



## A Study on Stress Management Among Arts and Science College Students in Salem Town

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### ABSTRACT

*This is the competitive world, the human beings to live their day to day life they have to face many stress. The study entitled "A study on stress management among arts and science college students at Salem town. The aim of the study consist, most of the students are stressed for family and study problems. The population of the study was students enrolled in different degree programs and the purposive sample consisted of 245 students. Data obtained were analyzed using exploratory research design. Tools are using chi-square, Garrett ranking. Findings are given at back. The study showed that academic overloads, course awkward, inadequate time to study, workload every semester, exams awkward, low motivation and high family expectations were drive moderately stress among students. The results of the study indicated the importance of recognition for outstanding performance as well as achievements. So the researcher conclusions are the management providing proper and ending time of students, to encourage and motivate the students.*

**KEYWORDS : stress, college students, study, family, semester, job**

### INTRODUCTION

Stress is the pressure people feel while at work, and in private life. Stress at work is inevitable because of the thought process required in the job performance. But stress becomes very harmful when it is seriously realized by the mind and heard. Then, it becomes painful and creates many physical and psychological problems, which are reflected, in the day-to-day life of organizational performance. Since it is not possible to prevent the stress because of an adverse environment at the workplace and beyond, it is essential to check the stress form reaching a level where it causes much disorder.

### CONCEPTUAL OUTLINE FOR MANAGING STRESS

College requires significantly more effort from students has high school. Once you enter college, you will probably find that your fellow students are more motivated, your instructors are more demanding, the work is more difficult, and you are expected to be more independent. These higher academic standards and expectations are even more evident in graduate school. As a result of these new demands, it is common for college students to experience greater levels of stress related to academics. Many students find that they need develop skills in order to balance academic demands with a healthy lifestyle. Fortunately, the University of Michigan offers many resources to help students develop these skills. Many students find that they can reduce their level of academic stress by improving skills such as time management, stress management, and relaxation.

### REVIEW OF LITRATURE

Juvilyn G. Bulod Cvcitc Research Journal Vol-1,No-1,2014 Issn:2362- 9029 " Sources Of Stress Among College Students". College students are exposed to many problems from family, financial, peers and school environment. A questionnaire on student life stress inventory was adopted to gather the needed data among 150 college students. These results support the idea in creating a stress management program for college institution to consider implementation.

Dr. D. Rajasekar Amet International Journal of Management Issn: 2231-6779/Jan-June 2013. "An Impact of Academic stress among the Management Students of Amet University – In Analysis. Student have different expectations, goals & values that they want to fulfill which is only possible if they are integrated with that of the institution. The objective of the study is to find out the present level of stress, sources of stress and stress management techniques that would be useful for management students. The sample comprises of 100 students. The data was collected through structured questionnaire by using convenient sampling method. The result of stress in academic institutions can have both positive and negative consequences if not well managed.

Dr.Ahamad M. Thawabieh And Drrr. Lama M.Qaaaisy Vol-2, No-2. "Assessing Stress Among University Students. The Aimed To Assess The Levels Of Stress Experienced By University Students. A Quantitative Approach Has Been Undertaken To Assess Students Stress. The Sample Consisted Of 471 Students From Tafila Technical University. If The Results Students Experienced A Moderate Social, Academic, And Physical Stress Level.

### OBJECTIVES OF THE STUDY

The objectives of the study are as follows,

To check the demographics variables of the stress among the students.

To analyze the most entertainment and daily work of the respondents.

### RESEARCH DESIGN:

The Research Design adopted for this study is exploratory research design. Exploratory research studies are also termed as formulate research studies.

### Sampling size

Sample size is the number of samples, which is selected for the purpose of collecting information for the study. Some of the questionnaire are unfilled. In this study the sample size is 245 arts and science college students at Salem town.

### Sampling adopted in the study

The study adopted proportionate Stratified Random Sampling method for selection of sample in Salem town.

### Stratified Random Sampling

Stratified random sampling is a probability sampling technique wherein the researcher divides the entire population into different subgroups or strata, then randomly selects the final subjects proportionally from the different strata.

### Proportionate Stratified Random Sampling

The sample size of each stratum in this technique is proportionate to the population size of the stratum when viewed against the entire population. This means that the each stratum has the same sampling fraction.

### EXAMINATION AND INTERPRETATION

Chi-square

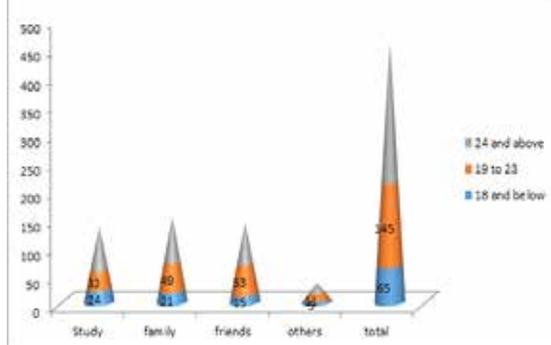
Garrett Ranking method

**CHI-SQUARE ANALYSIS**

**Table1: Classification on the basis of age/ major problem**

Age / Major Current Problem	18 and below	19 to 23	24 and above	Total
Study	24	32	21	77
Family	21	49	10	80
Friends	15	53	3	71
Others	5	11	1	17
Total	65	145	35	245

**CHART 1: Age and major problem of the respondents**



The calculated value =  $(O-E)^2 / E = 23.65$

The table value at 5% level of significance = 12.59

**INTERPRETATION**

The calculated value is (23.65) greater than table value (12.59) so Null hypothesis is not accepted. There is relationship between the age group and major current problem of the respondents.

**Table 2: Garrett Ranking**

Variables / Rank	I	II	III	IV	V	VI	VII	VIII	Total
Social Media	52	48	59	33	12	11	10	20	245
Reading / Sending mail	15	10	19	36	81	35	19	30	245
Playing game	25	13	8	19	15	78	65	22	245
Study	23	44	55	47	43	23	10	0	245
Listing Music	32	45	55	48	25	21	19	0	245
Facebook / WhatsApp	85	49	48	39	17	6	0	1	245
Purchasing	11	28	1	18	14	44	41	88	245
Total	245	245	245	245	245	245	245	245	245

The table portrays percentage positions for the ranks 1,2,3,4,5,6,7 and 8 and their corresponding Garrett's values.

**Calculated Garret Value**

Rank / Variables	I	II	III	IV	V	VI	VII	VIII	Total
Social Media	4160	3264	3540	1782	564	451	330	420	14511
Reading / Sending mail	1200	680	1140	1944	3807	1435	627	630	11463
Playing game	2000	884	480	1026	705	3198	2145	462	10900

Study	1840	2992	3300	2538	2021	943	330	0	13964
Listing Music	2560	3060	3300	2592	1175	861	627	0	14175
Facebook / WhatsApp	6800	3332	2880	2106	799	246	0	21	16184
Purchasing	880	1904	60	972	658	1804	1353	1848	9479
Others	160	544	0	270	1786	1107	2673	1764	8304

**Garret Score**

Benefits	G.S	A.S	Rank
Social Media	14511	59.23	II
Reading / Sending mail	11463	46.79	V
Playing game	10900	44.49	VI
Study	13964	56.99	IV
Listing Music	14175	57.86	III
Facebook / WhatsApp	16184	66.06	I
Purchasing	9479	38.69	VII
Others	8304	33.89	VIII

**INTERPRETATION**

It could be noted from the above table that among the 8 factors "Facebook / WhatsApp" is first rank. It is followed by the "Social Media" is second rank, "Listing Music" is third rank and the "others" option is last rank.

**CONCLUSION**

The study demonstrates the important causes and remedial measures towards stress and in order to reduce the stress among the students of arts and science college Salem. The researcher has proposed some relaxation programmed to take some remedial actions to reduce stress like providing proper timings, allow them to feel free to do their work, yoga, meditation, regular exercise, stress reduction and engagement in activities that abide with habits and interests can make one enjoy daily living. Most of the students are stressed about their family problem and studies, canteen food problem. So the researcher conclusion are the management providing proper and ending time of students, to encourage and motivate the students.

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