

# Dealing with Stress Related Issues that Affect Students: General and Islamic Perspective

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## Abstract:

*Sentiments of stress and uneasiness are a piece of life<sup>1</sup>. A few dimensions of pressure can really be beneficial for us. In Islam also whatever we are given is a blessing from Allah<sup>2</sup>. We are not their proprietors. This paper studies different types of stresses namely intense, long winded intense and unending. The symptoms and signs of stress are also described which include physical, passionate, psychological and conduct symptoms. The causes of student stress are also studied in this paper. Both the general as well as the Islamic perspectives are put forward in dealing with the stress. In general perspective the stress dealing facts mentioned are: Exercise, Care, Conversing with somebody, Time the board, getting enough rest. Likewise from Islamic perspective stress dealing factors mentioned are: Dua, Do your part, Keep in mind that human duty is restricted, Abandon the world five times a day, rest the manner in which the prophet dozed, dodge media overexposure: switch from news to books, etc.*

*Keywords: Stress, Types of stress, Causes of Stress, Stress Management.*

## I. INTRODUCTION

Stress is the body's response to a test<sup>3</sup>. In spite of the fact that pressure is regularly seen as terrible, it can really be great in certain regards. The correct sort of pressure can hone the brain and reflexes. It may most likely help the body perform better, or help you get away from a risky situation. Stress produces a physiological response in your body. Hormones are discharged, which results in physical signs of pressure. These can incorporate moderated assimilation, shaking, limited focus, quickened breathing and pulse, expansion of under studies and flushed skin. This procedure is frequently alluded to as the "battle or flight" reaction. That is exactly what it sounds like: Our bodies are ready to either flee from the stressor or stick around and battle against it. According to the American Psychological Association, there are three kinds of stress: intense, long winded intense and unending<sup>4</sup>.

- **Intense stress:** Intense pressure is the most widely recognized structure and is the consequence of later or foreseen stressors. Intense pressure can be both positive and negative. For instance, the fervour before a fun occasion is a kind of positive intense pressure. Getting into a fender bender is negative intense pressure. For whatever length of time that the intense pressure doesn't keep going for expanded periods or happen too as often as possible, there is nothing amiss with experiencing intense pressure. It happens to us all, and it breathes easy.
- **Long winded intense stress:** Long winded intense is that stress that happens every now and again. This is the sort of stress that ceaselessly springs up, some of the time in an example. It is joined by stress and anxiety over things that are transpiring or around you. You may be particularly inclined to

this is you have a "type C" identity, as you can have a feeling of earnestness and a need to complete things that may really turned out to be overpowering. Long winded intense pressure is a repetitive kind of stress, occurring again and again.

- **Unending stress:** Unending stress can be thought of as endless pressure that tirelessly erodes at you. In the event that you don't see an end in sight, on the off chance that you are confronting something that has no chance to get out, at that point you are probably going to start experiencing constant pressure. This sort of stress in the long run starts to influence your wellbeing, and can prompt heart issues, strokes, or considerably malignant growth, among different issues. Interminable pressure unquestionably requires connecting for help.

The Quran manages such circumstances. Our misfortunes are a piece of preliminary for us: "Make certain We will test you with something of dread and craving, some misfortune in merchandise or lives, however give happy greetings to the individuals who are resolute, who state when distressed with catastrophe: To God we have a place and with Him is our arrival. They are those on whom (descend) endowments from God and benevolence and they are the ones that get direction.<sup>5</sup>"

**II. INDICATIONS AND SIGNS**

There are four essential kinds of manifestations of stress: physical, passionate, psychological and conduct<sup>6</sup>.

Physical Symptoms	Passionate Symptoms	Psychological Symptoms	Conduct Symptoms
Sporadic solid discharges	Not exactly typical tolerance	Hindered fixation	Change in dietary patterns
Automatic jerking or shaking	Sentiments of bitterness as well as sadness	Issue with recollecting things, for example, homework assignments or due dates	Change in resting propensities
Sporadic or missed periods	Sentiments of being overpowered	Interminable stressing	New or expanded utilization of medications, tobacco or medications
Becoming ill more frequently than ordinary	Anxiety	Restless musings or sentiments	Nail gnawing
Decreased charisma	Diminished or wiped out want for exercises once delighted in or routinely	Diminished or impeded judgment	Pacing

	done		
Chest torment with or without tachycardia	Fractiousness	Impeded discourse (murmuring or stammering)	Irregular disappointment or postponement to finish ordinary duties
Cerebral pains	Feeling of disengagement	Redundant or undesirable contemplations	Huge change in school or work execution
Sickness	Inconvenience adapting to life's issues		Unordinary want for social detachment
Muscle hurts			Visit lying
Inconvenience dozing			

### III. PERCENTAGES OF STUDENT STRESS

School Stress by the Numbers<sup>7</sup>;

- 20% of understudies' state they feel stressed.
- 10% of understudies had considerations of suicide.
- 34% of understudies report feeling discouraged in any event at one point inside the most recent 90 days.
- 13% of undergrads have been determined to have melancholy, tension or other psychological well-being condition.
- 80% of undergrads state they here and there or frequently feel stressed.

About portion of reviewed undergrads felt overpowered with tension in any event once inside the most recent 12months.

### IV. CAUSES OF STUDENT STRESS

**1. Living away from home<sup>8</sup>;** For some understudies, school is the first occasion where they have lived far from home or been far from their family for any noteworthy timeframe. Other than that, it's a new domain. Everything is extraordinary – the sustenance, the general population and the living housing. Despite the fact that most understudies in the long run become accustomed to these new things without an issue, the initial couple of long stretches of school can make an upsetting domain. This is genuine regardless of whether you are really amped up for the changes. Keep in mind that even positive changes can actuate stress. There is additionally an adjustment in the help condition. At the point when there is a major test, awful day or befuddling circumstance, relatives and old companions

are not promptly accessible for help and in the event that they are, it's through a phone or PC as opposed to face to face. This can be difficult to acclimate to, particularly amid those initial couple of months.

2. **Scholastic Demands and Test Anxiety<sup>9</sup>**; This might be the most widely recognized long haul reason for worry for undergrads. All things considered, that is the reason understudies attend a university – to learn. When you don't get the outcomes you figure you ought to get, or you feel constrained to get certain scholastic outcomes, this can cause a great deal of pressure. For certain understudies, school is the first occasion when they are scholastically tested. In the event that secondary school was a breeze for you, school might be the first occasion when you get a poor quality on a test. Therefore, test uneasiness might be experienced out of the blue or with expanded intensity. The side effects can be physical and mental and normally repress your capacity to execute just as you generally could.
3. **Funds**; notwithstanding being without anyone else physically and possibly inwardly, you may likewise be alone monetarily. Everything from lease and nourishment to gas and amusement is currently your money related obligation. You may find that you have to take on low maintenance work when you aren't in class. Regardless of whether you have a grant or advance, or have a "full ride" that causes you pay for everything, there are as yet the required telephone calls, questions, administrative work and due dates that must be met so as to guarantee the assets continue coming.
4. **Post-Graduate Plans**<sup>7</sup>; After school is finished, at that point what? That is a colossal inquiry: Figuring out the appropriate response resembles spreading out plans for an amazing remainder. There are numerous stressors that can influence your arrangements, for example, not having an occupation upon graduation, being compelled to make due with a vocation you don't generally need, or attempting to get into doctoral level colleges. Then again, you may find an extraordinary activity, however the possibility of paying back understudy advances is presently beginning to hang once again your head. At last, the dread of the obscure can truly have an enormous effect in how much pressure you feel about your post-graduate life.

## V. WAYS TO MANAGE STUDENT STRESS

### General Perspective:

- a) **Exercise<sup>10</sup>**; This doesn't need to be an exhausting exercise centre session - you basically need to get your heart dashing, for instance by taking a lively walk or a bicycle ride. 'Exercise can be tremendously advantageous for the brain just as the body<sup>11</sup>,' says Glyn Williams, senior prosperity specialist at the University of the West of England (UWE), Bristol. 'Ordinary exercise discharges endorphins - feel-great hormones that can lessen pressure and enable the psyche to concentrate on an option that is other than stresses and concerns. Explore has demonstrated that activity is as viable in treating burdensome side effects, as talking treatments or antidepressants. There's generally a colossal

exhibit of exercises on offer from climbing to moving, b-ball to boxing and hand to hand fighting to yoga.

- b) **Care;** An unwinding strategy starting in Buddhism, care is turning into an inexorably famous method for dealing with stress for those handling pressure or uneasiness. Utilized by clinicians to improve patients' physical and psychological wellness, it can altogether bring down feelings of anxiety. It is regularly rehearsed through profound breathing or guided reflection. A standout amongst the most open approaches to rehearse this is sans using cell phone applications, for example, The Mindfulness App, Calm and Headspace. Various books are additionally accessible regarding the matter. 'When we are focused on our psyches in some cases carry on in manners that ruin as opposed to help. As opposed to ruminating over the issue, catastrophising about the future or basically breaking down your most recent endeavours, invest significant energy to concentrate your brain on something unwinding and positive<sup>12</sup>.'
- c) **Conversing with somebody**<sup>13</sup>; Detachment can have an amazingly negative effect on your joy. 'Tolerating that you may require some assistance is regularly the initial step to feeling much improved'. Address your loved ones - they realize you best and care about you the most. Likewise, considers recommend that associating with a companion just once seven days can diminish your feelings of anxiety and improve your state of mind as much as treatment or directing. 'Visit a companion and educate them concerning the issues you are confronting and after that inform them regarding the beneficial things throughout your life, request that they help you to increase some viewpoint'.
- d) **Time the board;** Individuals frequently get focused when they feel that they're coming up short on time to finish something. Be that as it may, basic time the board systems can assist you with feeling loose and centred. Take a stab at making a composed work routine, separating your assignments into reasonable lumps and arranging appropriately. Gap your work into critical and non-dire errands, and imperative and non-vital assignments.
- e) **Getting enough rest;** 'Keeping up a rest routine is of foremost significance to psychological well-being and overseeing pressure'. Setting aside some effort to unwind before you rest can help the nature of your rest. Attempt to rest in the meantime and wake up in the meantime every day. Seven to eight hours is suggested. Stress can regularly intrude on your resting design so attempt to do all that you can to loosen up yourself before hitting the hay. Clean up to breeze down, watch your most loved TV appear or sit discreetly and read. Stay away from screen time however much as could be expected before bed, so turn off workstations, telephones and tablets somewhere around an hour prior resting.

**Ways to deal with stress from Islamic perspective:**

- a) **DU'A;** Turn every tension, each dread and each worry into a Dua (supplication). Take a gander at it as another motivation to submit to God and be in Sajdah (surrender), amid which you are nearest to Allah. God tunes in and as of now comprehends what is in your heart; however He needs you to approach Him for what you need. The Prophet stated: Allah is furious with the individuals who don't approach Him for anything<sup>14</sup>. The Prophet once said that in petition, he would discover rest and help (Nasai). He would likewise routinely request God's pardoning and stay in surrender amid petition applauding God (Tasbeeh) and requesting His absolution<sup>15</sup>. Allah needs you to be explicit. The Prophet prompted us to approach Allah for precisely what we need as opposed to making dubious Duas. Dua is the embodiment of love (the Prophet as cited in Tirmidhi). "Approach your Lord with quietude and in private: for Allah loveth not the individuals who trespass past limits. Try not to make devilishness on the earth, after it hath been set all together, yet approach Him with dread. What's more, aching (in your souls): for the leniency of Allah is (constantly) close to the individuals who do great<sup>16</sup>".
- b) **Do your part;** One day Prophet Muhammad, peace and blessings be upon him, saw a Bedouin leaving his camel without tying it. He asked the Bedouin, "For what reason don't you secure your camel?" The Bedouin replied, "I put my trust in Allah." The Prophet at that point stated, "Tie your camel first, at that point put your trust in Allah"<sup>17</sup>. Muslims should never turn out to be fatalistic. In spite of the fact that we realize just Allah is in charge and that He has announced all things, we are each in charge of settling on the correct decisions and making the best decision in all circumstances of our lives. Pose the accompanying inquiries in the event that you are stressed over the condition of the world: would you say you are a piece of the harmony development? Is your Masjid part of the harmony development? Is it safe to say that you are a piece of an interfaith gathering with a motivation of harmony and equity? Is it accurate to say that you are working with a gathering battling segregation? On the off chance that your answer is no, it is time that you sat down to design a lot of time and cash in discovering answers for the issues you face. "Verily Allah does not change men's condition except if they change their internal identities<sup>18</sup>". Transform each stress into a Du'a and each Du'a into an activity plan. That will demonstrate your pledge to your solicitation and will center your vitality the correct way.
- c) **Keep in mind that human duty is restricted;** While we have to do our obligation to the best of our capacities, dependably recall that you don't control the result of occasions. Indeed, even the Prophets did not control the result of their endeavours. Some were effective, others were definitely not. When you have carried out your responsibility, leave the outcomes to Allah. Notwithstanding the consequences of your endeavours, you will be remunerated for the part you have played. Be that as it may, keep in mind your capacities. Comprehend the idea of Barakah (favours from Allah) and

recollect that Allah can and Insha Allah will extend them in the event that you are truly applying your energies for the correct way.

- d) **Abandon the world five times a day;** Utilize the five day by day supplications as a way to turn out to be all the more Hereafter-situated and less appended to this brief world. Begin removing yourself when you hear Adhan, the call to supplication. When you perform Wudu, continue rehashing Shahada, the assertion of confidence, as water drops descend your face, hands, arms, and hair. When you stand prepared to supplicate, rationally set yourself up to leave this world and the majority of its stresses and worries behind you. Obviously, Shaytan will endeavor to occupy you amid petition. In any case, at whatever point this occurs, return and recollect Allah. The more you return, the more Allah will compensate you for it. Likewise, ensure your Sajdas (surrenders) are talking Sajdas, in which you are truly associating with God and looking for His Mercy, commending Him, and asking His pardoning.
- e) **Rest the manner in which the prophet dozed;** Finish strong. Make Wudu, at that point think about your day. Express gratitude toward Allah for all the beneficial things you practiced, as Zikr and Salat. Ask yourself what you did today to unite humankind and what you did to enable Muslims to progress toward becoming workers of mankind. For everything positive, state Alhamdu lillah (Praise be to Allah). For everything negative say Astaghfirullah wa atoobo ilayk (I look for Allah's absolution and I swing to You [Allah]). Discuss the last two sections of the Quran, considering and imploring as you turn on your right side with your hand beneath your correct cheek, the manner in which the Prophet used to rest. At that point close your day with the name of Allah on your tongue. Insha Allah, you will have a decent, soothing night.
- f) **Start the day on a positive note;** Rise early. Get up saying thanks to God that He has allowed you one more day. "Alhamdu lillahil lazi ahyana bada mama amatana, wa ilaihin Nushoor" (Praise be to Allah Who gave us post-existence and unto Him will be the arrival). Put resources into a sound tape driven morning timer so you can get up to the tune of the Quran. Start with the name of Allah, with Whose name nothing in the sky or the earth can hurt you. He is the Highest and the Greatest. (Bismillahilazi la yazurru maa ismihi shaiun fil arze wa la fis samae, wahuwal Alee ul Azeem).The Prophet used to state this after each Fajr and Maghrib supplications.
- g) **Dodge media overexposure: switch from news to books;** Try not to invest an excess of energy looking at the news on the radio, TV or web. Invest more energy perusing great books and diaries. When you tune in to the persevering blast of terrible news, particularly identifying with Muslims these days, you feel discouraged, yet frail. Chop down media time to decrease your pressure and nervousness. It's critical to comprehend what's happening yet not to a degree that it ruins your day or your state of mind. (Essentially, when you are in a tragic state of mind, abstain from floundering and tuning in to pitiful tunes)

- h) Pray to god for others to heal you;** The Prophet was constantly worried about other individuals, Muslims and non-Muslims, and would routinely petition God for them. Appealing to God for others interfaces you with them and encourages you comprehend their affliction. This in itself has a mending part to it. The Prophet has said that appealing to God for somebody who is absent expands love.
- i) **Make the Quran your partner;** Perusing and tuning in to the Quran will help revive our hearts and our psyches. Discuss it for all to hear or in a soft tone. Hear it out in the vehicle. When you are imploring Nafl or additional supplications, lift it up and use it to present parts of the Quran you are not as acquainted with. Interfacing with the Quran implies associating with God. Give it a chance to be a way to mend your heart of stress and stresses. Put resources into various chronicles of the Quran and their interpretations. "O humankind! There has come to you a bearing from your Lord and a solution for all [the ills] in men's souls - and for the individuals who trust, a Guidance and a Mercy"<sup>19</sup>.
- j) **Be grateful to Allah;** "On the off chance that you are thankful, I will give you more"<sup>20</sup>. Remembering our good fortune causes us not exclusively be appreciative for what we have, however it additionally advises us that we are such a great amount of happier than a huge number of others, regardless of whether that is as far as our wellbeing, family, budgetary circumstance, or different parts of our life. Furthermore, being thankful for all we have causes us keep up an inspirational disposition notwithstanding stresses and difficulties we are confronting practically day by day.

## VI. CONCLUSION

Not all pressure is awful for us. Stress can push you to prevail in zones that you accepted were untouchable to you. It can impel you to do things that end up being extraordinary experiences. It can goad you to contemplate more diligently, work longer hours, centre more on the things that issue and bring your great wellbeing into your own hands. Stress can likewise have an obvious reason on the off chance that you are ever in a risky circumstance. The "battle or flight" reaction is an imperative natural urge that is intended to lead us out of mischief's way. For example, the desire to run when somebody starts pursuing you, or the instinctual need to battle back when you are gone up against with a risky circumstance are both a consequence of this pressure reaction. In that manner, stress is something to be thankful for, on the grounds that it protects you. Bouncing into something you can't deal with can regularly abandon you with stress. While setting out on something new, recognize what your impediments are, and never take on more than you can realistically handle.



## VII. ACKNOWLEDGEMENT

All thanks to Almighty Allah without whom this work was meaningless and so was I. I would like to thank my worthy parents who gave me the encouragement and inspiration with their positive thoughts and endeavors. Last but not the least I am highly thankful and indebted to my University (International Islamic University, Malaysia) and my dignified Professors for their teachings. Any error in this paper is solely mine and should not tarnish the reputation and image of these esteemed persons in general and University in particular.

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