



Comparative Study on Elements of Stress Which Affect First and Final Year Undergraduate Students

KEYWORDS

Elements of Stress, Academic and Non Academic Stress.

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ABSTRACT *Stress is a reaction to a stimulus that disturb our physical or mental equilibrium. Every college student process of pursuing graduation is often stressful and frustrating. This study is mainly focused on elements of stress which affects their personal life and academic grades. 300 questionnaires were distributed to collect information towards the study. Research findings suggest that every student who enters first year in college have more stress than final year in the academic arena. While comparing in other stress related factors final year students are getting more stress.*

INTRODUCTION We generally use "stress" when one feel that everything seems to have become too much. For many people, stress is so common where it has become a way of life. Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do the best. But when you're constantly in stress or an urgent mode, your minds will be distracted. In human body stress can make many profound effects^[1]. Adolescents are those who receive education in colleges or universities^[2]. The World Health Organization Global Burden of Disease ranked depression as the fourth leading cause of all diseases, with 4.1% of total burden. As a student they are experiencing anxiety and stress^[3]. The experience gained by students makes them susceptible to undergo stress to get success in academics and about their future career. The non-academic stress like emotional, social and family problems affects the academic performance of students. So it will affect their learning skill and academic performance^[4]^[5]. The academic performance, health, self esteem and physical problems are faced by students due to stress^[4]^[6]. College is the stressful period where the students learn new education and environment. College may be even more stressful for international students who have the added strain of learning different cultural values and language in addition to academic preparation.

College student, especially fresher will face more stress due to change in environment and college life^[7]. They must learn to adjust with new scenario to maintain high level of academic environment by adjusting with new social relations. Some students will be affected from eating, sleeping, loneliness and relationship with family. In the mind of all students the pressure to complete degree with good grade will be more and it will give stress. Earning high grade in academic is not only stress for college students but also excessive homework, assignments and unforgettable classrooms gives stress. In addition to academic stress, time and relationship with faculty members also a element of stress. Educating students about managing stress during college studies is more important to improve their skill and academic performance^[8].

OBJECTIVE Elements of stress which affects first and final year students. Examine academic and non-academic sources of stress for education and find stress related ef-

fects of the students.

LITERATURE REVIEWS Sources of stress among college students (2014) by Bulo, J.G. & M.G. Sanchez, An Examination of Stress in College Students over the Course of a Semester (2014) was done by Timothy Baghurst, PhD and Betty C. Kelley, PhD, An Examination of Stress in College Students over the Course of a Semester (2014) was done by Timothy Baghurst, PhD and Betty C. Kelley, PhD, Academic Stress among undergraduate students (2013) by Marwan Zaid Bataineh, Department of Psychology, Faculty of Education, King Saud University, Depression, Anxiety and Stress: A comparative study in Arts, Commerce & Science Junior College students in Rural Area of India (2013) was the study done by Dr. Mandar P. Baviskar (Rural Medical College, Pravara Institute of Medical Sciences, Loni), Dr. Vaishali D. Phalke (Professor) and Dr. Deepak B. Phalke (Professor & Head, Department of Community Medicine, Rural Medical College), Study on stress among undergraduate students of a medical college in coastal Andhra Pradesh (2013) by Sai Shankar Pratap, Anand Acharya, Deepak, Sanjeev Rao (Konaseema Institute of Medical Sciences, Amalapuram), A Comparative study on stress and its contributing factors among the Graduate and Post-graduate students (2012) was the research done by Harajyoti Mazumdar (Department of Biotechnology, AIMT, Assam), Dipankar Gogoi, Lipika Buragohain (Department of Biotechnology, AIMS, Assam) and Nabanita Haloi (Department of Environmental Science, Gauhati University, Assam), Balkishan Sharma, Rajshekhar Wavare, Ajit Deshpande, Richa Nigam and Ramkrishna Chandorkar conducted A study of academic stress and its effect on vital parameters in final year medical students at SAIMS Medical College, Indore, Madhya Pradesh (2011) and The study Common Stressors and Coping of Stress by Medical Students (2009) by Shah C, Trivedi R S, Diwan J, Dixit R, Anand A K. All the above researchers contributed by authors are related to the stress among students who are studying under graduation. The survey focuses on the stress factor and the stress relieving elements of students. At this juncture the researcher has made an attempt to bring out what is the present scenario in this context.

METHODOLOGY The simple random sampling method is used to collect data. 300 questionnaires were distributed

to under graduate students of first and final year Arts & Science and Engineering Colleges. Among those 258 students responded to the study (135 Arts College & 123 Engineering College). Questions framed to collect data related to academic and non-academic sources of stress. The data analyzed using SPSS software. P <0.05 was considered as statistically significant. Period of study was October 2014 to December 2014. The sample area covered for this study was Pollachi Taluk in Coimbatore district, Tamil Nadu.

RESULTS AND DISCUSSION – FINDINGS Stress is a very common experience. The three years of graduation is the place where they acquire more knowledge of their subjects and also for their career. Hence, this study gives us an understanding of common academic and non-academic sources of stress among arts and engineering graduate students. The respondent for this study are mostly from rural area. The age group of respondent is ranging from 18 years to 21 years. The family income of respondent is mostly under the income of 20001-40000(Fig.1). The medium of students are 48% from English and 52% from Tamil medium (Fig.2). Out of 258 students, 53% are females whereas 47% are male respondent (Fig.3). When observed carefully, we can find that all students were not equal. Out of 258 students, Arts and Science college graduate includes 75 female and 60 male and from engineering college 51 female and 72 male respectively (Fig.4).

The first year students after completing schooling they enter into college environment which is totally different. They are facing difficulties not only in academic but also in culture and environment. While comparing final year students the first year students are having 74% academic stress. It's because due to changes in teaching and examination pattern. While comparing first and final year, the other stress factor such as interpersonal, intrapersonal, environment, financial and health, we can understand the difference in their stress level (Fig.5)(Table:1). In this study, it can be found that college students were highly affected by the stressful climate. Final year students are having more stress due to the increase in responsibility than the first year students. From this study, it is clear that most stress come from future carrier orientation.

Stress among students while studying will result in various symptoms regarding psychosomatic factors. Headache and back pain are found in more percentages which lead to major stress among the students. Some other problems are also affecting along with these such as high and low blood pressures, constipation, anxiety, neck pain, appetite erratic mood, hair fall, low self-confidence and poor sleeping. They are not giving proper rest to the body and mind because of stress. Due to this, the students are affected by depression and not concentrating on their health that leads to ulcer problem.

The different factor shows variable results which contributes to stress. However, it is found that there were variables in results of stress among male and female. Headache, back pain and depression percentage is found to be higher in male than female. Likewise, the blood pressure also occurs much higher in male than female. Some people wouldn't consider this challenge a type of stress because, they will be happy and satisfied with their present life. However, too much stress can have negative impacts. Heart disease rarely occurs to both genders. Stress not only affects the health of the students, but also it affects the personal skill development and also it spoils the carrier

development of students. If a person is not taking proper steps to reduce the stress it means it will affect their life (Fig.6&7).

LIMITATIONS AND SUGGESTIONS:

The limitation of this study is a small set of students were used. Pure science students are not included in this study. Repeating this study with a larger, stratified random sample would expand knowledge of stress among students. Interventions for students are needed and repeating this study in other branch of studies is recommended. Therefore, research would develop the understanding of stress among undergraduates with all categories.

CONCLUSION:

Students in rural areas of India are trapped between two worlds, cut throat competition of the outside world and local traditions. This study gives us an understanding the various elements of stress which affects first and final year students. The students are not only affected by academic stress but also non-academic stress which leads to other problems in their life. The main findings of this study concluded that academic stress is highly correlated with environmental and financial stress. The students are undergoing all types of stress while studying by facing mental and health problems during their academics, this will give strength to manage the stress in future life. The stressors should be identified and discussed with individual students. This will help them to overcome stress and stress related problems.

Fig 1:Monthly family income of respondent

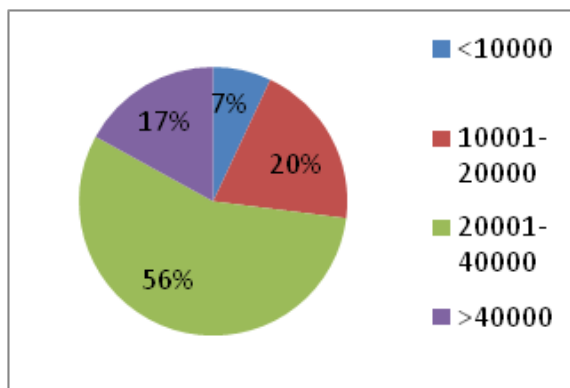


Fig 2:Respondent's medium of study.

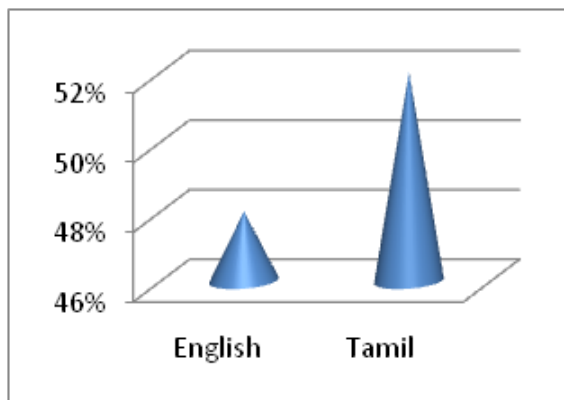


Fig 3: Gender wise distribution of under Students

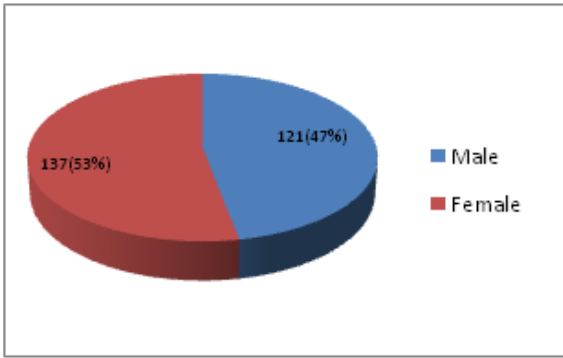


Fig 4: Comparative analysis between male and female participants.

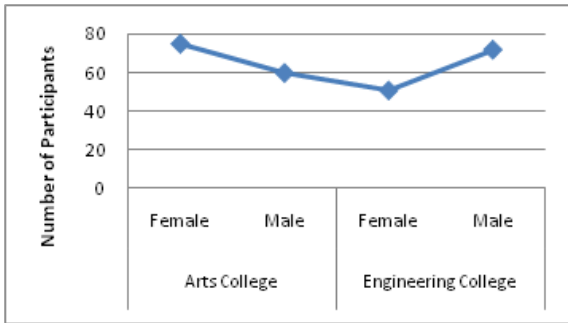


Fig 5: Comparison of sources of stress among first year and final year students

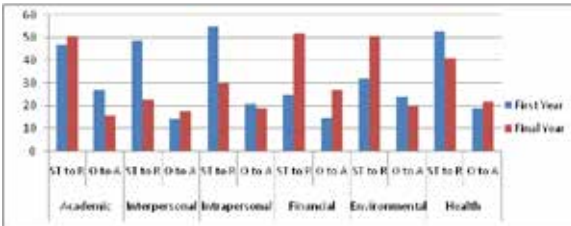


Fig 6: Different factors of stress which occurs among female.

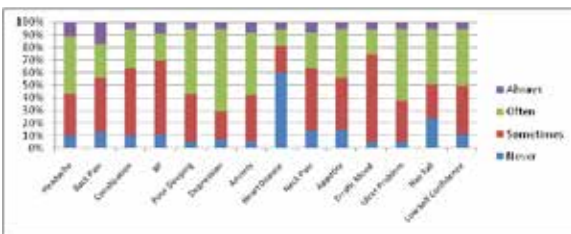


Fig 7: Different factors of stress which variably occurs among male.

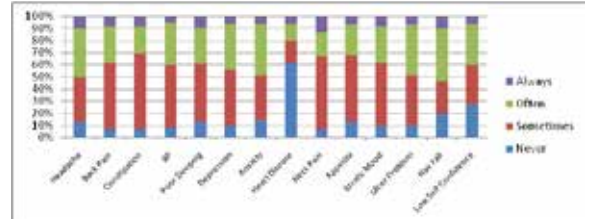


Table.1: Comparison of elements of stress among first and final year students

	Year	Academic	Interpersonal	Intra-personal	Financial	Environmental	Health
No Stress	I	33 (26%)	47(37%)	31(24%)	77(60%)	56(44%)	36(28%)
	II	43 (33%)	77(59%)	66(51%)	27(21%)	38(29%)	48(37%)
Some-time to Rarely	I	60 (47%)	63(49%)	70(55%)	32(25%)	41(32%)	68(53%)
	II	66 (51%)	30(23%)	39(30%)	68(52%)	66(51%)	53(41%)
Often to Always	I	35 (27%)	18(14%)	27(21%)	19(15%)	31(24%)	24(19%)
	II	21 (16%)	23(18%)	25(19%)	35(27%)	26(20%)	29(22%)
$\chi^2 =$		5.0863	19.5631	21.50809	46.1575	9.7116	4.0302
$P =$		0.0784	0.0000	0.0000	0.0000	0.0077	0.0133

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