Research Paper Commerce

A Conceptual Analysis on Stress Among College Students

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ABSTRACT

Stress is the common response of an individual either intentionally or unintentionally as well as it has become the core apprehension in the life of everyone. College students constantly have more multifaceted inconvenience due to academic pressure; adaption to new environment, fear of failure, struggle to create uniqueness, inferiority, attaining social familiarity, changes in family relations etc., and avoidance of stress is not feasible, thus the subsequent best things are to decrease stress. The extent of stress results from actions or conditions that have the possible to cause change. In this study an attempt has been made to identify the causes of stress and coping measures to be taken to reduce the stress among the college students.

KEYWORDS Stress, Academic Pressure, Financial Task

INTRODUCTION

Stress is the insistent outcome caused by stable strain and subsists in every part of our life. The changeover from adolescence to adulthood is a complicated journey in the field of education for the college students. At this stage students faced with fast physical changes and mental development along with they may experience with inappropriateness and adaptableness. College students constantly have more multifaceted inconvenience due to academic pressure, adaption to new environment, fear of failure, struggle to create uniqueness, inferiority, attaining social familiarity etc., As a matter of fact the stress is rated as the world's second deadliest destroyer. Further there is numerous other reasons that basis for stress in students both positively and negatively. The occurrences of the situation from the stress are labelled as stressors.

REVIEW OF LITERATURE

1. Dr. Rajasekar (2013) examined the impact of academic stress among the management students. Students have different expectations, goals and values that they want to fulfil, which is the only possible if they are integrated with that of the institution. The study also provides better insights to the academic administrators for initiating efforts to reduce the intensity of academic stress.
2. Narasappa Kumaraswamy (2013) briefly describes the research carried out in the last three decades especially regarding stress, anxiety & depression. It focuses stress among college students, nature of psychiatric morbidity and emotional problems of the college students. His study suggested that to have mentor mentee programme compulsorily in all colleges. A student health committee should be formed in each college with mental health professionals as its members. There should be regular seminar & workshop for teachers & college students on various issues of psychological problems and its coping mechanisms.
3. Sunny P Mathew(2014) identifies the various symptoms of reasons of stress experienced by youngsters in a small area of Kottayam District in Kerala state; and also suggests the ways of minimizing the stress among youngsters. He also explains about the best way to manage the students stress and role of parents, faculty members and friends to combating stress.

OBJECTIVES OF THE STUDY

1. To examine the basis of stress among the college students
2. To analyse the strategies for coping stress

Basis of stress among the college students

1. Inter Personal Stress:

The inter personal stress could crop up among the college students due diverse reasons like transform in societal actions, roommate disagreement, rapport with opposite gender, clash with boy companion or girl companion, disagreement with parents, working with new set of people. The students may experience stress with any one of the cause or combination of more than one factor.

2. Intra Personal Stress

New tasks, financial problems, speaking in public, alter in the eating practice, change in sleeping habits, demise of the family member, injury are the causes for stress among the college students under the factor intra personal category. Generally students who are moved from location to another location for their academic reason will face this intra personal stress.

3. Academic Stress

Academic stress caused due to increase in the class workload, inferior status than predicted, expectation of graduation, severe disagreement with the mentor etc. All the adolescence age students will come across these types of academic stress.

4. Environmental Stress

Computer associated problems, positioned in an new place, staying in the academic place for extended period of time, transformation in the living environment causes the environmental stress among the students in the college level. There are also occasions that parents disapprove their children's going into relationship. Some students affirmed that they missed to attend their classes in anticipation of their graduation. With increased in more class work load such as reports and term papers, they suffered from the changes in their eating habits and new responsibilities. There is no much worry about environmental stressor because it can easily be resolved by the school ad-ministration.

STRATEGIES FOR COPING STRESS

1. Adaption to college life as soon as possible

College students should adapt to the new environment as soon as possible and pay attention to their physical and mental health. Acquire a positive attitude with their friends. They should gain knowledge to understand, admit and recognize themselves to the new situations.

2. Observe stress coping measures

College students should give attention to stress coping measures by adopting regular exercise, eating habits and sound

sleeping for seven hours in a day. They may also get assistance from the professional institutions to get out of the stress.

3. Obtain emotional support from the family

Family members must support their children to cope the stress of emotion as they did not able to find out trusted friends in the new environment. The college students should not give up their enthusiasm still in the new situation to maintain the emotional balance.

Conclusion

The emotional security of college student's needs cautious attention. The colleges should start Counselling centres in the campus to take-up the psychological issues of the students at the early stage. There should be regular workshop for the students on stress management, time management, health education programs and reduction in the curriculum can be the vital approaches to cope the stress among the college students.

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