

# Causes of Students' Stress, its effects on their Academic Success & Stress Management by Students

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## **Abstract:**

Stress is a normal human reaction that happens to everyone. It is an unavoidable phenomenon in all aspects of human life. Stress is nothing but state of worry or mental tension caused by a difficult situation. Stress affects students academically, socially, physically and emotionally. Students suffering from stress due to various cause such as tests, papers and projects, exam periods, competitive nature of examinations, financial worries and future employment, etc. stress report feeling unhappy, having stomach pains, Improper sleep, mental health issues, and even anxiety & depression. It has been observed that academics is the main cause of stress among college students. Descriptive research was undertaken to know the causes of students' stress & its effects. The results revealed that there was a moderate level of stress among the students. For the present study, Questionnaire was framed and circulated among the students of Dayanand College of Commerce, Latur, 190 responses were analysed consists under graduating students studying in the same college. The sample was selected by using convenience sampling method.

**Keywords:** College students, Stress

## **Introduction:**

Stress is an unavoidable part of life, but that doesn't mean you should ignore it. It is experienced by everyone to some degree. Stress is a pressure resulting from various challenges, problems and difficulties of life and if not handled properly, it may not only effect on person physically but also mentally. Stress may be short-term or long-term. There are various varieties of things in student age life that can cause stress among college students such as tests, papers and projects, exam periods, competitive examination in career, financial worries about college fees and career concerns, health issues in family, Parenting, environment & relationship issues with teachers & classmates. It has been found that academics is the main cause of stress among college students. Stress among the students may turn into distress and thereby may cause many physical, psychological and behavioural disorders among the students. Regularly using stress management techniques can help you avoid most psychological, physical, emotional and behavioural symptoms of stress. This study was to investigate the sources of stress, to find out the causes of students stress its effects on their academic success, and stress management by students. A questionnaire survey was conducted to collect research data. Research findings suggested that male students feel stronger stress from family factor than female ones; students in higher grades feel more stress than lower grades.

**Statement of the Problem:**

The problem under taken by researcher is stated as, causes of students' stress, its effects on their academic success, and stress management by students

**Review of Literature:**

Amandeep Kaur in his research paper "causes of stress among college students and suggestive measures to reduce stress" examines the sources and effects of stress on the college students. It is hoped that the findings of the present study will assist college students to deal with stress and help advance knowledge on coping strategies to face life stress.

Dr. B.Baskar (Volume :4|Issue : 8 | Aug 2015) in his study, A Conceptual Analysis on Stress Among College Students- examine the basis of stress among the college students. In this study, researcher attempt has been made to identify the causes of stress and coping measures to be taken to reduce the stress among the college students.

Dr.D.Rajasekar in his research study Impact of academic stress among the management students of amet university- an analysis, examined the impact of academic stress among the management students also studied the present level of stress, sources of stress and stress management techniques that would be useful for management students.

**Objectives of the Study:**

1. To identify the various cause and types of stress among college students.
2. To suggest measures to deal with the stress

**Scope of the Study:**

Present study is deemed to be carried out, on under graduating students of Dayanand College of Commerce, Latur

**Limitations of the Study:**

1. Only, Students from all years of Bachelor of Commerce stream were involved in the study.
2. Due to time constraint, sample size of 190 commerce college students is taken for the study
3. Personal bias

**Research Methodology**

Survey method (Descriptive Research) was employed for study. It includes surveys and fact finding enquires of different kind.

**Data Collection:**

The present study consists of 190 students, studying in Dayanand College of Commerce, situated in Latur. The sample forms a representative sample of the entire population. Survey method is used to collect the data from respondents. The sample was selected by using convenient sampling method. Data required for this study was collected by using both primary as well as secondary sources. In order to collect the primary data, Questionnaire were structured carefully with simple and easy words and circulated among the students. The respondents will be asked to tick the appropriate box or boxes matching their preferred opinions. Beside with primary data various research papers, published research reports, internet,

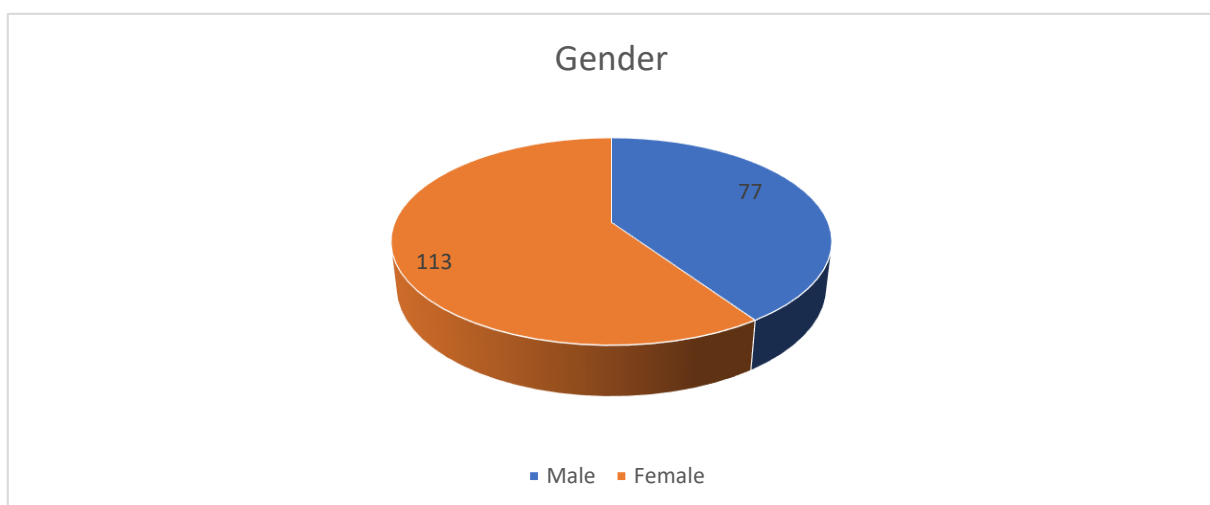
journals, reference books and project reports. etc. are also referred as secondary source. The data so for collected through the questionnaires will be evaluated by using various statistical tools such as use of pie charts, bar charts, etc.

## Causes & Types of Stress:

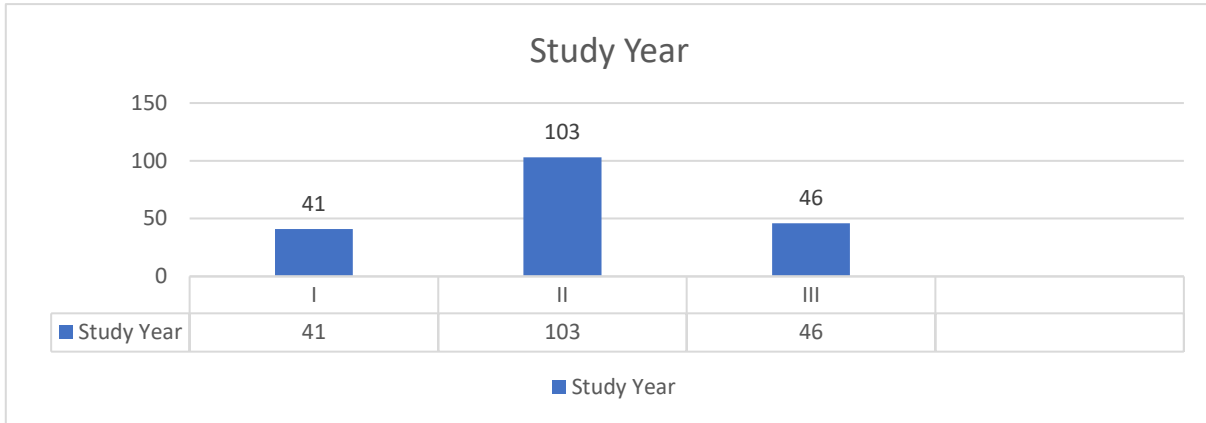
Following are some causes of stress among college students

- **Academic Stress:** It means the anxiety and stress which derived from academic institution & education. Studying, Project work, Tests, Semester Examination, Assignments & quizzes, etc. are some of the causes of an academic stress.
- **Relationship Stress:** Young age is the crucial period because at this time student faces lots of changes in his/her life.
- **Financial Stress:** The stress derived from financial problem or difficulties is known as financial stress. In this age students are expecting not only basic but also luxurious things like bike, smart watch, standard of living of other students, etc., which requires large quantum of money. If such needs are not satisfied, stress arise.
- **Future Stress:** It means stress of future. As man is wanting animal, he wants more & more, shortly human beings are never satisfied. Every one desire rich & rich and want to see themselves as successful persons working at high position, such greed of human being falls the person in the category of future stress.
- **Stress related to family health issues:** Health issues in family and health concerns of family members also one of the great causes of stress among college students.
- **Acute stress:** Acute stress happens within a few minutes to a few hours. Acute stress is a very short-term type of stress that can either be positive or negative
- **Chronic stress:** Chronic stress lasts for a long period of time or keeps coming again. It is stress that seems never-ending, like the stress of a bad marriage, addiction, etc.
- **Positive stress:** Positive stress is known as Eustress.

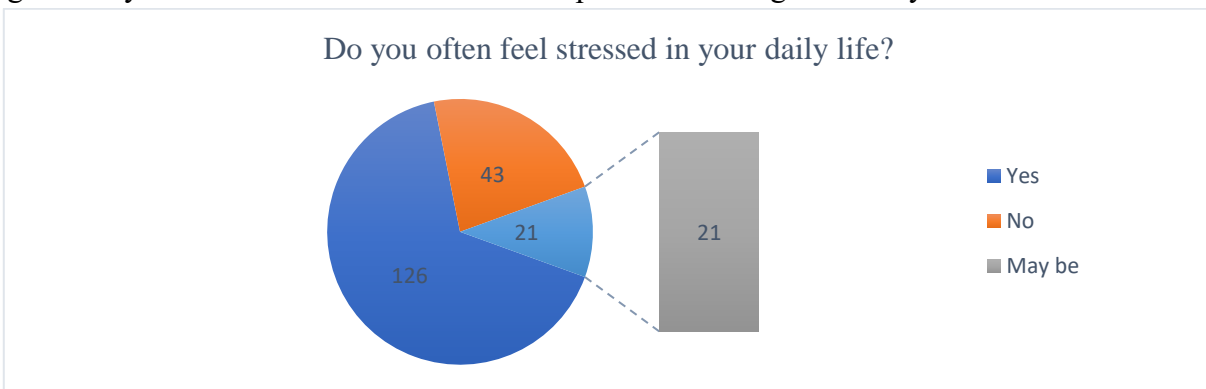
## Data Analysis & Interpretation:



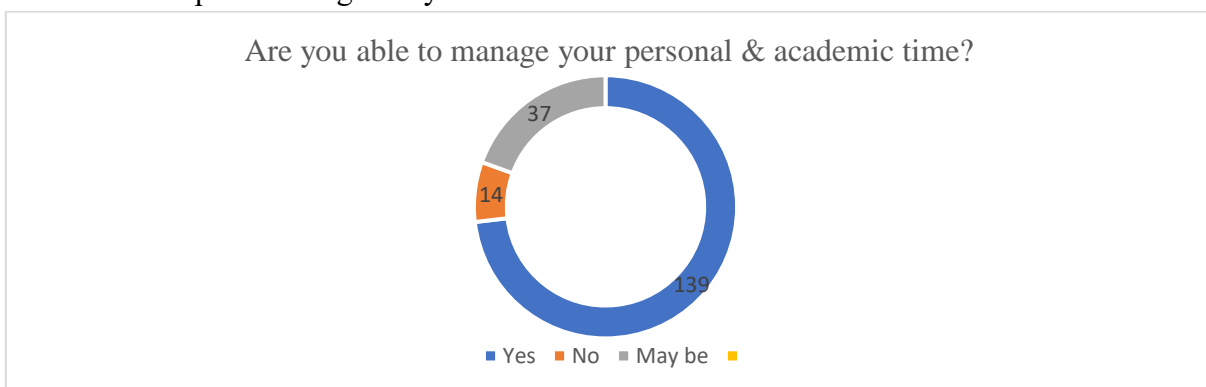
The above pie chart shows the gender of the students, who took part in the survey. A total of 190 student respondents were involved, out of these, 113 female students participated and 77 are the male students. Present research survey was conducted among the college students



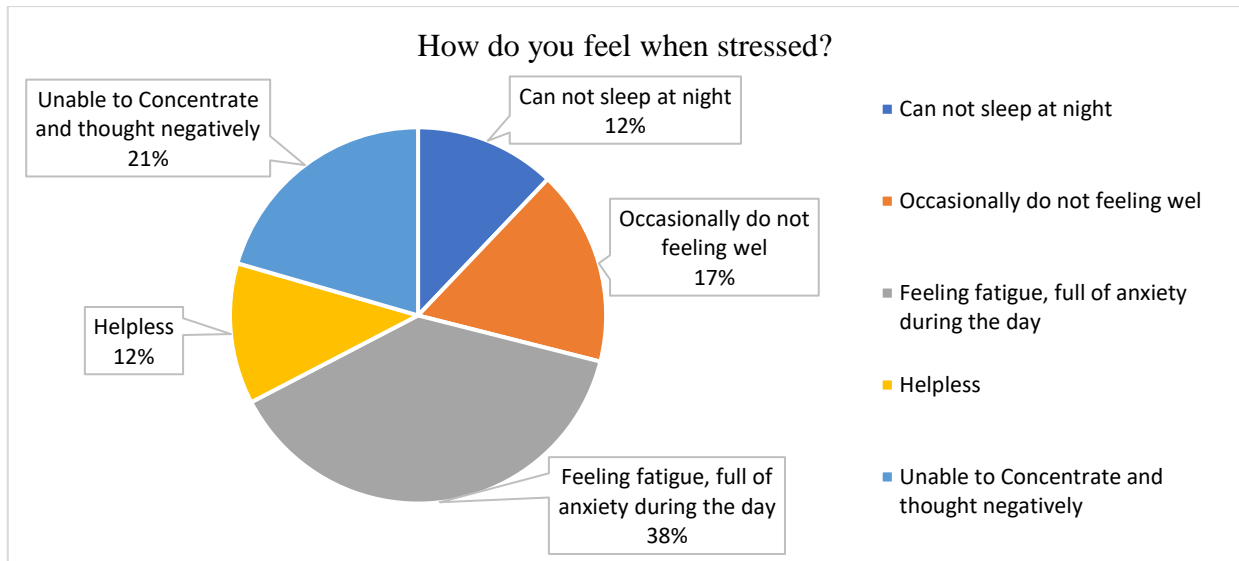
Above bar chart shows the number of respondents with regards to under-graduating year of studies. Out of 190 respondents, 103 students are belonging to second year of graduation, whereas 41 student respondents belong to first year and the rest of 46 students' respondents belong to third year.



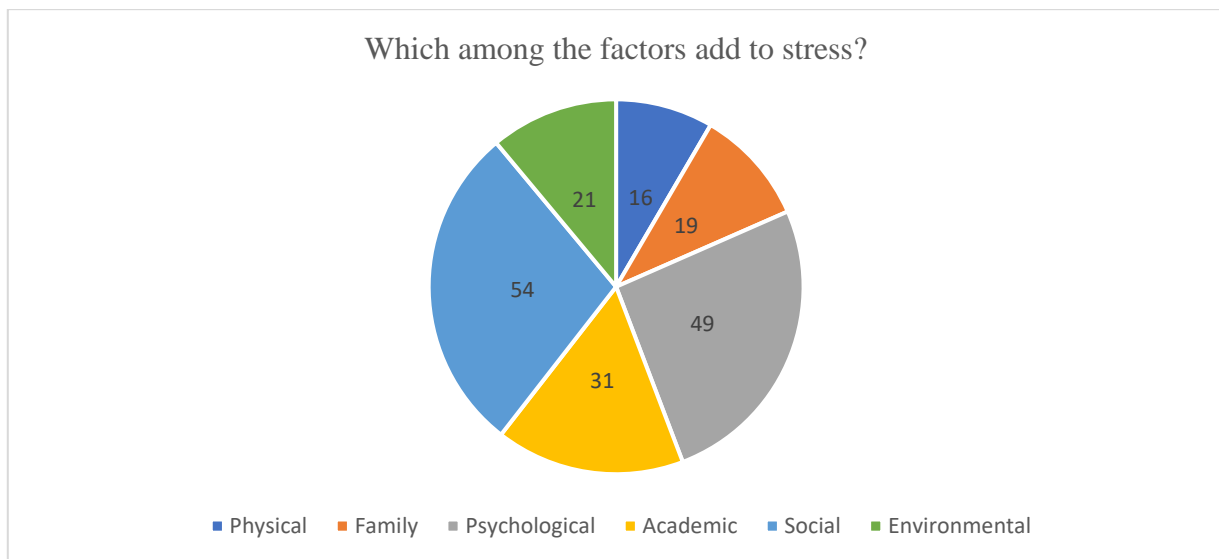
Above pie chart shows the details about whether students feel stressed during college life. Out of 190 student respondents, majority of students i.e. 126 student respondents feel stressed; on the other hand, only very few student respondents replied negatively.



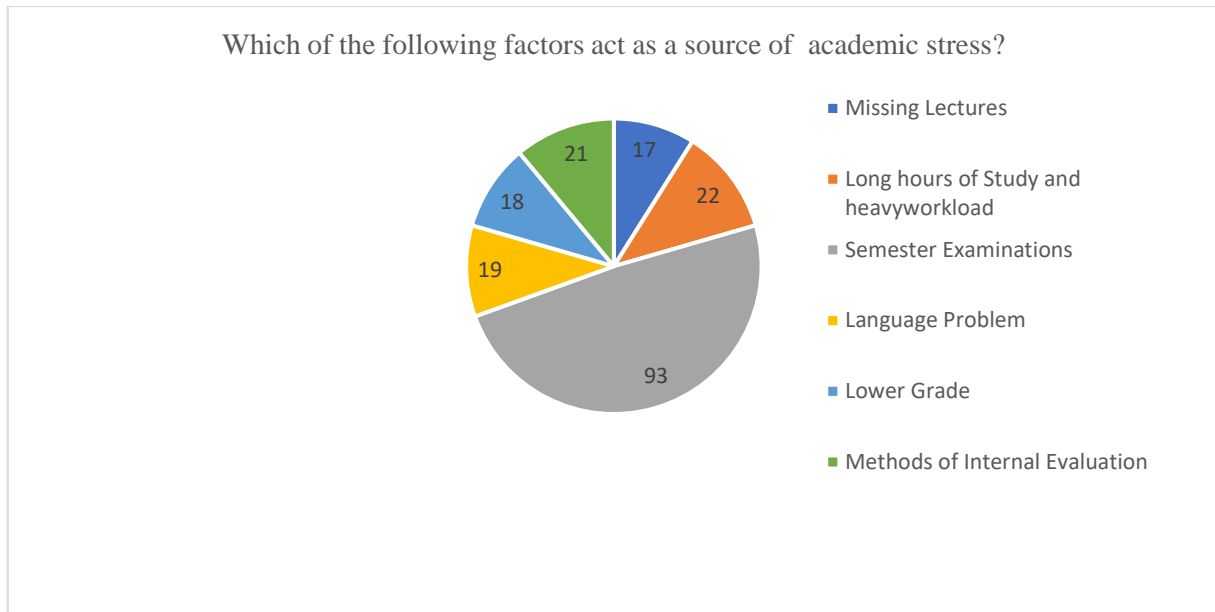
Question was asked student respondent about are you able to manage your personal & academic time, near about 139 students replied positively and only 14 students replied negatively.



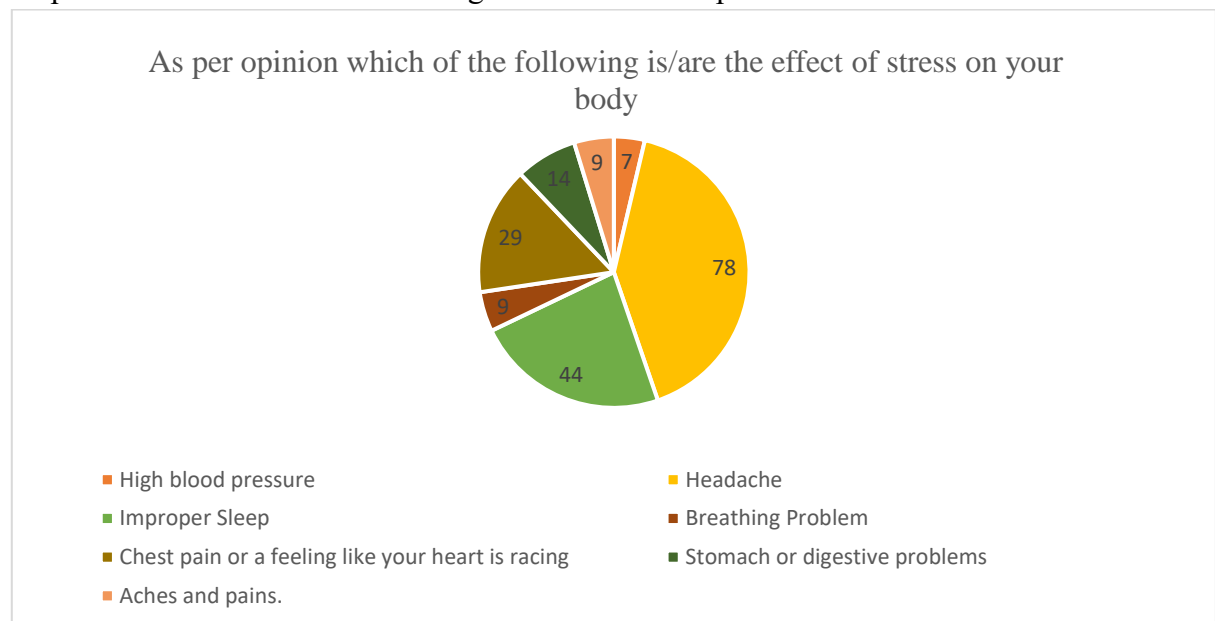
In the above pie chart, slides show how student feel when they are stressed. Near about 38% said they feeling fatigue, full of anxiety during the day, 17% occasionally do not feel well, 21% said they unable to concentrate and thought negatively, 12 % cannot sleep at night & rest of 12% felt helpless when they were in stress.



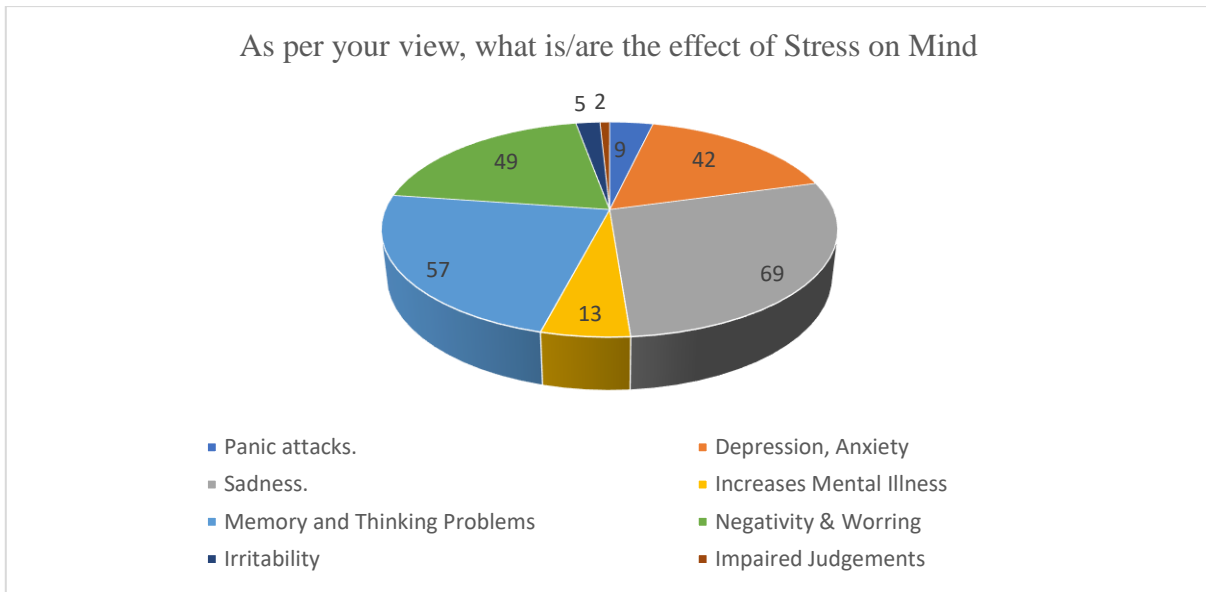
Above pie chart shows the details about which factors add to stress among college students. Out of the 190 respondents 54 students are stressed because of social factors ,49 respondents are stressed because of psychological factors,31 respondents are because of academic factors, 21 respondents are stressed because environmental factors & rest of 16 are stressed because of physical factors



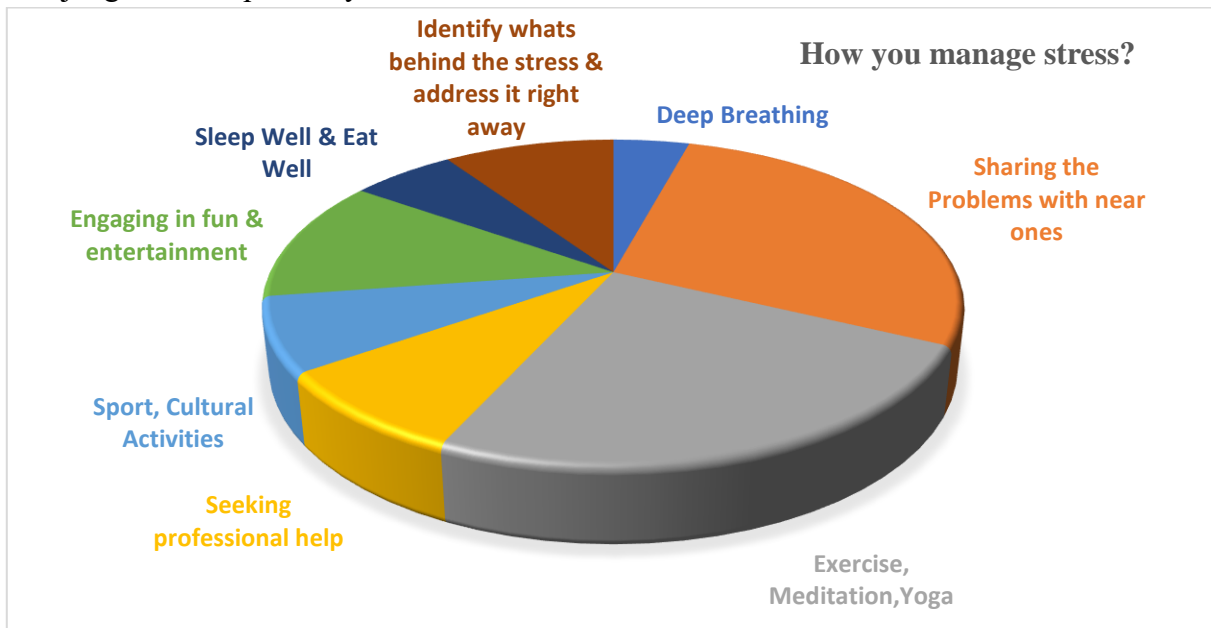
Above pie chart shows, the details about which factors act as a source of academic stress among college students. Out of the 190 respondents 93 students are indicates semester examination becomes the major cause of an academic stress followed by long hours of study & heavy workloads. Methods of internal examination was the cause of their acad19 students indicates language problem, 18 indicates lower grade & 17 respondent student indicates missing lectures were the problem of their academic stress.



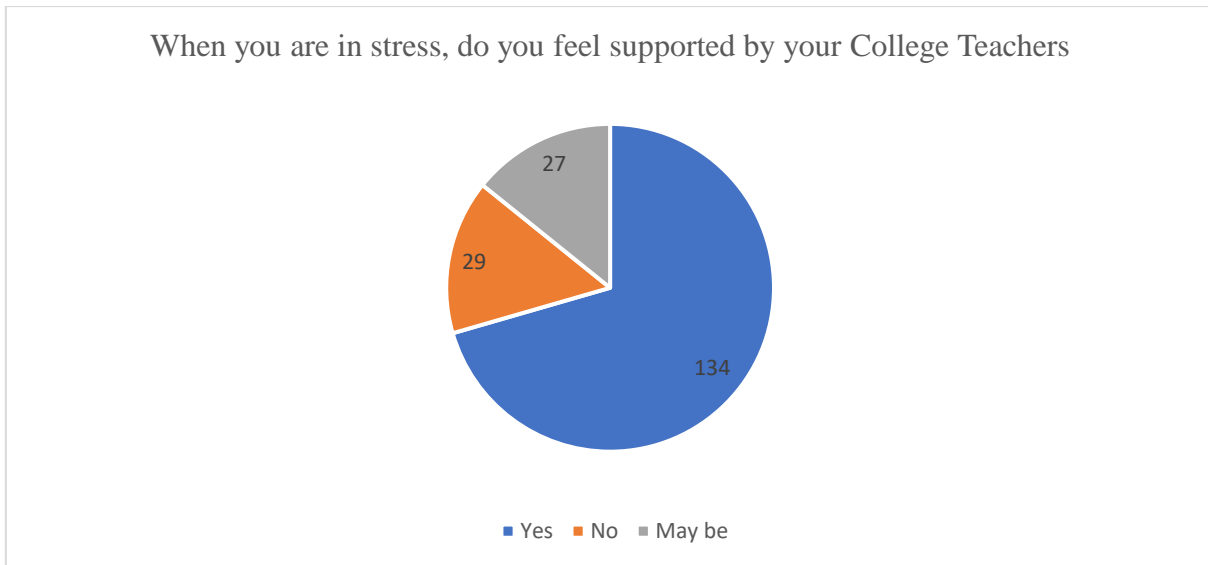
As the above pie chart shows, it is observed that headache was the major physical effect of stress among college students, 44 respondents suffer from improper sleep, 29 respondents have chest pain, 14 respondents suffer from stomach /digestive problems. A very few (9,9,7) of the respondents breathing problem, high blood pressure, aches & pain respectively.



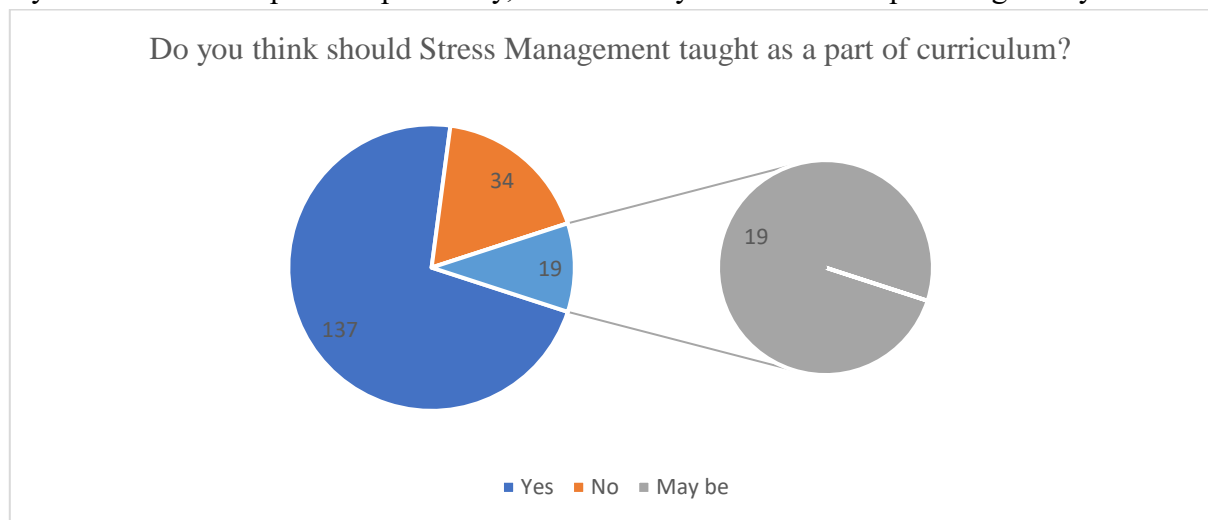
Above pie chart shows the details about what is / are the effect of stress on mind, overall, 190 responses were collected and analysed which shows sadness is the major effect of stress on student mind. 57 respondents record their opinion as Memory & thinking problem, followed by negativity & worrying (49), depression (42), increasing mental illness (13) and only 9,5,2, for panic attacks, Irritability & impaired judgement respectively.



Above pie chart shows the details about how student can manage the stress, Majority of the students replied that exercise, yoga & sharing the problem with near ones the best source of resolving the stress, followed by seeking professional help & engaging in fun & entertainment. Only few replied with Sport, cultural activities, sleep, deep breathing, etc.



Question asked to respondents about do you feel supported by your college teachers when you are in stress, majority 134 student’s respondent positively, whereas only 29 students respond negatively.



Question asked to respondents, do you think should Stress Management taught as a part of curriculum, majority 137 students’ respondent positively, whereas only 34 students respond negatively.

**Findings:**

1. Majority of students i.e.,126 student respondents feel stressed in their college life.
2. Near about 139 students replied positively that, they may manage their personal time & academic time, only 14 students replied negatively.
3. Students are stressed, because of Social, Psychological factors, Academic factors, Environmental & Physical factors, etc.
4. Majority respondents are in view that, semester examination becomes the major cause of an academic stress followed by long hours of study & heavy workloads, Methods of internal examination was the cause of their academic stress.
5. Near about 38% said they feeling fatigue, full of anxiety during the day, 17% occasionally do not feel well, 21% said they Unable to Concentrate and thought negatively, 12 % Can not sleep at night & rest of 12% helpless when they were in stress



6. Headache was the major physical effect of stress among college students, 44 respondents suffer from improper sleep, 29 respondents have chest pain, 14 respondents suffer from stomach /digestive problems. A very few (9,9,7) of the respondents breathing problem, high blood pressure, aches & pain respectively.
7. Stress affects body and mind. Sadness is the major mental effect of stress on student mind. 57 respondents record their opinion as Memory & thinking problem, followed by negativity & worrying (49), depression (42), increasing mental illness (13) and only 9,5,2, for panic attacks, Irritability & impaired judgement respectively.
8. Exercise, yoga & sharing the problem with near ones are the best source of resolving the stress, followed by seeking professional help & engaging in fun & entertainment. Only few replied with Sport, cultural activities, sleep, deep breathing, etc.
9. Very few of the students don't have stress in personal life.
10. Majority 134 student's respondent positively, that they may feel supported by college teachers when they are in stress
11. Majority respondent realises, Stress Management will be taught as a part of curriculum

### Suggestions:

1. Family support plays an important role in order to cope the stress of kids & youth. Without expecting the high expectations, family must try to understand the specialities, interesting area of their child's his abilities also maintain the friendly familiar relationship with them so that they may share their issues frankly when they faced with stress.
2. The university should design general curriculum on stress, stress resolving techniques and offer stress-related courses & encourage students to seek the counselling centre to manage severe stress.
3. In order to reduce an academic stress, Student may use common resources instead of typical one and prepare the daily schedule as per study & extra cocurricular activities.
4. There should be frequent interaction between academic staffs and students, students Parent meet is must.
5. College authorities take all the necessary measures & organize Workshops, Motivational speeches by experts on stress.
6. Enough sleep, good eating habit and exercise is an important remedy to stress management.
7. In order to provide consultations, establishment Professional Consulting Institutions are must
8. Yoga is much useful to minimise the stress, so it was suggested to arrange & organise yoga awareness programme by the college for students.
9. The student union in collaboration with the sport council and management
10. Teachers should help the students in academic related issues.
11. Students may develop, enhance the stress management abilities and build their own emotions management models.

### Conclusion:

In today's modern era of globalization everywhere we realise the competition, due to this people take any risk in order to survive. Stress is an inseparable part of everyone's fast life. Present Study reveals that, Students from all three years of education have a moderate level of stress. Students are suffering from various stresses such as academic, environmental, social and health related stress but academics is the

main cause of stress among college students. If, academic stress was not managed properly, it may have both positive & inverse effects. Beside with the academic stress, financial status of family, health issues in family, relationship stress, future/career stress are also some of the main components of stress. It also revealed that environmental and academic components of stress were found to be higher among the students. The college students are affected by the high level of stress which may result into severe psychological and physiological problems. By considering the modern era and after analysing the data, it may reveal that efficient & effective steps are to be taken to implement the stress management education in the curriculum, so that student can inculcate them in their academic life.

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