



AN OVERVIEW ON STRESS AND ITS TOLERANCE APPROACHES AMID COLLEGE STUDENTS POST PANDEMIC

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Abstract: *Stress among students in the post pandemic cause mental and physical problems .This increases their academic as well as personal, social well-being. The various stressors need to be identified to help students overcome it. The different stress tolerance strategies have to be found so that they can be adapted by the students. This paper discusses the stressors and their coping mechanisms.*

Index Terms: *stress, well-being, students, stressors, strategies.*

I.INTRODUCTION

Addressing post-pandemic stress amid college scholars entails a multifaceted approach that includes improving psychological wellbeing resources, providing academic sustenance, encouraging open communication, and nurturing a sense of community. Identifying that the pandemic's impression is ongoing, institutions can proactively work to create an atmosphere that provisions the well-being of their learners as they navigate this intricate transition. The several stressors imposed on college students are discussed below. Also the stress tolerance strategies to be followed by the students are discussed in this paper

II. STRESS AMONG STUDENTS POST PANDEMIC

College life is an exhilarating and transformative period for many individuals. However, it also comes with its fair share of experiments, and one of the most prominent among them is stress. Stress among college learners has earned increasing attention due to its imminent influence on mental health, educational performance, and overall welfare. This article aims to reconnoiter the numerous facets of stress experienced by college students, shedding light on its bases, effects, and possible dealing mechanisms. Stress among young students post-pandemic has become a prominent concern due to the unique challenges and uncertainties that have emerged. Various factors affecting students are discussed in this section.

2.1. Transitioning Back to Normality

College students are facing the transition from remote or hybrid learning back to in-person classes. This shift can bring about mixed emotions, including excitement and anxiety about adjusting to the pre-pandemic routines. The return to in-person classes represents a significant shift after prolonged periods of remote or hybrid learning. While many students may look forward to the return of on-campus activities, others might feel anxious about adapting to their pre-pandemic routines. Navigating changes in schedules, commuting, and in-person interactions can evoke a mix of emotions and require time to readjust.

2.2. Academic Uncertainty

The pandemic disturbed the learning environments, causing changes in coursework, exams, and graduation plans. Scholars may be concerned about catching up on missed material or adapting to revised academic expectations. As colleges shift back to more acquainted instructional methods, students may worry about covering missed material, adjusting to different testing formats or meeting updated academic expectations.

2.3. Social Reintegration

After periods of isolation and limited social interactions, returning to campus life might lead to social anxiety or a feeling of being out of practice in social settings. For students who have spent extensive periods in isolation, rejoining campus life might be daunting. Social anxiety or a sense of unease in group settings could emerge as students rebuild their social connections. Gradually participating in social activities, clubs, and events can help ease this transition.

2.4. Health Concerns

Health-related worries persist post-pandemic, with concerns about virus variants, vaccination effectiveness, and potential outbreaks on campus. Despite vaccination efforts, concerns about virus variants and potential outbreaks on campus persist. Some students may still feel uneasy about their health and safety, particularly if they have pre-existing conditions or are immunity compromised.

2.5. Mental Health Impact

Prolonged stress and isolation throughout the pandemic has headed to amplified rates of nervousness, unhappiness, and other emotional and physical health issues among college students, which may continue post-pandemic. Anxiety, depression, and feelings of loneliness may linger even as the pandemic subsides. Institutions need to provide robust mental health services to support students in their post-pandemic recovery.

2.6. Grief and Loss

Some students have experienced personal losses due to the pandemic, such as the illness or death of loved ones. Grief and mourning processes may extend into the post-pandemic period, impacting emotional well-being.

2.7. Digital Burnout

Extensive use of digital platforms for remote learning may have led to digital burnout and screen fatigue, which could persist as students return to more traditional modes of learning.

2.8. Hybrid Learning Challenges

Institutions offering hybrid learning models must navigate the complexities of both in-person and remote instruction, which can impact students' learning experiences and stress levels. Institutions face the task of maintaining engagement and effective instruction in both in-person and remote formats. Addressing potential disparities in learning experiences and ensuring equitable access to educational resources remains a priority.

III. STRESS COPING STRATEGIES

Here are some stress tolerance mechanisms which the college students can utilize to perform better in their personal, social and academic life.

3.1. Time Management and Organization

- Create a study schedule that assigns time for courses, tasks, and individual activities.
- Usage of organizers, calendars, or digital applications to keep track of deadlines and commitments.
- Break tasks into smaller, manageable steps to prevent feeling overwhelmed.

3.2. Healthy Lifestyle Choices

- Prioritize regular workout, as physical movements can help lessen trauma and develop good mood.
- Retain a balanced food rich in fiber, protein, iron and calcium to support overall well-being.
- Get sufficient sleep to ensure mental clarity and emotional resilience.

3.3. Mindfulness and Relaxation Techniques:

- Practice of mindfulness meditation, deep inhalation, or enlightened muscle relaxation to manage anxiety.
- Can participate in yoga or meditation to promote relaxation and reduce stress.
- Take small breaks during study sessions to clear your mind and refocus.

3.4. Social Support and Communication

- Stay linked with friends and family who provide emotional support and a sense of going.
- Share your emotional state and anxieties with trusted individuals, as speaking about stress can alleviate its impact.
- Join clubs, establishments, or learning groups to build contacts and battle feelings of isolation.

3.5. Limiting Perfectionism

- Set genuine expectations for yourself and your educational performance.
- Realize that nobody is perfect, and inaccuracies are part of the education process.
- Clinch self-compassion and accept your efforts, irrespective of the outcome.

3.6. Hobbies and Creative Outlets

- Involve in activities you enjoy, whether it's sketching, singing, cooking, or writing.
- Pastimes provide a healthy opening for stress and can promote a sense of success.

3.7. Seeking Professional Help

- Utilize therapy services offered by the university to address stress and mental health anxieties.
- Trained professionals can provide guidance, coping strategies, and a safe space to discuss your feelings.

3.8. Limiting Technology Use

- Set restrictions on your screen time to avoid digital overwork and continuous connectivity.
- Disconnect from devices at certain times to allow for relaxation and focus on other activities.

VIII. CONCLUSION

The paper concludes that the students can utilize the stress tolerance strategies to combat stress and achieve better mental and physical well-being. This paper will provide a foundation to further studies related to stress and their coping solutions. Academicians can find the advanced solutions and apply it in their curriculum. Further research projects can pave away to the young minds in overcoming their current situations.

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