

Stress among Students: Major hurdle to their Success

Ms Nisha Solanki

Assistant Professor, Faculty of Commerce & Management, SGT University, Gurgaon (India)

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ABSTRACT

Everyone says that the college time is the time of your age. It brings more scintillating and memorable experiences in the life of every individual but the hectic, critical and competitive scenario has made it most stressful time for some college students. College students are found to be worried due to examination, placements, future, success, etc. This worry leads to the stress when student falls down to cope up with the demanding situation. Stress can be positive and helpful when it increases the performance due to fear or the feeling of achievement and can be negative if the level increases beyond the adaptation of students.

This paper aims to study the level of stress among college students. It also aims to find out the various stressors and effects of stress among students of higher studies. It is hoped that the paper will help the readers to cope up with the stress in an effective manner.

1. Introduction

College students are usually belongs to a group which is more prone to stress. Stress occurs when the pressure or burden exceeds one's resources to cope up with the situation. The extent of stress depends upon one's capability to manage and cope up with the stress. If stress is not dealt effectively, it may result into loneliness, sleeplessness, worried behavior, nervousness, lack of concentration, etc.

Stress is simply a reaction to a stimulus that disturbs our physical as well as mental health. Sometimes it depends upon the thinking approach we are adopting about anything. Firstly it starts with our thinking, psychology and ultimately reaches to the physical health. Acute stress is the demand of time as it leads to motivation, hard work, efficiency, competitive behavior but long term and chronic stress may have detrimental effects.

Stress is getting more and more challenging aspects in today's fast paced world. Today every person wishes that they could be less stressed. Knowingly or unknowingly we all are continuously on the lookout for the ways to reduce our stress. Individuals as well as organizations and even government are planning various activities to erase out the stress of their stakeholders so that they can perform effectively and efficiently. Stress is acting like a major hurdle for the success of any event of individual/organization.

A student enters in a college or higher study institution with so much excitement, joy, hopes, feeling of fun, career objective, etc. Students enjoy time with new friends, vibrant environment of institute, new relations, fun activities, and other curricular and co-curricular activities. Along with these sweet things, students encounters various challenges in day to day life schedule which ultimately leads to stress and become the reason of student's poor performance and shaded life. New environment, cultural dissimilarity, new place, academic pressure, different curriculum, gap between teacher and student, time mismanagement are some common stressors a student gets affected by. Teacher, student, college management and all other members should work collectively to

tackle the stress so that student life can be made more fruitful and valuable.

2. Research Objective

The study aimed to represent a theoretical outlook to the stress level and various stressors among the students of higher education in different areas. It also aimed to find out the extent of various stressors in the life of students and their impact on the student's academic performance.

3. Research Methodology

Research Design: Descriptive Research Design

Data type used: Secondary data

Sources of Data: Journals, articles, books, internet, etc

4. Literature Review

Feld, discussed about the stressors and suggested that the effective stressors are academic expectations of individuals and family from the students. The student must be given with some time to get adjust and to get gel with the new place and new life of higher education.

Academic pressure should be in that limit it will improve the performance by motivation and more enthusiasm. Student should feel comfortable and must be able to achieve the academic targets which can be possible if academic curriculum is being designed according to the student.

According to Dr. Ahmad . M. Thawabieh, in Assessing Stress among University Students, in American International Journal of Contemporary Research, volume 2, February, 2012, in addition with other stressors, social factors are also having due impact. Social discrimination of girl students against male student is also common in some areas. Girls students are working hard to fulfill the expectations of society. During that hard work, the problems like lack of sleep, tired nature, hormonal changes increases and lead to stressful life of students in the higher education system. Due to income and financial stress, male students are more stressed than female

students. The transition shock from school to college explains the high stress of the 1st year students only.

PULIDO-MARTOS M., AUGUSTO-LANDA J.M. & LOPEZ-ZAFRA E. (2012) Sources of stress in nursing students: a systematic review of quantitative studies. *International Nursing Review*, talked about stress among students of medical courses. The same profession demands quick decisions and prompt actions. The students having stress because of fear of making mistakes as the human life is associated. Along with this, 24*7 shift timings can also result in health issues for students.

Vivek B. Waghachavare, Girish B. Dhumale, Yugantara R. Kadam, and Alka D. Gore, also study the stress level of medical students and dental students and found academic factor to be most critical factor which cause stress among the students of medical and dental colleges. They also suggested that some positive changes in the course curriculum can help the students to overcome the level of stress.

Sanjeev Kumar and J.P. Bhukar, brought a different perspective to the study which cannot be overlooked. They found that girls are facing more problems and challenges regarding the studies as they have to face and survive in the orthodox society of region where more preference is given to boys. Girls have to put more efforts to score more so that they can go for further studies as well as work.

According to Ms Lakyntiew Pariot, concluded with four major stressors which are academics, social, emotional and financial. Although all these four stressors are equally important to be studied but still as per the study, academic stressor contributed the most towards the stress level of the students. Academic stress is an outcome of family expectations, teacher's expectations which put the students in stress. Emotional well being of any student is also dependent upon the emotional stressors.

Dr. R Sathya Devi, executed a research study on stress and its effects on college students with the adoption of primary data collection by students. The study included five factors, Academic factors, Social Factors, Family factors, Emotional factors and financial factors and found that the academic factors are having direct relation with the level of stress and the different factors are affecting the students differently which depends upon the psychology of the students.

(Department of International Business, Sree Narayana Guru College, Coimbatore, and SHAJ MOHAN (M.Phil scholar, Sree Narayana Guru College, Coimbatore), *International Journal of Scientific Engineering and Applied Science*, volume 1, Issue-7, August, 2015)

Rudina Shkulaku, PhD candidate, European University of Tirana, Albania, *European Scientific Journal*, August, 2015, elaborated that the students are majorly affected by young adulthood challenges like intimate relationships, career making, migrating to new places, etc due to which the life of students

become more stressful and having noticeable effect on the academic performance of students.

Veena N, and Shailja Shashtri, investigated the sources of stress among various students pure and applied sciences. They concluded that various factors are affecting the students of both streams in the same manner and educational variables are found to be most effective stressor among the students and bereavement factors are noted to be having least impact on the students.

5. Findings and Conclusion

On the basis of literature studied and personal observation, following are the main findings:

1. The most valid reason for the stress among the students of higher education is found to be the academic factors, like results, competition, qualifying criteria for admission etc.
2. The students in the areas other than India are more affected by emotional and social factors of stress. They usually stressed due to new environment, intimated relationships, social conflicts, etc.
3. The students of medical stream are found more stressed because of the fact that criticality of situation and human life factor is associated.
4. Majority of female students in India feels more stressed due to academic pressures as they usually face more societal challenges.
5. Academic stressor is found to be the stressor with maximum strength and in the same, family expectations and teacher's expectations from the students got maximum weightage and are noted to be the most effective factors.

6. Suggestions & Recommendations

1. Some counseling sessions and mentoring sessions must be included in the curriculum so that the academic pressure can be smoothen and students feel some sense of belongingness and can discuss openly about their problems and issues.
2. Some special orientations and induction sessions must be organized for the students who are joining the college or institution from different parts of the state and world so that they get aware and familiar with the environment and system.
3. Professional courses students must be allowed to handle real life situations under the guidance of the teacher and more real problems must be let sort out by the students so that they learn by experience and don't hesitate to act in critical situations.
4. Parents should provide similar privileges to girls and should not overburden them with social narrow minded system and thoughts. They must let perform without any unnecessary challenge.
5. Parents, guardians and teachers should not express their expectations repeatedly before the students and must support them and help them to realize their capabilities to boost up their morale.

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