romo (2017) studied the results of French university students. Psychological discomfort, anxiety, and depressive symptoms were present in 72.9%, 86.3, and 79.3% of the students, respectively and study examined the variable associated with these problems in students discovered that neuroticism, or the propensity to feel unpleasant or negative emotions, may be a stress predictor in studies (Vollrath).

Jesus de la Fuente, Francisco Javier Peralta-Sánchez, Jose Manuel Martinez-Vicente, Paul Sander, Angelica Garzón-Umerenkova, and Luca Zapata (2020) received a total response of 527 undergraduate students, confirming the findings that the level of regulatory teaching and the level of stressors and symptoms of university students were related.

Kabir Garg, Manu Agarwal, and Pronob Kumar Dalal (2017) studied a total of 251 students and found that final year students were most concerned about future endurance and capacity, 2nd year students were most concerned about shortcomings and insufficient feedback, and 1st year students were most concerned about financial concerns. The results of the current study demonstrate that stress is a dynamic process that changes based on the level of the curriculum. The management of the institution or university can this by taking the necessary actions as needed.

Vijay Mahadeorao Bhujade (2017) research survey in reports from college students Two to Twenty percent of students will experience psychological issues at any given moment. The research conducted over the past three decades, particularly with relation to stress, anxiety, and depression is briefly summarized in this publication. It focuses on college students' psychological issues, the nature of psychiatric illness, emotional issues and adjusting, and stress among students.

III. METHODOLOGY

This study is preliminary in nature and attempts to comprehend stress among college students as well as the influence of stress, and techniques to tackle stress. The study included college students from various colleges of Mangalore, ranging in age from 18 to 28, who were chosen using a questionnaire method to collect data, both open and closed ended questions were asked and all of the responses were authentic.

Objectives:

1. To recognize academic and other stressors among college students.
2. To understand the impact of educational stress and anxiety among students.
3. To measure a student's ability to cope with stress.
4. To understand different techniques used by college students to reduce their stress.
5. To provide appropriate stress management tips.

IV. MODELING AND ANALYSIS

Table 1: Gender of the respondents

Gender	No. of respondents	percentage
Female	34	68%
Male	16	32%
Total	100	100%

There are 68 % female respondents and 32 % male respondents, therefore female respondents outnumber male respondents.

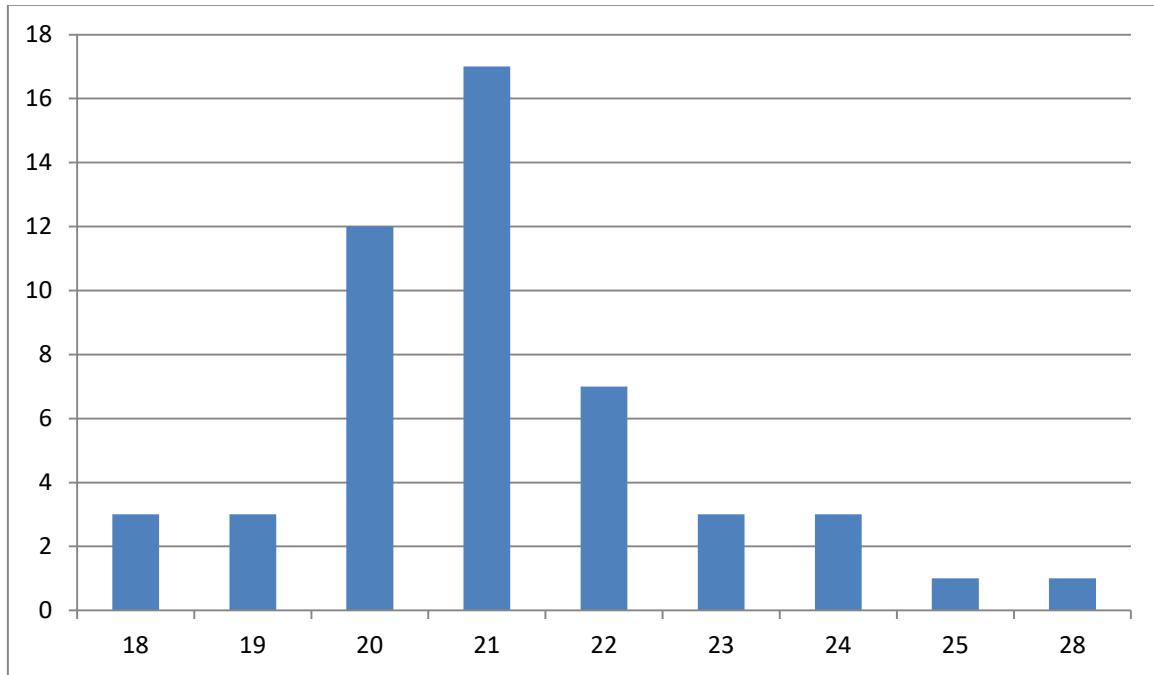


Fig 1: Age group of the respondents.

Majority of respondents were 21 year old, who account for 34% of the responses, 24% of the respondents were categorized under the age of 20. Respondents who were 25 and 28 years old were only 2% each.

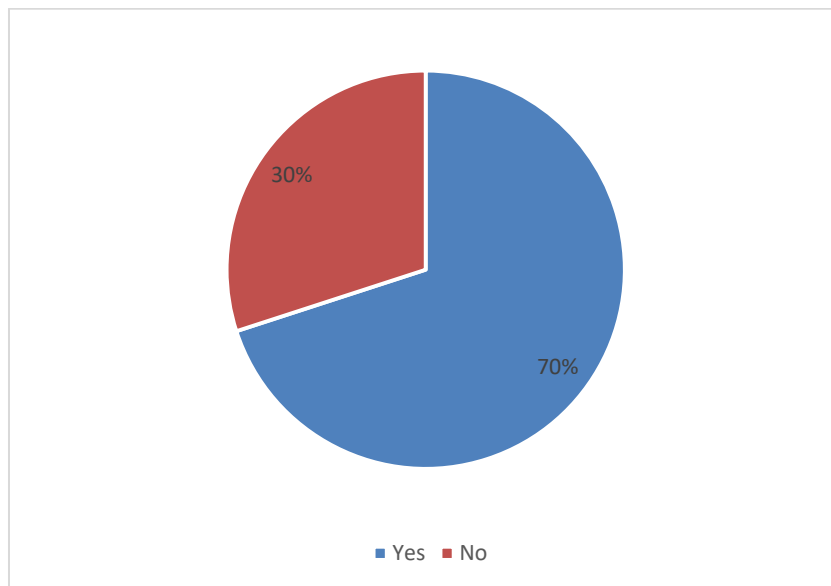


Fig 2: Respondents with stress

Out of 50 students, majority 70% of those polled claimed they are stressed out at college. Another 30% of those polled stated that college does not cause them stress.

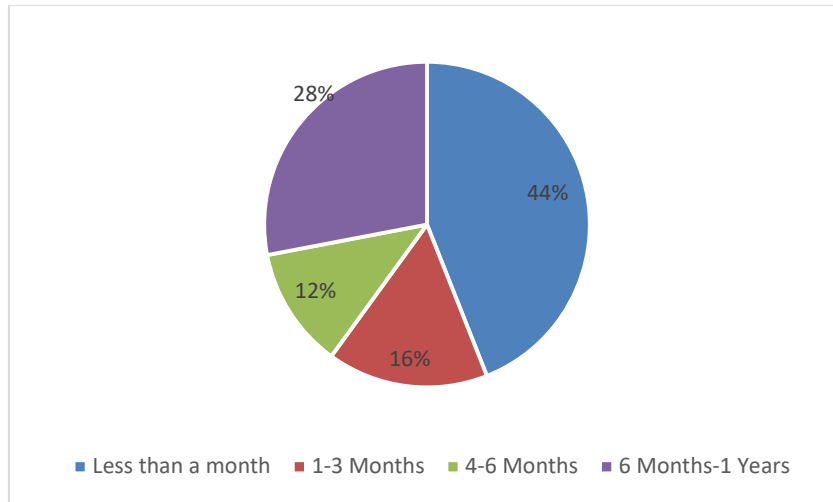


Fig 3: Duration of stress among students

Majority 44 % of respondents indicated they have been stressed for less than a month, indicating that these students are stressed as a result of academic and other responsibilities. Stress has been a problem for 28% of responders for the past 6 months to a year.

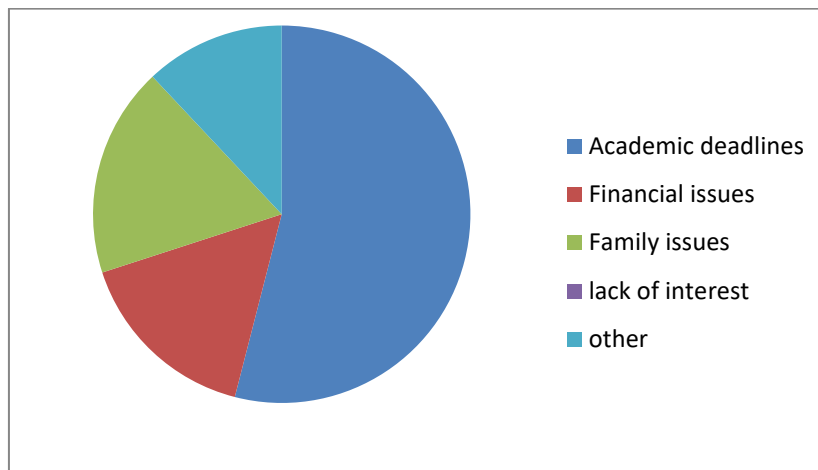


Fig 4: Causes for stress

Majority Study concerns shows that deadlines are the source of stress for 54% of respondents, while financial issues are the source of worry for 16%. Other respondents indicated they are stressed out because of family concerns and school/college.

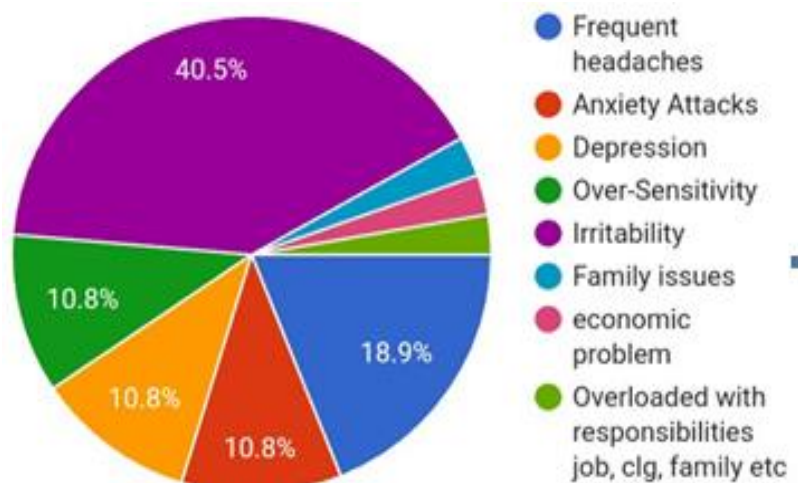


Fig 5: Effects of Stress among College students

Majority 40.5 percent of respondents stated they experience irritation when they are pressured, and 18.9 percent said they experience frequent headaches as a result of educational stress. As a result, pupils suffer from a variety of physical and mental illnesses.

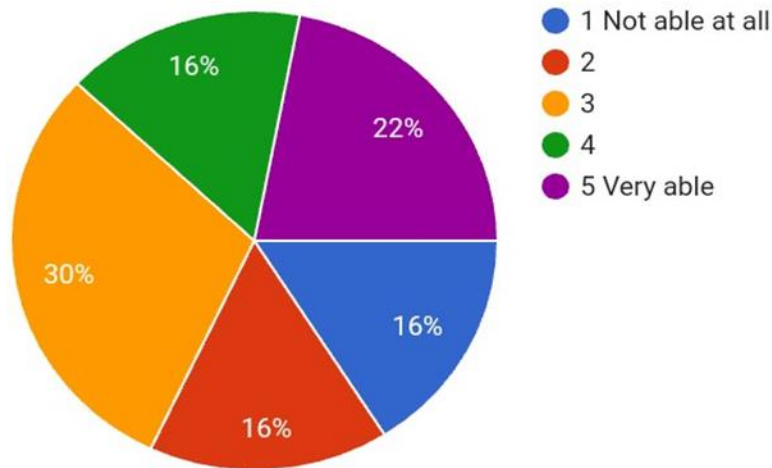


Fig 6: Ability to manage stress

Majority 30% of those polled have an average ability to deal with stress. Whereas, 22% of respondents stated they are highly capable of handling their stress. Only 16% of those polled are quiet poor at handling their stress.

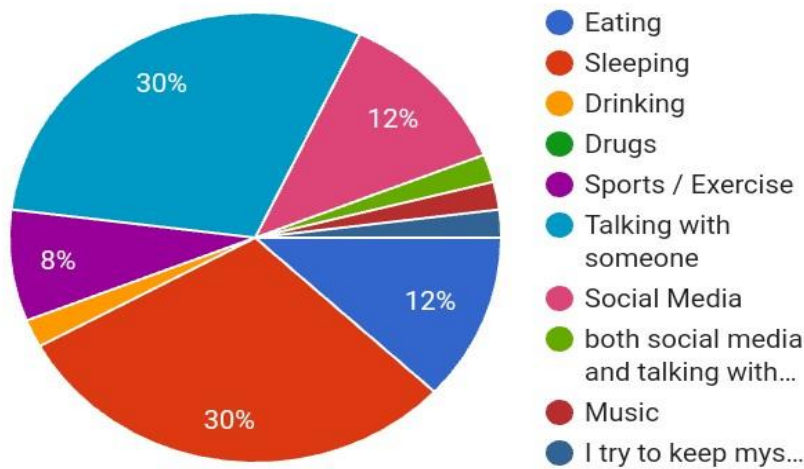


Fig 7: Personal methods to relieve stress

Above chart shows that, about 30% of respondents claimed that they avoid stress by sleeping, while another 30% said that talking with someone they know helps them deal with their stress. 12 % of them use social media to avoid their academic stress, while only 8% of respondents claim that they involve themselves sports/exercise

Table 2: High stress factor ratio

Responses	No. of Respondents	Percentage
Yes	37	74%
No	13	26%
Total	50	100%

Majority of 74% respondents said "yes" for online classes being more stressful than offline classes and 26% of respondents have said that they don't feel online classes stressful.

Table 3: Ability of students to handle their stress

Responses	No. of Respondents	Percentage
Yes	26	52%
No	24	48%
Total	50	100%

During COVID-19, the majority of respondents (52%) claimed they had approached people they knew about ongoing academic stress, while the remaining (48%) said they had not confronted their stress difficulties with anyone.

V. DISCUSSION

According to this study, over 70% of respondents are under academic and other stress that is effecting their personal and academic life. Majority 44% of students were under stress on duration of one month, about 28% of respondents undergo long term stress for about 6 months to 1 year which is the result of overloading with many workload. About 54% of respondents are stressed due to their inability to balance academic deadlines and their personal/other responsibilities like family issues, part time job. Whereas, 16% are stressed due to their financial struggles to fulfill their academic demands like high course cost, internet and other. The majority of them are afflicted with various physical and mental illnesses like frequent headaches, irritability and anxiety attacks. Only 22% respondents are able to manage their stress very well, despite the fact that 16% of students feel their academic stress is extreme.

Although education is vital for everyone, it is essential to know how to deal with the academic stress to excel in education. As a result of stress, Students may lack interest in academics and indulge in other activities that help them to avoid stressors like substance abuse, online games, or travelling that may lead to shortage of attendance.

VI. SUGGESTIONS

To maintain a solid academic life, students and educational institutions must work together to manage the stress that comes with it. Respondents' and researchers' tips for dealing with academic stress are included below:

1. Schedules should be planned ahead of time, with exams and other significant events being informed well in advance.
2. Colleges must conduct Therapy, 24x7 hiplines, stress busting activities, group therapy.
3. Finishing the College work before deadlines could help relieve stress among students.
4. The education system must provide opportunity (appropriate time) for graduation and post-graduation students where they can earn and learn.
5. Students must limit their screen time. Especially, social media.
6. Colleges must have mentors for each students with whom they can share their views and difficulties.
7. There should be sufficient time given to complete each academic tasks.

VII. CONCLUSION

According to the report, the majority of students from most Colleges of Mangalore are experiencing academic stress, which is affecting their physical and mental health in the form of irritation, anxiety attacks, headaches, and other lack of interest in academics and other problems. According to this analysis, every student should be aware of stress management techniques not only temporary but also permanent solution to deal with their upcoming stressors. And also, there should be a positive relationship between educational institutions and students.

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