

“Students’ Stress Levels – An Emerging Concern For Academia”

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Abstract- Stress is the difference between expectations and acceptance. Rising stress levels among students is an alarming signal as more and more youth going through this phenomenon. One of the very basic reason for rising stress among student is predominant notion about educational qualification that it fetches more respect and gives the bright career opportunities. A culture of competitive world is killing the talent of Problem solver, lifelong learners and healthy young adult. The Fear of failing in studies is causing extreme depression and anxiety among students which has substantial negative effects on their academic, and social success. The individual worth and capabilities of student is determined by the academic success and grades, and not on the basis of individual qualities Credibility s and confidence they already do possess.

This study gives an outlook on how the education system creates the social impact causing more stress among students. The study attempted to analyze the factors determining stress amongst students. The findings suggest that “Relationship with teachers and friends” is the major determinant of students’ stress in education and “External factor such as Family conflicts and Social Influences” are the least influential factors for students’ stress levels.

Key Words: Education, Student Stress, Academia

I. INTRODUCTION

Right since the ancient times, quality of life, values at social and individual levels, spiritual and material progress have been direct products of education. Of course, the form and methodology of education have been undergoing transformation constantly and consistently with changing times. In ancient times, education was very intimately connected to religion and the social values of the day. But, during the recent centuries, the scope of education has increased enormously to include much more than what it did previously.

The modern education system has been churning out self-centered individuals who have no time for the well-being of the society they live in. Individual aspirations take precedence over the social well-being. Success is measured in terms of what “I” achieved rather than what “We” are up to. This is creating a society where the majority cares very little

about the overall well-being of the society and is only worried about “I, Me and Myself”.

The result is, lack of innovation, restriction of knowledge use, chaotic society, failure of democracy, increased corruption, plundering of natural resources, etc. Every child’s worth is connected to the grades and marks he has achieved, one of the very basic reason for rising stress among students is Predominant notion about educational qualification that it fetches more respect and gives the bright career opportunities. It is an agreed fact that education matters in student overall development to a great extent. But the forced and competitive methodology puts them on the high flame burner of stress. It is the major cause of stress among student they experience during their college career.

His study aims at analyzing the problem of students’ stress and identify its determinants.

II. LITERATURE REVIEW

1. Anne Millett-Thompson(2017) Discussed about how many student experience stress , Anxiety and Depression The percentage of student stress is rising every year along with the depression and anxiety. Paper helped us to understand the various changing reasons and life style factor for increasing stress, Depression and anxiety among students
2. Coccia, Catherine; Darling, Carol A (2016) designed the cross sectional based ecosystem framework to examine students time spent engaging in social interactions and personal behaviors was related to dating, stress and satisfaction with life. The findings indicated amount of time involved in social interaction like messaging, social networking, watching tv and studies have negative stress impact compared to being in relationship and talking to people which is related to positive life satisfaction.
3. Sebastien Belhumeur (2016) described stress levels of student for socioeconomic status, Academic performances, Geographical areas and Gender, Survey was done for 112 students of different careers. Result showed that major sources of stress in

- students are academic and financial pressures also it indicated that female students are able to handle higher level of stress than male students
4. Skead Natalia and Rogers (2014) researched about anxiety and depression among law student, Author involved 500 law and psychology student at university of Western Australia. It is about promoting mental health among student through curriculum design and teaching practices. This study helped them to identify co-relation between Anxiety, stress and depression and certain Behaviors. This article provide guidance on managing mental health
 5. Suman Ghalawat (2014) studied the two objectives of stress; investigate the factors influence stress and assess the relative significance of same. The study is based on 150 students feedback based on factors like personal problem, relationship problem, social and academic problems etc. Analysis of study revealed that college students are generally stressed because of relationship and environmental problem.
 6. Pereira, Maria Amelia Dias; Barbosa, Maria Alves (2013) evaluated Teaching strategies for coping up with stress. It is qualitative research to identify stress factors and coping Strategies among medical students. Author could identify stress factors like: Test/exams, course content, overload of extracurricular activities, competitiveness, family problems and Lack of time. The research also highlighted the coping strategies for stress like Leisure activities, Self-respect, setting up Priorities, sports activity etc. The conclusion was the stressors are intense and diverse whereas coping strategies were wide-ranging.
 7. Kao, Po-Chi; Craigie (2013) conducted the study to evaluate how coping strategies explain the stress caused by interpreting. It was the survey methodology used for 186 students and result showed Avoidance is the largest significantly contributes to the explanation of student interpreters' stress.
 8. Bratsis, Michael E (2012) discussed about how student stress can be good and bad .It is observed that many times stress prepares student to focus on particular areas, It's important to identify the stress and understand the techniques of coping to the stress as it may impact in positive action.
 9. Shadiya Mohamed S Baqutayan (2011) discussed the Role of Meaningful stress management strategies for academic students. Students stress were measured at three different periods of semester using Random sampling which was used to understand and measure the coping mechanism. The research outcome showed Prominent difference between student stress

and last semester of year proved less coping due to full of stress.

10. Darling, Carol Anderson (2007) Investigated college student stress along with how students cope and renegotiate self and relationships influences one's sense of coherence (SOC). It was the research deigned with 596 college student. Study examined how stress associated with relationships, level of coping, physical and emotional reactions to stress, and quality of life can be integrated to predict SOC in male and female college students. Findings indicated that female student have greater stress from quality of friendship, love relationship and parent relationship whereas emotional health had the greatest effect on SOC for females, family relationships had the greatest effect on SOC for males

III. OBJECTIVES OF THE STUDY

1. To study the causes of stress in student life
2. To Understand the factors which affect stress
3. To Understand the social assumptions about Education system

IV. LIMITATIONS OF THE STUDY

1. The study is conducted in the current scenario and the opinions, perception and expectations of the respondents may differ with time.
2. The study does not differentiate respondents on basis of their demographic factors which may have an influence of their perception thereby identifying scope for further research.

V. RESEARCH METHODOLOGY

The data required for the research was collected using the following techniques:

- *Personal Interviews*: The researcher conducted personal interviews with students studying at various levels of their courses.
- *Questionnaire*: A questionnaire bearing straight forward and relevant questions was drafted and handed over to the sample to obtain their responses.

VI. DISCUSSIONS, FINDINGS & CONCLUSIONS

6.1. Discussions

6.1.1. Determinants of students' stress.

6.1.1.1. College environment

Student spend most of their time in college managing and balancing their classes, test, Projects, extra-curricular

activities which is more than enough for anybody to feel stressed up. Life in college is more competitive as expectations from friends, peers and teachers are continuously increasing. College environment involves significant adjustments to daily routine, sleeping and eating habits, managing time etc. which ultimately effects on students' state of mind.

6.1.1.2. Financials

Finance plays very important role in overall education process, not always child is supported with strong financial background, and College is expensive. While some students enjoy financial help from their parents and others qualify for sufficient financial aid to pay for their college experience, many others struggle to balance a low-paying job with their already significant obligations. Students who make too little money to pay for their tuition, book costs and other living expenses, or those who make just enough, suffer from stress due to the financial problems they face.

6.1.1.3. Language barriers

Language is one of the barrier in communication as well as a cause for building a stress in student life. Lot of time student travel, go away from parents for education where they lose their comfort of local language. To cope with the second language, to learn and communicate comfortable with teachers and friends is a challenge to countryside student. Poor communication leads to the lack of confidence, reluctance to speak, even insomnia in some cases.

6.1.1.4. Academics

Academic stress includes fear of failure, assignments, submissions, project reports, competition, and poor relationships with other students or lecturers. It is observed that Inability to integrate in social and academic culture also causes a stress among students. According to Denise Clark Pope in a February 2005 Stanford University report, the pressure that students feel from parents and schools raises stress levels so high that some teachers regard student stress to be a "health epidemic." Performing and managing academic results with balanced and calm mind is very important. Child at his early age get influenced very fast by surroundings like peer pressure, impressing teacher or a friend, groupism etc. which many a times land them in stress full situation where he cannot cope with required standards of academics.

6.1.1.5. Relationships with teachers and friends

During college career many times student comes in the bracket of comparison from teachers and friends, To prove and win that comparison race child goes to tremendous

pressure to cope with unrealistic expectations from surroundings. Teenagers and young adults are still developing emotionally, and maintaining or dissolving a relationship can be especially taxing. To say no is challenge especially when student is in the stage of establishing his/her reputation among teachers and friends. Expectations and Comparison go hand in hand in building stress in student's life.

6.1.1.6. Social Expectations

Social Expectations like dressing, behavior, choice of friends or music, and many other areas of life, builds a stress among students. It is very difficult to strive the balance between Personal and peer's expectations especially in growing age. Social desires, likes and tendency to do beyond expected put them in tremendous pressure in day to day life.

6.1.1.7. Inferiority complex;

Inferiority complex is a fear of not getting accepted and not competent enough in society or any event. It is a feeling of comparing oneself with others quality and under estimating one's self to that. Sensitivity to criticism, jealous about others achievement, Negativity about competition, blaming tendency gives rise to inferiority complex. While dealing with new friends and new teachers student experience these feelings which gives them the stressful nights.

6.1.1.8. Unequal treatment

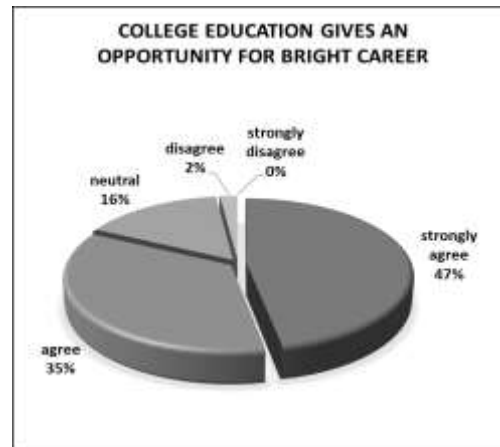
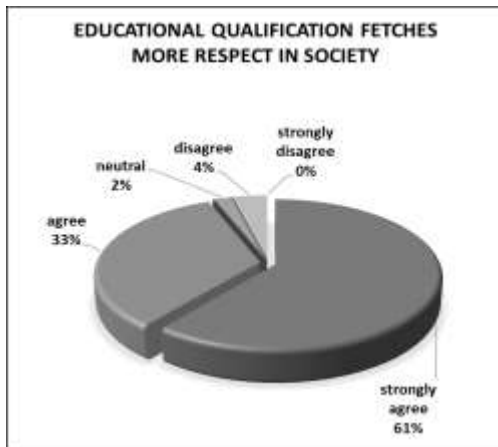
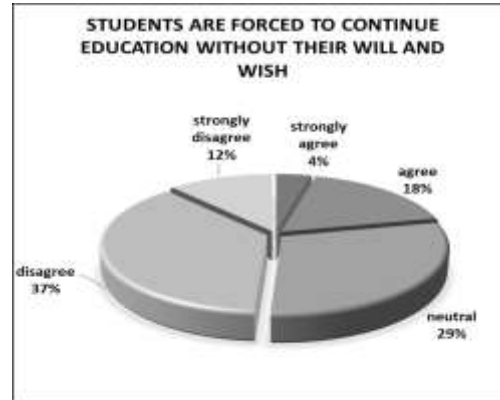
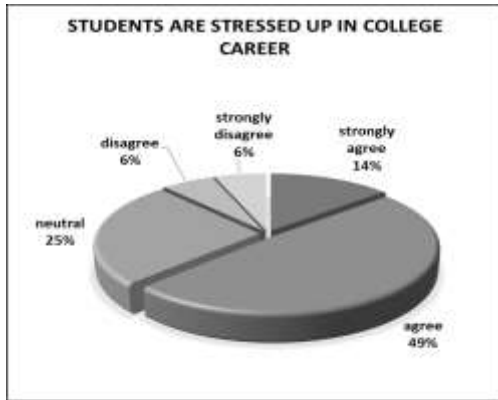
Unequal treatment discourages student in their performances, it hampers their self-confidence which results in stress full situation. Discrimination refers to unequal treatment, which affects the education and employment for student. Cultural beliefs, poor education, unfair systems are few of the factors which raises discrimination or unequal treatment among student.

6.1.1.9. Examination pattern;

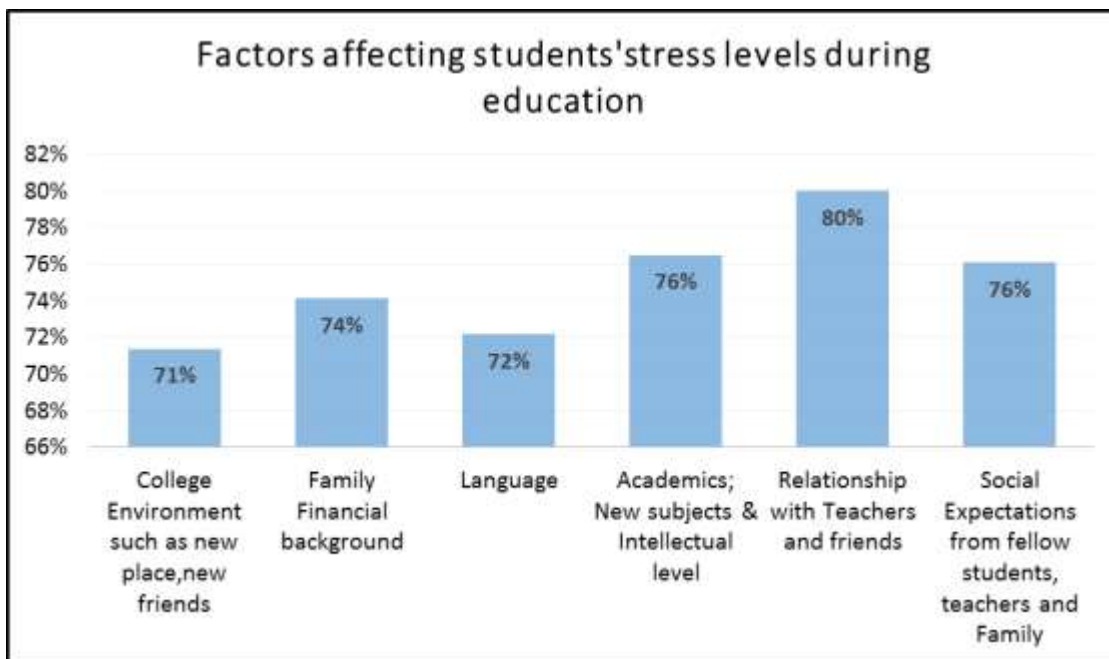
Fear of failing in exams causes a stress in student, Student faces number of challenges during his college time which actually fades the idea of exciting college life. Not necessarily all the children excel in set examination pattern, This ineffective coping leads them to anxiety and depression in life. Exam periods are a key time that stress arises for most students as it is a time of combining all the year efforts and hard work to succeed is a real night mare for students.

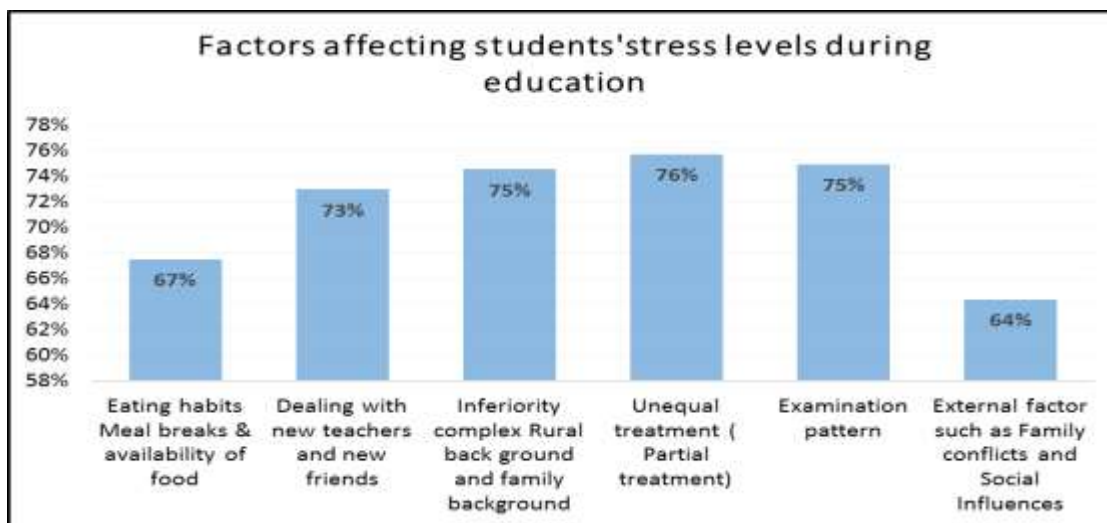
6.2 FINDINGS

6.2.1 Agreement on predetermined social notions:



6.2.2 Factors affecting students' stress levels:





6.3 Conclusions

The findings of the research can be concluded as under:

1. College education imparts a lot of stress amongst the students.
2. There is the mixed opinion about the notion that “Students are forced to continue education without their will and wish”
3. The notions that “Educational qualification fetches more respect in society” and “College education gives an opportunity for bright career” still prevail in the society.
4. “Relationship with teachers and friends” is the major determinant of students’ stress in education.
5. “External factor such as Family conflicts and Social Influences” are the least influential factors for students’ stress levels.
5. A forum of Students, Parents and teachers should frequently interact with each other to discuss the behavioral changes if any within the student and should find ways to deal with the situation.
6. Colleges should provide professional counselling services to the students to make them capable of dealing with tough situations thereby reducing their stress levels.
7. Students should be motivated to utilize the counselling services and should be assured of its confidentiality.

VII. SUGGESTIONS & RECOMMENDATIONS

Based on the responses received from the students and the educators, on the topic of students’ stress during education, the following suggestions & recommendations can be made:

1. Parents should give due importance to their ward’s preference and aptitude while selecting their education stream so as to avoid stress during education.
2. Educators should develop a good connect and amicable relationship with the students to reduce their stress during education.
3. Colleges to develop a robust and effective grievance handling mechanism to deal with students’ grievances.
4. Students should be counselled to manage their emotions and behavior with friends and classmates to reduce stress and emotional breakdowns.

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