



## Burnout in Relation with Stress among Engineering Students in Salem City

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### ABSTRACT

We all live with stress, the tension we feel when confronted with a new or threatening situation. College students are no different than anyone else, as they too, experience the stresses and strains of living in today's world. They are constantly facing new situations where the outcome is often uncertain. They may be living on their own for the first time and/or supporting themselves. Their sense of self-esteem and well-being is challenged by problems and managing time. Stress management techniques include self-management, conflict resolution, positive attitude, self-talk, breathing, meditation, exercise, diet and rest. Effective stress management involves learning to set limits for the issues that create stress. The project make and attempt to study whether the students perceiving higher secondary education in Salem district are subject to stress and to what extent they are affected by stress full events occurring during important part of their life. It is important topic rather studied in psychology development of stress management strategies in education. The learning strategies required to manage stressful situations in order to improve their performance.

### KEYWORDS :

#### Introduction:

Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. Burnout may be as a result of excessive stress but they do not mean the same thing. Burnout is a cycle of negative emotions, paralysis and withdrawal. It is mental, emotional and physical exhaustion that leads to diminished interest in performing tasks. In this study to examine burnout in relation with stress among engineering students in Salem city.

#### Stress:

Stress is a response to pressure or threat. Under stress we may feel tense, nervous, or on edge. The stress response is physical, too. Stress triggers a surge of a hormone called adrenaline that temporarily affects the nervous system.

#### Difference between stress and burnout?

How can we differentiate between the two problems? Because everyone suffers from stress sometimes, but when it is a burnout, it is more problematic. Therefore it is useful to recognize a burnout in time in order to treat the burnout symptoms as soon as possible.

#### When does stress become a burnout?

Except for depression, stress is also very similar to burnout. It is difficult to know where normal stress stops and where a burnout begins. To describe the difference between stress and burnout more clearly, we see the two problems as follows:

**Stress => more stress => a lot of stress => too much stress => burnout**

In the figure you can see that stress is sort of the starting phase of burnout – the small, innocent little brother. If stress adds up, it can lead to burnout after sometime. A burnout does therefore not develop without stress, but the other way around it is possible for stress to form without ending up being a burnout.

Stress is therefore not a disorder in itself, while burnout is. It is even hardly possible to have an existence completely without stress. Everyone experiences stress sometimes. Burnout, however, is a disorder. Burnout can namely make it so that you are not longer the person who you want to be, or who you used to be.

#### Stress and burnout: the vicious cycle:

There therefore is a clear difference between stress and burnout. Furthermore, these two issues make it so that you end up in a vicious cycle. Stress adds up, you notice that things do no longer go as easily

as they used to. After a while you experience focus problems and/or memory problems, which make it so that you experience more stress. It is not normal to already have issues, you believe. Burnout symptoms start to manifest. You become stressed, because you want to work against these symptoms. Stress thus also comes from experiencing burnout symptoms, which lead to more stress, which in turn cause you to experience more burnout symptoms.

#### Is stress the only cause of burnout?

Stress is not the only cause of burnout. Because burnout namely is a disorder, there are several factors which work together in order to cause a burnout to develop. We therefore classify burnout as a broader and more severe variety of stress, which definitely can cause damage when left untreated.

#### Difference between stress and burnout: comparison of the symptoms:

It is therefore useful to remember that stress is not a disorder, but that burnout is. That is why burnout will have more severe consequences and symptoms than stress. Below, we sum up certain characteristics which you experience in stress and burnout:

Stress	Burnout
You put too much effort in things	Little or no input
You experience emotions more strongly	You experience emotions flattening out
Causes hyperactivity	Causes a helpless feeling
You have less energy	You have less motivation and hope
Can lead to anxiety	Can lead to depression
Physical consequences	Emotional consequences
Higher chances of early death	Higher chances of hopelessness

#### Objectives:

Various studies across the globe have emphasized that students undertaking professional courses, such as medical and dental studies, are subjected to higher stress. Excessive stress could lead to psychological problems like depression and anxiety. The objective of the current study was to assess stress among students of various professional colleges and its association with various academic, social and health-related factors.

#### Methods:

This study was conducted from March-April 2017 among students of engineering colleges from the Salem district, MBI- general survey, SS (Student Survey) inventory is used for data collection and using a proportionate stratified random sampling technique. The calculated total sample size was 124.

**Review of Literature:**

1. Everybody have those flashes where we're entirely dazed by huge load of work college demands. Many step forward to finish their work as as possible, we sometimes digress into a state of despair and self-doubt when our hard work isn't giving us the results we want. At a certain stage, we start to sense so stranded and unhappy that we retreat into our shell, away from our peers and the people who care about us the most. We're unfulfilled, disordered, isolated, and don't have any idea of what we are up to. Eventually, with all loading on top of us one after the other, we snap (James H. Humphrey, 2003, [5]). Taking this in consideration the study is braces out to inspect the causes accountable for burnout of the college students. The present study is significant for the following reason: GARRETT ranking is used to rank which factor marks the high burnout and it is resulted that pressure & expectation and isolation regarding the work are the factors marking high burnout among the students, which will make the researchers and other people to know exactly about one of the factors which affects burnout among the students. (Surya Kumar, 2016)
2. Stress is fact of every human life in day today activities. Stress is normal psychological reaction when the brain recognizes threats of life. Stress is both positive and negative stressors. It can help to cope with life challenges. The study mainly focuses on higher education students. The students suffer from stress on some level. It mainly based on empirical study. The samples include higher education students. The research instruments are questionnaire method. This research focuses on stress perception stressful experiences and stress management in studies of students. It is important topic rather studied in psychology development of stress management strategies in education. The learning strategies required to manage stressful situations in order to improve their performance. (Jayakumar & Sumathi, 2014)
3. This investigation followed a descriptive and correlation design in order to establish job stress and burnout levels of oncology nurses and the relationship in between. Work life takes up an important place in human life, and an employed person faces many stimuli from internal and external environments and is affected by them in a positive or negative way. All of the hospitals in Istanbul (18 hospitals) that have oncology units were included in the study. A high rate of return from 189 nurses (94.5%) was found in the research. Data collection tool used in the study is composed of two parts. In the first part, there were 20 questions for determining personal (gender, age, to be married) and professional (number of years as a nurse, number of years as an oncology nurse, desire to work in another clinic, working style, and enough number of nurses in the clinic) characteristics of the nurses and in the second part, there were scales for determining job stress and burnout levels of the nurses. For collection of research date after completion of the process of obtaining ethics committee approval and consents, preliminary meetings were held with nurse managers of 11 hospitals included in the sample and from which permissions were obtained and such hospitals were visited on the specified dates. (Rujnan & Ulku, 2014)
4. The definition and phenomenological features of 'burnout' and its eventual relationship with depression and other clinical conditions are reviewed. Work is an indispensable way to make a decent and meaningful way of living, but can also be a source of stress for a variety of reasons. Feelings of inadequate control over one's work, frustrated hopes and expectations and the feeling of losing of life's meaning seem to be independent causes of burnout, a term that describes a condition of professional exhaustion. It is not synonymous with 'job stress', 'fatigue', 'alienation' or 'depression'. Burnout is more common than generally believed and may affect every aspect of the individual's functioning, have a deleterious effect on interpersonal and family relationships and lead to a negative attitude towards life in general. Empirical research suggests that burnout and depression are separate entities, although they may share several 'qualitative' characteristics, especially in

the more severe forms of burnout, and in vulnerable individuals, low levels of satisfaction derived from their everyday work. These final issues need further clarification and should be the focus of future clinical research. (Affect & Kaprinis, 2003)

**Conclusion:**

Students from all the three fields studied were exposed to stress. Academic factors were one of the most important stressors. The introduction of Burnout and Stress management education into the curriculum could prove useful in combating this problem. The examination of stress within the student community is real cause for worry and the issue of stress among students has to be addressed immediately.

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