

# A COMPARATIVE STUDY ON STRESS AMONG COLLEGE STUDENTS OF KRISHNA DISTRICT OF ANDHRA PRADESH

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**Abstract:** Now-a-days Stress has become inevitable companion in all walks of life. Therefore, even students too are not exempted from these unavoidable circumstances of stress. Students stress is an unavoidable phenomenon which is often seen in their lives. Stress could originate from the external environment or from the psyche of the individual. Stress is defined as the response to events that threaten or challenge a person. Stress can take its toll in many ways, producing both physiological and psychological consequences. Post graduate students were easily target of stress than the graduate students. Factors such as physical and mental, family, job, relationship and social were the main source of stress among the students. There is always a dilemma for the students regarding its performance in exam and to secure a good job. There were some other factors such as Behavioral, psychological and psychosomatic which contributes to the stress. Disturbed relationship and alcohol used show highest and lowest percentage of behavioral factors. Anger, low self-esteem, low satisfactions, depression and anxiety were some of the important psychological factors which were observed among students. On the other hand, there were different psychosomatic factors such as headache, sleep problems, stomach discomfort, tachycardia, ulcers and high blood pressure was involved. These factors contribute to the stress among the graduate and post-graduate students. In this study it is found that there were different percentages of stress symptoms among the male and female students. Headache, blood pressure, anxiety, hair loss, back pain, neck pain, appetite and skin rashes were more predominately observed among females. On other hand inadequate sleep, hair fall, erratic moods, heart diseases and depressions and mouth ulcers were found to be more often in males.

**Key words:** Stress, Behavioural, Psychological, Psychosomatic, relationship and Biofeedback.

## I INTRODUCTION

Stress is an unavoidable phenomenon in every aspect of human life. It is generally an emotional imbalance which may be due to several reasons such as tests, papers and projects, competitive nature within your chosen field, financial worries about school and future job prospects [1]. It was found that college students are more passionate than school age students. They are dreamful, ambitious; need proper guidance in this stage. All people have minimum stress, but excessive stress may cause anxiety and it's harmful for health. Another report suggests that teenagers always face problems in adjusting with various stresses. Teenagers especially those who are students always face learning problems, career management and problems in solving personal and social matters. Students are starting to shift from a life that is dependent on others to a life that needs them to release the dependency and start carrying their own responsibilities [2]. College students are often deal with pressures related to finding job or a potential life partner. Also, the pressure to earn good grades and to earn a degree is very high [3]. Often college students are more passionate than school age students. Stress mainly comes from academic tests, interpersonal relations, relationship problems, life changes, and career exploration. Such stress may usually cause psychological, physical, and behavioural problems [4]. However, Children are dealing with the challenges of Growing. They are going through puberty, meeting the changing expectations of others, and coping with feelings they might not have had before [5]. Another report suggests that earning grade is the not the alone source of stress. There was other potential source like excessive homework, unclear assignment and uncomfortable classroom [6]. By use of the Psychological Distress Inventory, that the top five sources of stress among female college students consisted of financial problems, test pressure, failing a test, being rejected by someone, and relationship break-ups [7]. Some other factors were relations with faculty members and time pressures also added as a source of stress [8]. One of the most important factors is relationship with family and friends, eating and sleeping habits and loneliness may affect students badly [9]. The stress levels are different among students and difference between male and female. Medical education is perceived as being stressful with negative effects on student's mental health. However, few studies have addressed the influence of gender on stress in medical Students" [10]. Research findings suggested that male students feel stronger stress from family factor than female ones; students in higher grades feel more stress from physical/mental, school, and emotional factors; students who take a student loan also feel more stress from physical/mental, school, and emotional factors [4]. Antihypertensive agents Schiff bases 4'-(6-chloro-5-nitro-2-[4-(3-substituted-phenyl-acryloylamino)-phenylbenzimidazole -1-ylmethyl) -biphenyl-2-carboxylic acid and side chain of different aromatic aldehydes was synthesized from substituted compounds and tested to induce hypertensive in rats [11]. In a report it was found that a biochemical approach of the HbA1c in diabetes associated nephropathy was proposed in Chhattisgarh populations. Results shows fasting blood sugar, post prandial blood sugar and glycosylated haemoglobin was elevated [12]. Same authors also reported that role of glycosylated haemoglobin in diabetes with obesity in Chhattisgarh was studied. They have found that good glycaemic control was useful tool to prevent the possibilities of development of diabetes associated obesity [13]. For reductions and neutralizations of effect of free radicals, role of antioxidants is quite important [14]. Another report suggests that the nutritional status, feeding practices and rates of exclusive breast feedings and child immunizations in some area of Nigeria was established. It was reported that adequate counselling of mothers would help and maintain the good nutritional status of children attending infant welfare clinic [15]. Biofeedback can alter basic physiological processes, allowing people to reduce blood pressure, heart rate, and other consequences of heightened stress [16].

## II MATERIALS AND METHODS

A questionnaire was prepared to study the stress among both undergraduate and post graduate students at different Government and private colleges. As many as 1200 college students were involved in this research. From the total, 700 respondents were female, and 500 respondents were male. The data analysis includes descriptive analysis. Tool use for the research is questionnaire set with two parts. Part A is about different stress related symptoms. Part B measures stress level in leading a student life in colleges.

## III RESULTS AND DISCUSSION

Stress is a natural phenomenon which cannot be escaped during our lifetimes. Thousands of different kinds of stress may experience throughout the lifetime of peoples. However, the level of stress could vary from very intense to minimal which depends on several factors. Regardless of the level, stress influences a person's physical and emotional well-being. Reactions to stress affects us as well as people with whom we live, work, and encounter daily. It is important to learn how to recognize when your stress levels are out of control. The most dangerous thing about stress is how easily it can creep up on us. Stress is one kind of mental imbalance, low mental satisfactory condition. This study examined the students' stress during their college life. Stress disturbs the equilibrium of the body. It affects physically, emotionally, and mentally. When individuals experience stress or face demanding situation, they adopt ways of dealing with it, as they cannot remain in a continued state of tension. The signs and symptoms of stress overload can be almost anything. Stress affects the mind, body, and behaviour in many ways, and everyone experiences stress differently. It has been found in this report that the various symptoms which lead to stress mostly seen in more numbers in females as compared to males. Out of 1200 students, 60% of females are prone to the given symptoms whereas 40% of males are prone to these stress related symptoms. If we carefully observed we will find that the divisions of all the students were not equal, out of 1200 students private college graduate includes 15% and 12% of male and female respectively. However private college post graduate includes 10% males and 13% females in this study. In government colleges graduate and post-graduate includes 20% and 8% males respectively. On other hand graduate and post-graduate includes 8% and 15% of females respectively. Stress cannot be easily removed from our lives; however, we should try to minimize it. Be realistic, reducing larger tasks to manageable increments and working through one by one. We cannot control life stress, but we can control the effect of stress in us. Focusing on the positive is one of the ways to relieve stress that offers profound results that problems we are facing are easier to solve with a more output approach.

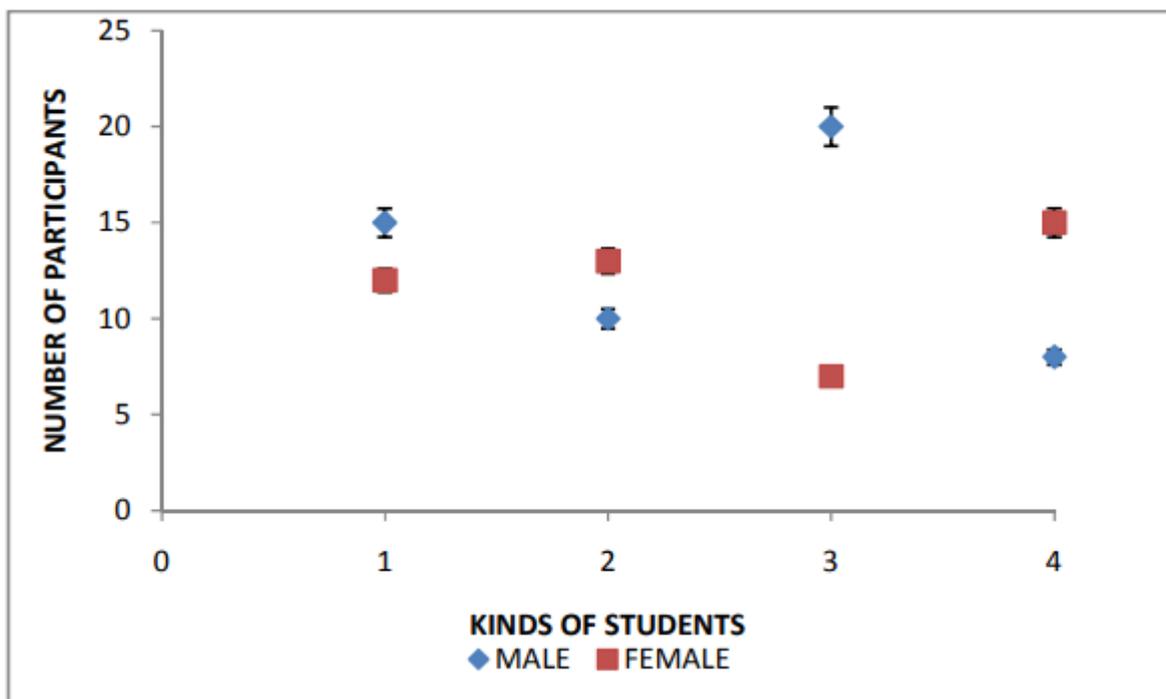


Fig 1: Comparative analysis between male and female participants of different level groups (1- Private college graduate, 2- Private college post graduate, 3- Government graduate and 4- Government Post graduate)

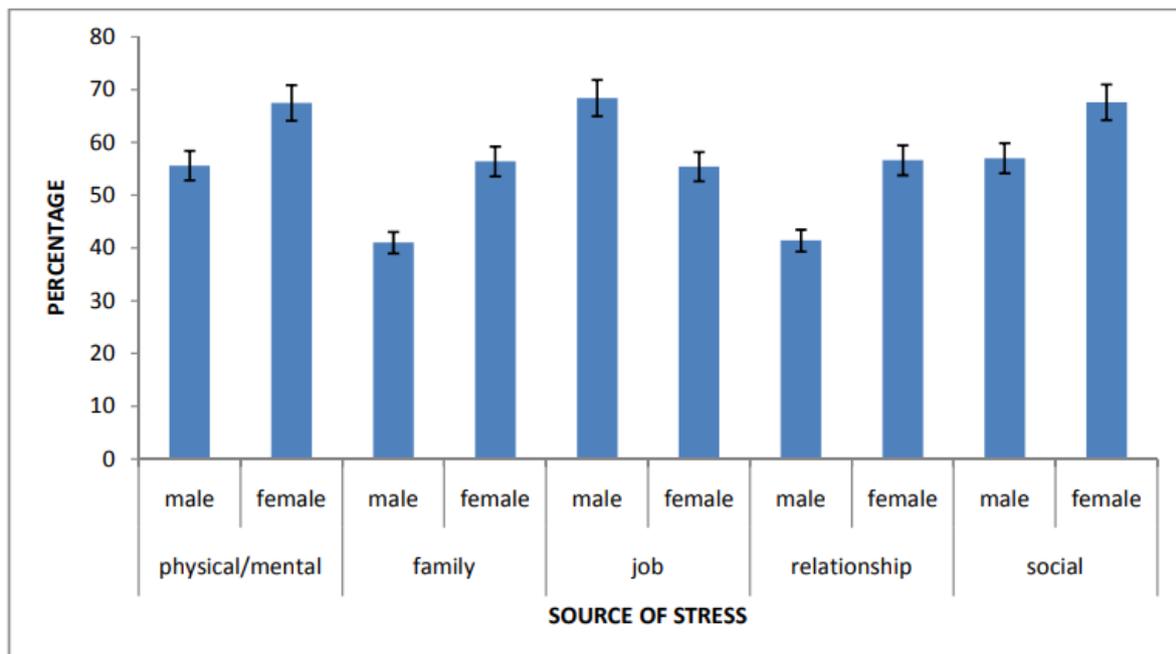


Fig 2: Different sources of stress among male and female students.

From these studies, it can be found that college students were highly affected by the stressful condition. Post graduate students were more susceptible to stress due to the increase in the responsibility than the graduate students. Gender wise analyses of the results shown that experience of stress of female is more than male. From this study it is found that most of stress comes from future orientation. The research pattern being used is descriptive survey research comparing chosen government and private colleges; post graduate and graduate students; male and female. The survey focused on the categories of source of stress which are frustration, anxiousness, irritation over depression, anger. In this research, student's perception towards their stress are levels as often, sometimes and never based on the answer given in every item in the SSI questionnaire. This research has produced important information about stress according to factors such as gender and location of students. It is proposed that information is to be looked by students in facing anything that are considered to them as stress. This information shall also give benefit for parents and teachers in helping students to manage stress in the right way. This paper classified the stress sources among college students. Stress source is significantly differed across different level groups. The result showed that post graduate students felt much more stress in physical/mental factor than the graduate students. College students feel relatively more stressors in the career aspect due to different reasons. If we carefully observed than we will find that physical and mental effect is much higher in females than males by nearly 12% due to over stress. However, only one factor shows more dominant in male than female i.e. job while other factors stress factors such as family, relationship and social were more found in females than males

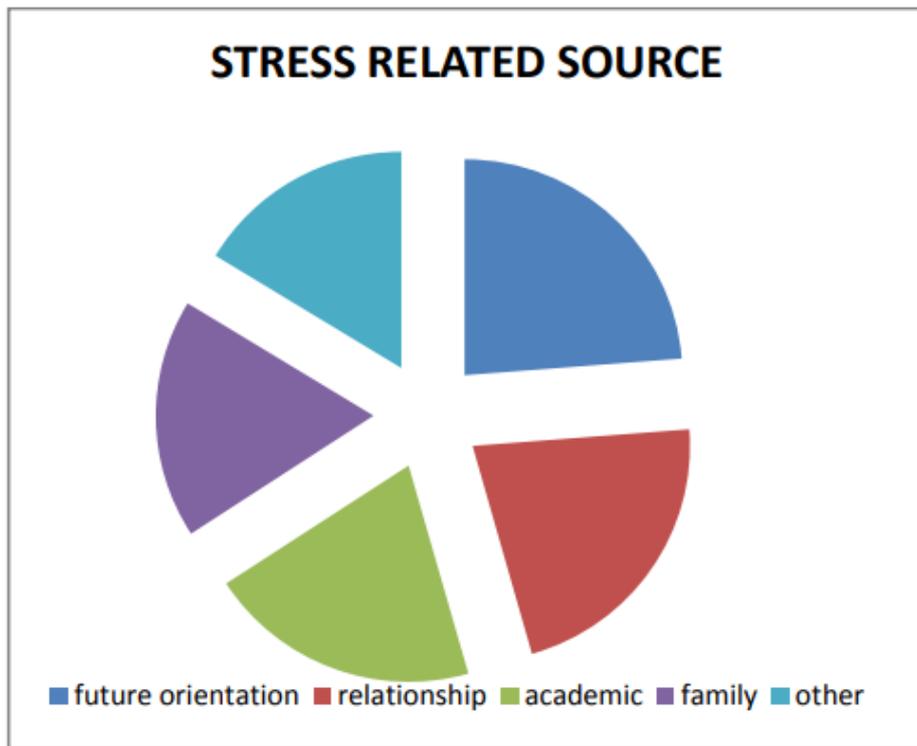


Fig 3-Stress related source among college students

The above data analysis showed that out 1200 participants 24% are felt much more stress by thinking upon the future.

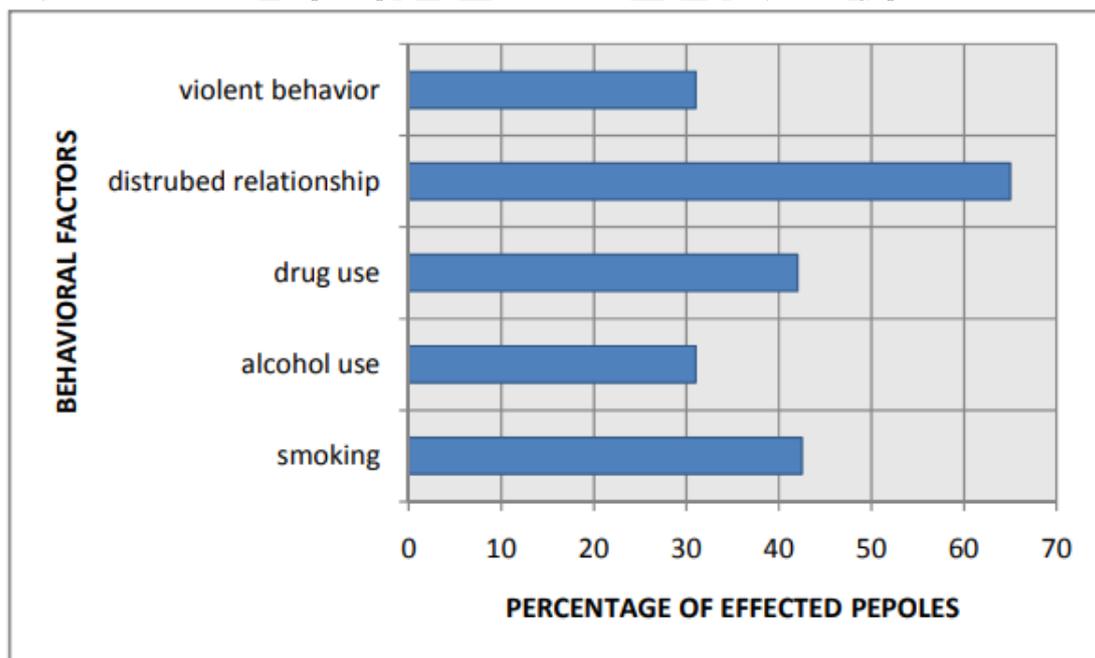


Fig 4. Percentage of effected peoples having different Behavioural factors.

This showed the behavioural condition when stress occur such as violent behaviour, disturbed relationship, drug use, alcohol use, smoking etc. Here it is shown that relationship disturbances are mainly affected by the stress.

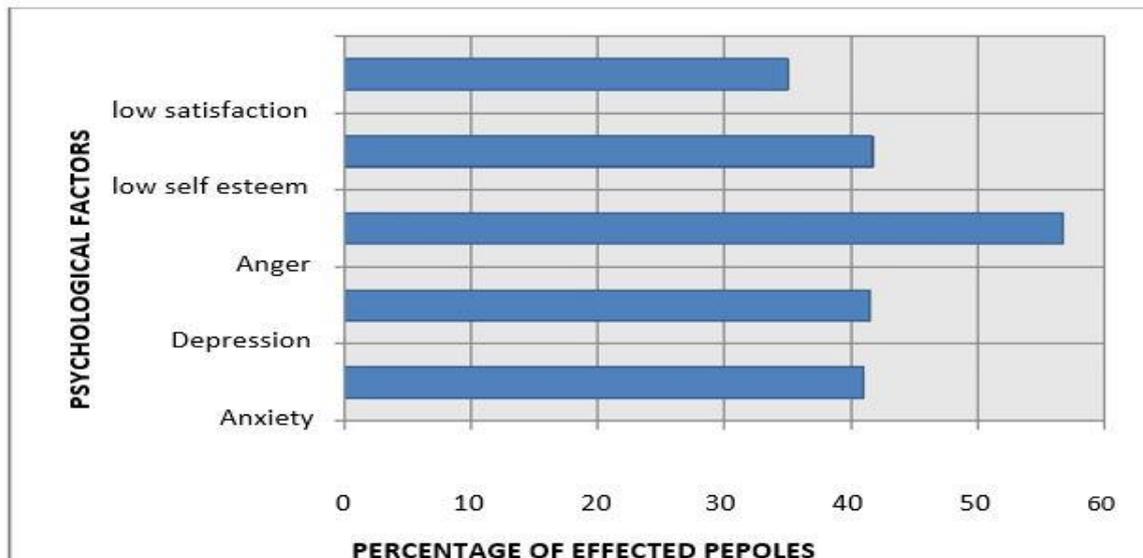


Fig 5 - Percentage of effected peoples having different Psychological factors.

Regarding psychological factors, Anger and lower satisfactions levels contribute highest and lowest percentages for the effected peoples. The above is the psychological problem when someone felt in stress. People are must more anger when they trouble in stress. Depressions, Anxiety and Low self-esteem were the other factors which contribute stress among the students. aspects, 22% relationship stress, 20% academics, 18% family and 16% other problem. There were some other symptoms which can contribute to stress; these were Behavioral, Psychological and Psychosomatic factors. By the survey we found following kind of data and by plotting this data on a graph we get the following graphic presentation. If we carefully observed than we found that under behavioral aspects, disturbed relationship contributes more percentages of effected peoples than others. Drugs used are next to the relationship factors which contribute about 42%. While violent behaviour and smoking shares same percentages in behavioral aspects. Alcohol used was the lowest percentages added to the behavioral factors. A Psychiatrist, Psychologist, Social Workers or qualified counsellors may give us better idea for dealing with stress that what we have tried of our owns. A mentor is skilled at dealing with stress in their lives.

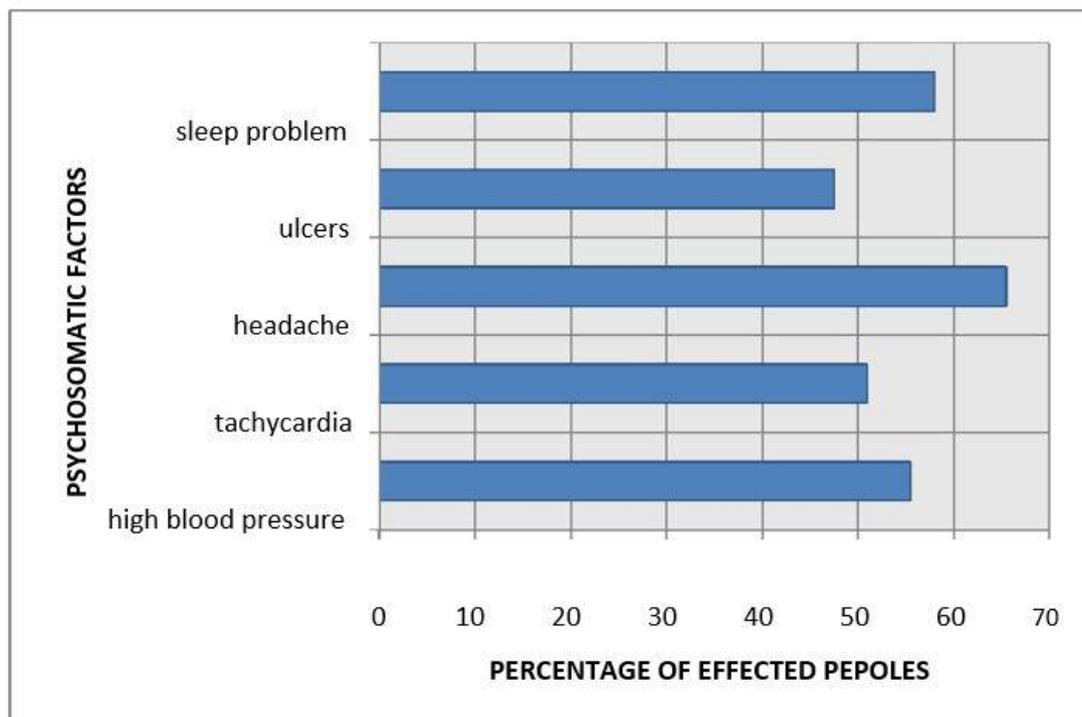


Fig 6- Percentage of effected peoples having different psychosomatic analysis of the participants.

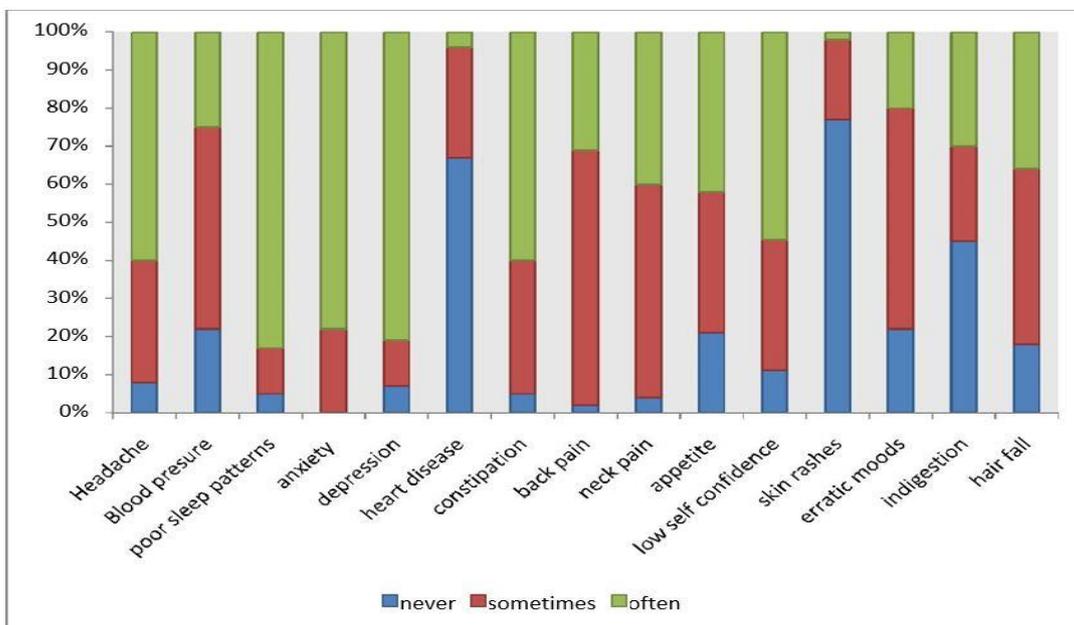


Fig 7- Different factors of Stress which variably occurs among male.

There were different symptoms regarding psychosomatic factors. Headache was found in more percentages which lead to major stress among the students. Some more problems are also observed along with these students such as ulcers, tachycardia, high blood pressures and sleep problem. These all factors lead to stress symptoms which affect all the participants. High blood pressure, headache and sleep problems were mainly observed during exam days. Students were scare about the study during exam days which results in serious stresses among them.

The different factors show variable results which contribute to stress. However, it was found that there was variable in results of stress among male and females. Headache was found to be often occurs in male, but its percentage is found to be higher in females. Increase of about 15 % is noted among the female students is noted than males. Similarly, blood pressures are also occurring in much higher in females than males by 10 %. In case of males very often we found, poor sleep pattern, depression, heart diseases, constipations, low self-confidence, indigestions and hair falls symptoms as they found difficult to adjust with stress. Some people would not consider this challenge a type of stress because, having met the challenge, we are satisfied and happy. However, as with most things, too much stress can have negative impacts. When the feeling of satisfaction turns into exhaustions, frustrations or dissatisfaction, or when the challenges at work become too demanding, we begin to see negative sign of stress. Stress can have an impact on our overall health. Our bodies are designed, pre-programmed if we wish, with a set of automatic response to deal with stress. Based on results of a survey published in 2010, the American Psychological Association notes that 28 percent of women reported feeling they are under "a great deal" of stress, and nearly half of women surveyed stated their stress had increased over the past 5 years. High levels of stress can cause physical, emotional and behavioural signs and symptoms in females.

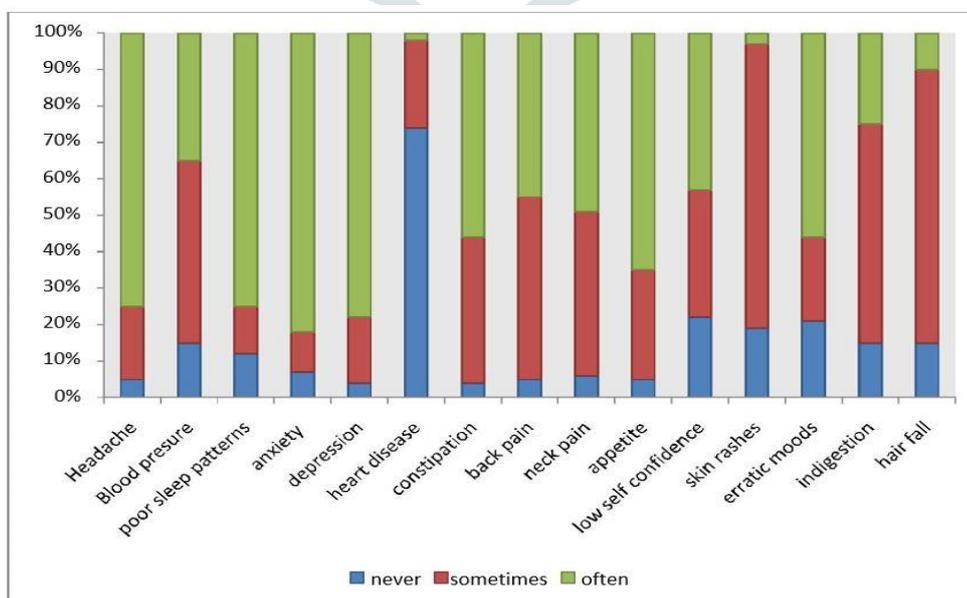


Fig 8. Different factors of Stress which variably occurs among female.

**IV CONCLUSION**

To eliminate stress among college students we must encourage them to do regular exercise because exercise is vital to maintain mental fitness will reduce stress. To sink students stress, we must ask them to take adequate sleep by telling them to go to bed early and get up early. Effective time management could significantly lower stress and hence we must teach the importance of the time management to overcome stress. By maintaining budget effectively, keeping good relationships, students can overcome stress, because females are more affected by friendships, whereas males suffered more from stress relating to families.

Finally, I conclude that stress has become an inevitable companion to-day in all walks of life. Therefore, how to overcome stress is in our hands only such as by adopting the above cited techniques, students can defend their stress predominantly. Biofeedback may be used to improve health, performance, and the physiological changes that often occur in conjunction with changes to thoughts, emotions, and behaviour. By adapting Biofeedback Therapy, we can make the students subside from stress. By doing Yoga also we can ask our students to reduce their stress and I hope that this research would further be continued by keeping a vigilant eye on "YOGA THERAPY" to achieve furthermore good results in defending the stress among all the levels of students invariably.

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