

A STUDY ON STRESS AMONG COLLEGE STUDENTS

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Introduction

A journey of a student's transition from adolescence to adulthood is very complex as it involves inconvenience due to pressure from various sources like peer, family, society, relationship, academics etc. Stress in today's era has become the core element of everyone's life & college students are no exception to this.

In simple words stress can be defined as any unpleasant event or situation which may result in tension, anxiety and other negative emotions like anger. Though, the stress cannot be avoided but a person can may efforts to decrease the effect of stress.

Marshall & Cooper (1981) argue that "stress" is a different phenomenon from "pressure". Stress is something more than mere pressure. It carries strong overtones of the breakdown of normal human performance. In an earlier work, Cooper & Marshall, (1978), the same two authors conclude that stress is essentially individually defined and must be understood with reference to characteristics of both the individuals and his environment, as it is the outcome of the two.

For all of us, college time is the best time of the life it is also characterized by high level of emotional change & pressure to cope up with the changing situation from a closer perspective. College life is far more challenging as compare to that it seems. A college student faces enormous problem which causes stress and effect the attainment of objective by the student. Thus, this study is aimed at identifying various types of stress faced by college students, reasons for such stress, positive and negative of stress and the measurers to overcome it.

Factors of Stress

<u>YEAR</u>	<u>RESEARCHER</u>	<u>TITLE</u>	<u>FACTORS</u>
1992	Feng	A study of stress sources among college Students.	Social Factor
1993	Iazarus	Parents & stress: understanding experiencing.	Parental factor & family factor
1994	Fisher	Stress in the higher education students.	Transition to university
1995	Hickman	Stress in the higher education students.	Financial pressure
1999	Ross	Stress in the higher education students.	Increase work load
1999	Wang & Ko	A study of stress sources among college students.	Relationship Factor
2000	Scott	Stress in the higher education students.	Examination Stress
2005	Qishan Chen & Zhonglin Wen	Research on college students' stresses and coping strategies.	Mental Stress

Effects of Stress

Positive Stress:

<u>YEAR</u>	<u>RESEARCHER</u>	<u>TITLE</u>	<u>FINDINGS</u>
1979	Suedfield	Personal Growth	The adaption process initiated by stress may often lead to personal changes for better, improvement in specific coping abilities.
2003	Fredrickson Tugade, Waugh, Larkin	Psychological health/growth	Stress must sometimes force us to develop new skills, learn new insights & acquire new strengths.
2004	Feldman Barret	Distress Reduction	Positive thinking and coping with stress will reduce the distress.
2013	Charu M.	Rapid Changes	He studied that stress is directly proportional to quality of work life.

Negative Stress:

<u>YEAR</u>	<u>RESEARCHER</u>	<u>TITLE</u>	<u>FINDINGS</u>
1985	Blumberg & Flaherty	Self-reported stress	High level of stress due to exams, assignments, grade pressure and uncertainty.
1986	Clerk & Rieker	Poor academic performance	Significant positive correlation between incidence of illness and the no. Of exams and assignments.
1987	Aldwin and Greenberger	Academic Stress	Related to anxiety and depression in college students.
1992	Panchanath & Shanmugagniesm	Psychological & Behavioural changes	Behavioural changes due to stress depend upon large number of variables such as nature and changing behaviour.
1993	Dixon, Wayne, Heppner, Paul, Anderson	Hopelessness	Hopelessness was strongly related to depression scores under high level of stress.
1995	Dawood	Emotional Disabilities/Teenage Depression	Many teenagers become non-conformist and fall prey to teenage depression in response to growing up anxiety.
2007	Negga, Applewhitr & Livingston	Interpersonal Stress	Death of a family member, relationship problems.
2009	Suldo, Shannon M, Shaunessy, Elizabeth, Thalji, Amanda, Michalowski, Jessica & Shaffer, Emily	Environmental Stressors	Indicated higher level of stressors associated with parent-child relations, academic struggles, conflict within families, and peer relations as well as societal problems.
2012	Baum & Ma	Financial Stress on students	The cost of college has outpaced the inflation rate. These trends have forced students and parents to shoulder an increasing proportion of college cost burden. However family incomes have declined after accounting for inflation and many parents are unable to take on these additional costs.

Measures to overcome

Year	Researcher	Title	Findings
1983	Richard Fehring	Effects Of Biofeedback Aided Relaxation On Psychological Stress	Biofeedback and Cognitive relaxation Techniques have been considered consistent in reducing anxiety and stress.

		Symptoms Of College Students .	
1990	Macan,Therese.H ; Shahani , Comila ; Dipboye , Robert L. ; Phillips , Amanda P.	College Student's Time Management: Correlations With Academic Performance And Stress	-One potential coping strategy frequently is time management. -The study revealed 2 major findings that is time management behaviour scale consists of 4 relatively independent factors, the most predictive was perceived control of time.
1998	Mary Meade And Rodger Graham	Physical Exercise And Psychological Well Being : A Critical Review	By doing aerobic exercises we can all remove negative and reduce premenstrual symptom.
2012	Dayang Nailul Munna Abg Abdullah ,Ooh Yin Lee	Effects Of Wellness Programs On Job Satisfaction	-Physiological wellness programs is important to promote student mental health status .
2014	M.A.Heidari Gorji , Abbaskhani Davanloo, And A.M. Heidarigorji	The Efficacy Of Relaxation Training On Stress, Anxiety And Pain Perception In Hemodialysis Patients.	-Vedio exhibition is used to train the Benson relaxation method to patients and their caregivers in the dialysis centre. - Caregiver were instructed to guide patients to practice correctly a time twice a day .
2015	Michelle Bolyn	Cognitive Techniques For Stress Management	Cognitive techniques for stress Management
2016	Michael Golanakis	A Literature Review On The Connection Between Stress And Self Esteem	-Transcendental meditation improves attention and also resulting in enhanced a academic performance. -yoga may improve adjustment Among chronically stressed and disadvantaged students by enhancing self esteem. -helpful in increasing self regulation. -calming themselves, increasing relaxation and improving emotional Coping .

Conclusion

The aim of this paper was to critically review the literature on STRESS experienced by students studying in higher education. A significant number of studies were examined related to stress faced by students. literature indicates that students face high level of stress in their college life. Stress is a word that has entered into everyday vocabulary. It is also a word that, it could be argued, misused as often as it is used. Stress has become a convenient label for a wide range of problems that are encountered in institutions or colleges. The figures that have been cited here

seem to indicate that the impact of stress is on a scale that cannot be ignored. However, the problems that are being labelled as stress-related are being caused by stress, or whether stress is simply one of a range of factors in contemporary society that mitigates against individuals well-being.

As studied previously, that students face a higher level of mental stress in college life. As many teenagers become non-conformist and fall prey to teenage depression in response to growing up stress. And through yoga, aerobics exercises and meditation we can all remove negative and reduce mental stress in college students.

Moreover, the students face many stress problems in their college life some of them are financial pressure, Examination stress, Parental and family stress, increased workload stress. For all these problems the students face negative effects like financial pressures which have forced students and parents to shoulder an increasing proportion of college cost burden, many of them face the examination stress which increases the anxiety and depression in college students. Parental and family factor indicates inadequate attention from student's parent that also results in high level of stress in students. Workload stress includes pressure of class assignments and examinations which increases the level of stress in college students. So few measures that can be taken for the above problems are psychological wellness programmes, relaxation training on stress, cognitive techniques for stress management.