

# Academic stress and management strategies among college students

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**Abstract :** The present study aims to determine the stress and stress management's strategies among college students. Data were collected using stress questioner from 200 sample male and female college students. Students were age 13-21 years. Sample selected through convenience sampling from a selected school in Muzaffarpur. The data was analyzed using frequency and percentage. The outcomes demonstrated that most extreme of respondents were in normal and low level of stress of respondents had abnormal state of academic stress. Contributing variables of stress would be related to college get ready of students and parents.

**Keywords:** Academic stress, management's strategies, college students.

## I. INTRODUCTION

Stress is a lifestyle in the present world. Adolescence experiences profoundly impact an individual and significantly influence passionate and physical wellbeing sometime down the road. It is learnt that adolescence difficulties and the related stress are exceptionally normal and early injury and stress lead to unsurprising examples of mental health, characteristics and practices. Adolescence is the move time frame amongst adolescence and adulthood and it is a time of stress (Byrne, Davenport, and Mazanov, 2007)<sup>[1]</sup>.

Academic stress is a significant wellspring of stress for some students (Hashim, 2003)<sup>[3]</sup> and academic disappointment and low accomplishment are observed to be connected with misery. Showing up for examinations, falling behind in the home work, composing task, dealing with individual and gathering ventures, time weight, absence of money related bolster, worry about scholarly capacity, planning classes are likewise recognized as stressors for students. There is adequate observational proof built up on the effect of various free and combined stressors, particularly in the interpersonal connection amid pre-adulthood. Mental side effects including indications of depression (Charbonneau *et al*, 2009)<sup>[2]</sup> and stress are observed to be identified with it.

Majority of the adolescents experience stretch, whatever the sources might be inside or outside it hampers the significant working of the body. The majority of the youths confront numerous issues throughout their life. Every individual needs to adapt to various types of weight set around the general public. Stress influences our physical wellbeing as well as our mental prosperity, as well. To effectively oversee stress in regular lives, individual can figure out how to unwind and appreciate life. The most ideal approach to oversee anxiety is to forestall it. This may not be constantly conceivable. In this way, the following best things are to decrease stretch and make life less demanding.

Mental stress might be joined by resentment, anxiety, depression, nervousness, crabbiness, pressure and weariness. Physical stress is joined by hypertension, digestive issue, ulcers and heartburn, palpitation, mid-section torment, skin issue muscle pressure, cerebral pain, loss of craving, eagerness, ulcers, close down of menstrual cycle, debilitation of ripeness among male and exhaustion of vitamin C, B and D in the body. Behavioral Stress might be side effect zed in the conduct such an indulging or under eating, forlornness, restlessness, truant appear, liquor utilization, expanded smoking and medication misuse.

Secondary school students refer to everyday stresses of school (e.g. tests, grades, homework, scholastic and achievement desires) among their most noteworthy stressors de (Sinha, v.k. (2000)<sup>[6]</sup> Types of school-related stresses incorporate, collaborations with educators and adjusting one's recreation time with school (NCERT 2007)<sup>[5]</sup> prior inventories of school related stressor showed nine sorts, including deficient instructional techniques, teacher students connections, overwhelming scholastic workload, poor physical classroom situations and disruption encompassing scholarly assignments and timetables one particular scholastic stressor includes state sanctioned testing, which is progressively basic in American schools (Misra, R., Michelle, M. (2000)<sup>[4]</sup>.

## II. METHODOLOGY

Present study was constituted by ninth to twelve standard boys ( $N = 100$ ) and girls ( $N = 100$ ) between the age range 13 and 21 selected through convenience sampling from college students in Muzaffarpur. The Questionnaire was distributed to the sample study group to collect the students' responses. The stress Questionnaire consists of 16 items with alternative responses such as stress always. The obtained data were analyzed based on the objectives by using descriptive and inferential statistics. Frequency and Percentages were used to describe the socioeconomic status and academic stress, level of stress and stress management strategies of the sample.

## III. RESULTS

The results of the present study academic stress and management strategies among college students were statistically analyzed and the findings of the study frequency and presented.

### A. Socio- economic status of the respondents.

**Table 1:** Distribution of the respondents according to the age.

Age	Male % N=100	Female % N=100	Total % N=200
13-15	9	20	29(14.5)
16-18	71	75	146(73.0)
19-21	20	5	25(12.5)

Results showed that the majority of (73%) boys and girl's respondents were belonging to the age group of 16-18 years.

**Table 2:** Distribution of the respondents according to the Family type

Family type	Male N=100	Female N=100	Total % N=200
nuclear	60	61	121(60.5)
joint	40	39	79(39.5)

This table shows the majority of the respondents were (60.5%) male and female students from nuclear families.

**Table 3:** Distribution of the respondents according to the Education

Education	Male N=100	Female N=100	Total % N=200
High school	50	65	115(57.5)
Intermediate	50	35	85(42.5)

This table shows the majority of the respondents were (57.5%) male and female students from High school

**Table 4:** Distribution of the respondents according to the marital status

Marital status	Male N=100	Female N=100	Total % N=200
unmarried	92	73	165(82.5)
married	8	27	35(17.5)

Results indicate that the majority of the (82.5%) unmarried respondents and 17.5%) married respondents were belonging to the marital status.

**Table 5:** Distribution of the respondents according to the Family income group.

Family income group	Male N=100	Female N=100	Total % N=200
Low	19	45	64(32)
Medium	51	39	90(45)
High	30	16	46(23)

Results indicate that the majority of the (45%) medium and (32%) low income group respondents were belonging to the Family income.

## B. Academic stress

**Table 6:** Distribution of respondent on score of Academic stress

	Male % n=100	Female % n=100	Total % n=200
Yes	65	60	125(62.5)
No	35	40	75(37.5)

Results showed that majority of the respondent's 62.5 percent faced by academic stress and majority of respondent 37.5% not faced by academic stress.

**Table 7:** Distribution of the respondents according to the level of stress.

Level of stress	male frequency %n=100	female frequency %	Total n=200
Very low stress	20	25	45(22.5)
Low stress	71	60	131(65.5)
Moderate stress	9	15	24(12)
High stress	0	0	0(0)

Results indicate that the majority of the (65.5%) low level stress of the male and female respondents, (22.5%) total male and female respondents wears very low stress and none of them was in high stress of the level of stress.

**C. Stress management strategies and therapies adopted by the respondents****A. Physical stress****Table 8:** distribution of the respondents according to the Relaxation

Relaxation	Male n=100 Frequency%	Female n=100 Frequency%	Total n=200
Take rest	31	51	82(41)
Take out time for leisure	40	22	62(31)
Drinking water	20	17	37(18.5)
Deep breathing	9	10	19(9.5)

Table show indicate that majority of the (41%) male and female respondents adopted by take rest. The entire respondent (9.5%) male and female respondents adopted by breathing.

**Table 9:** Distribution of the respondents according to the Diet

Diet	Male n=100 Frequency%	female n=100 Frequency%	Total n=200
Take balance diet	62	52	114(57)
Eat less	30	39	69(34.5)
Consume more food	4	6	10(5)
None of these above	4	3	7(3.5)

Table show indicate that majority of the (57%) male and female respondents wear Take balance diet and minimum (3.5%) male and female respondents wear None of these above belong to the diet.

**B. Mental stress****Table 10:** Distribution of the respondents according to the Physical exercise.

Physical exercise	Male n=100 Frequency%	female n=100 Frequency%	Total n=200
Walking	27	30	57(28.5)
Yoga	15	20	35(17.5)
Playing game	10	15	25(12.5)
Exercise	15	10	25(12.5)
Sleeping	20	15	35(17.5)
Smoking	13	10	23(11.5)

Table show indicate that majority of the (28.5%) male and female respondents wear walking and minimum (11.5%) male and female respondents wear Smoking belong to the Physical exercise.

**Table 11:** Distribution of the respondents according to the Religious/meditation

Religious meditation	Male n=100 Frequency%	Female n=100 Frequency%	Total n=200
Offer prayer	25	30	55(27.5)
meditation	25	25	50(25)
yoga	17	28	45(22.5)
Religious activity	18	12	30(15)
None of these above	15	5	20(10)

This table show that the majority of the (27.5%) male and female respondents wear Offer prayer and minimum (15%) male and female respondents wear none of these above belong to the Religious/meditation.

**Table 12:** Distribution of the respondents according to the Most liked activities

Most liked activities	Male n=100 Frequency%	female n=100 Frequency%	Total n=200
Watching TV.	20	23	43(21.5)
Listening song	20	26	46(23)
Spending time in park	17	11	28(14)
Going for moves	14	12	26(13)
Singing	11	10	21(10.5)
Gardening	10	5 1	5(7.5)
Panting	4	2	6(3)
Cooking	1	14	15(7.5)

This table show that the majority of the (23%) male and female respondents used by Listening song and minimum (3%) male and female respondents used by Cooking belong to the most liked activities.

#### IV. LIMITATION

Despite the fact that the discoveries of the study have huge ramifications in preparing guardians on powerful child rearing, preparing of school power in early location and managements of stress among students preparing youngsters in taking care of stressors and dealing with their stress and for emotional wellness experts to devise promotion execute kid inviting measures to shield kids from sick impacts of stress, these discoveries must be translated in the light of taking after constraints. As a matter of first importance, the strategy for test determination was not irregular. Furthermore, comes about can't be summed up as one and only setting was included. Thirdly, the specialist solely utilized self-built, self-rating scales for youngsters. Fourthly, guardians' or educators' appraisals on anxiety couldn't be assessed. Fifthly, there was no control bunch in the study. Fifthly, there was no subsequent assessment led.

#### V. CONCLUSION

This study uncovers that adolescent's experience moderate stress and a financial, simple mediation like helpful to soothe it of all life-stages immaturity is the conceivably tumultuous move time frame. Constant stress in childhood and adolescence can prompt enduring changes in the structure and capacity of the mind since it happens amid touchy times of cerebrum development and improvement. There is exact proof that upsetting backgrounds foresee increments in mental issues after some time. Uncertain stress in childhood and puberty prompts physical and mental issues and hazard taking conduct and poor adapting abilities in adulthood. Subsequently, researching more on the stress, stressors and its results are useful for arranging and executing wellbeing advancement and preventive systems amid adolescence.

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