



A BRIEF REVIEW ON ACADEMIC STRESS AMONGST STUDENTS

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Abstract

Although stress is a broad concept with many significant repercussions, it is possible to reduce its negative effects by making a few tweaks to the way we go about our daily lives. In today's world, people in positions of authority such as managers, financiers, government officials, administrators, politicians, housewives, and students are all susceptible to the negative effects of stress. It is absolutely necessary to identify the cause of the stress in order for it to be dealt with in a comprehensive manner and for effective solutions to be developed. An individual's one-of-a-kind interpretation and response to a precarious circumstance is at the core of the stress response, which is traditionally understood to be a purely subjective process. There is a correlation between stress and a number of mental and physical illnesses, such as depression and anxiety. Because of the rise in the number of cases that are related to stress over the course of the past few decades, there has been an increase in the number of workshops, papers, research reports, and other activities associated with stress management. This study investigates the theoretical underpinnings of stress, as well as the factors that contribute to student stress and the various coping mechanisms available to them. In addition to that, it provides a summary of the previous research done on the topic.

Key Words: *Impact, Meticulously, Threatening, Hazardous, Stress Management.*

Introduction

The experience of emotional or physical tension is what we refer to as stress. A person's life is filled with a variety of experiences that can trigger negative feelings such as rage, frustration, and nervousness. These emotions, in turn, can contribute to the development of stress in an individual. The body's response to something that challenges or demands it is called stress. There are times when stress can be beneficial; however, when it lasts for an extended period of time, it can cause serious health problems.

The manner in which an individual responds to a given circumstance can have a significant impact on their level of stress. Some people simply do not care and do not experience anxiety; they view stress as a minor inconvenience and continue on with their lives on a day-to-day basis. Others actually cause themselves unnecessary anxiety, which has a negative impact on their health. When a person struggles to adjust their behaviour or make concessions in order to deal with the demands imposed by stressors, they are said to be stressed. Stress is a negative behavioural and physiological process (Bernstein et al. 2008). One definition of a stressor is "any factor that interferes with, or has the potential to interfere with, an individual's normal daily functioning and causes people to make adjustments" (Auerbach and

Grambling,1998). According to Malach, Pines, and Keinan's (2007) definition, stress is the perception of an imbalance between the demands of one's environment (the stressors) and that person's capacity to meet those demands. According to Auerbach and Grambling (1998), any circumstance that can stimulate any kind of threat or danger to one's health can be considered to be a source of stress.

Causes Of Stress Among Students

Over the past few years, there has been an increase in the amount of academic pressure that a student must shuffle through. This includes examinations, assignments, and a wide variety of other activities. Not only because of the design, but also because of the enormous amount of pressure that teachers and parents put on students to achieve high grades. Because of these expectations, the students are forced to work diligently, which ultimately results in increased stress. In addition to performing well in academics, parents and educational institutions want their children to take part in extracurricular activities. As a result, the current expectation placed on students is that they will demonstrate all-around competence. The absence of appropriate channels for counselling contributes to increased confusion, and as a result, students are unable to select a field of work that interests them, even after engaging in rigorous academic

routines. The students are left confused as a result of the demanding attitude of both the parents and the teachers, which builds stress. The adolescent years and the high school years are critical periods in the development of a child's personality and outlook on life. Another term that is frequently used by teenagers is "peer pressure," and it is very common to hear them use this term. This could include pressuring another person to drink, smoke, cheat on an exam, lie, or any number of other inappropriate behaviours; the list is exhaustive. The influence of one's peers can be both damaging and compelling. Students who tend to be more reserved may benefit from its influence on their personalities in a positive way, but it also has the potential to act as a barrier and cause stress. It is of the utmost importance for students to be wise and to surround themselves with positive people in order to make the most of the positive peer pressures that they are subjected to.

The combination of a heavy academic workload and the sensation that you are always rushing to meet another deadline can be an intimidating experience. The level of pressure put on children by their parents to excel in their academic pursuits and excel in the extracurricular activities they participate in is astoundingly high. The overwhelming pressure to perform exceptionally well in one's academic pursuits, which is frequently open to abuse, does damage to one's morale and is one of the most significant contributors to stress, failure, and breakdown. The competition among parents to demonstrate that their child is talented in a variety of areas leads to the parents' becoming victims rather than successful people. Students who do not receive adequate support, as well as those who do not interact with their parents and teachers, are more likely to experience stress as a result of their questions and misunderstandings, which in turn contribute to the development of stress. A child is put under a lot of pressure to perform well in school, but if they do not receive the appropriate support, they may experience feelings of being disoriented and without purpose.

Stress that lasts for an extended period of time can cause physical and emotional disorders, which can then lead to feelings of anxiety and depression. It is essential to provide yourself with a means to alleviate the anxiety. According to Mckean and colleagues (2000), the stressors themselves are not the sole cause of anxiety, tension, or depression; rather, stress is the result of a synergy between the stressors and the person's approach and attitude toward these

stressors. Despite the fact that stress is almost always viewed in a negative light, there is always another side to every story. The right kind of stress can help to sharpen the mind and reflexes, which in turn can assist in the enhancement of memory. Working under some degree of stress is always necessary if one is to be effective and efficient. It can assist one in rising to meet the challenges of daily life and it can motivate students to achieve their objectives.

Managing Stress

Many adolescents experience depression as a result of the overwhelming state that stress can bring on. According to the findings of a study conducted by New York University, the majority of the stress that high school students experience develops during their time in school. Furthermore, the students claim that they carry this stress with them into their college years, which causes academic confusion and can lead to issues with mental health. Once the student is finally settled in at the college, they are faced with the stress of a new and increased workload, the pressure of making friends and being in the socially acceptable circle, and the pressure of managing a network that is much more challenging; all of this must be done without the support of the parents on many occasions. For this reason, it is of the utmost importance to learn how to deal with stress, so that the students can learn to navigate in the waters and are able to sail through them.

This simple adjustment will go a long way toward ensuring an environment of long-term happiness, and the students can choose from a variety of ways and means to alleviate their stress, such as incorporating any form of exercise into their daily routines. Students who meditate and practise deep breathing can find relief from the anxiety that comes with test-taking and prevent themselves from becoming overly panicked. It is also very important to make sure that students get enough sleep, as this will help them to have more patience and will improve their ability to learn graphs. In stressful situations or not, listening to music can have a healing effect. Music listening has been shown to have a variety of beneficial effects, including the undeniable ability to reduce stress. The way in which an individual communicates with themselves can really make a big difference in their attitude; consequently, it is essential to engage in positive self-talk, which will further lead to harmonious surroundings.

Literature Review

According to the findings of Reddy et al. (2018)'s study, there is a difference in students'

levels of stress depending on their academic stream. Dealing with stress on a personal, social, and institutional level is something that should be prioritised. It has been discovered that a number of different treatments, including psychotherapy, feedback, yoga, training in life skills, mindfulness, meditation, and yoga, can be helpful in managing stress. The first step in overcoming stress is to figure out what causes it in the first place. To better manage the effects of stress, professionals can develop individualised coping strategies. The overall health and happiness of the students is critical not only for the individual but also for the educational establishment as a whole. According to Dimitrov's (2017) research, one way to combat the effects of stress on students is to encourage them to place a high priority on their own health and well-being. A few of the key areas to concentrate on are one's diet, physical activity, place of employment, and leisure activities. He also came to the conclusion that the education system is more concerned with academic qualifications than it is with the overall development of students and does not contribute nearly enough to the latter.

Students are typically socialised in a manner that instils in them a sense of dread when it comes to taking on forthcoming challenges. This is because the emphasis is placed solely on academic achievement, rather than the mental development of a go-getter. There are not a lot of different options available for the mode of instruction. The fact that English is the only language offered to students can be a barrier for those students who come from rural backgrounds. There are not a lot of classes that are geared toward employment that you can take. For better placements, recently graduated students need to develop their communication skills further.

Subramani and Kadhiravan (2017) discovered that there is a connection between the stress of academics and the mental health of students. He concurred with the notions that students are constrained by the academic structure and that there is a connection between the pressures of school and one's mental health. The excessive amount of pressure that the students are put under by their parents and schools to achieve higher grades is discouraging for the students, and to add insult to injury, the students do not receive sufficient support or guidance from either their parents or their schools. When students demonstrate positive mental health in academic settings, such as forums, they are mentally healthy. In addition to

this, they asserted that students attending private schools have a greater amount of homework and other academically related assignments, which leads to a higher level of stress in comparison to students attending public schools. It was discovered that students who attended private schools had significantly better mental health than those who attended public schools. He asserted that students attending private schools benefit from a unique nurturing environment and extensive exposure, in contrast to students attending government schools, who come from less affluent socioeconomic backgrounds and have less overall experience. This is one of the reasons why the level of stress has increased recently.

Sharma et al. (2016) noted in their research the importance of utilising a variety of techniques to manage stress. A solution to the problem of stress can be as simple as performing one physical activity on a daily basis. In addition, one can take advantage of a variety of time management tools and participate in extracurricular activities that are beneficial to students. It was also suggested that colleges ought to have an atmosphere that is conducive to learning in order to reduce levels of stress. Altering the way in which instructors present material and making mentors available are both potential ways to breathe new life into the teaching method. According to the findings of Prabu's (2015) research on students in higher secondary schools, male students experience higher levels of stress than female students. The amount of academic pressure placed on urban students is significantly higher than that placed on rural students. The level of stress experienced by students attending public schools is significantly lower than that of students attending private schools. Students in the Science track report higher levels of stress compared to students in the Arts stream. The study by Deb et al. (2014) was conducted on 400 male students from five private secondary schools in Kolkata. These students were in grades 10 and 12, respectively. It was discovered that 35% of students suffer from high levels of academic stress, and that 37% of students suffer from high levels of anxiety. It was found that students whose grades were on the borderline experienced a higher level of stress when compared to students whose grades were higher. In addition, it was found that students who participated in extracurricular activities experienced higher levels of stress in comparison to students who did not participate in such activities.

Kaur (2014) acknowledged that the pressures of school can have an adverse effect on the mental health of students in their teenage years. When compared to the boys, it was discovered that girls who experienced academic stress had poorer mental health. According to the findings of the study, some parents put unnecessary stress and pressure on their children, which can have a negative impact on their mental health. In his study, Bataineh (2013) measured the academic pressures that students face while they are enrolled in higher education. The findings of the studies showed that some of the causes of stress include an unreasonable academic overload, insufficient time to study as a result of the vast amount of course content being covered, high levels of expectation from family members, and low levels of motivation among the individuals. The primary reason for stress is also fear of failing at something. There was found to be no significant difference in any of the students' performance based on their chosen area of specialisation. Khan and Kausar (2013) came to the conclusion that stress definitely has a negative impact on academic performance, despite the fact that they did not find any significant differences according to gender in their findings. It was clear to see the difference between the junior and senior students. The capacity to study effectively and to manage time effectively are both negatively impacted by stress. It is essential to study on a consistent basis because this helps relieve the stress associated with academics and assists students in achieving their goals. According to research conducted by Busari (2012), stress was found to be a contributing factor in the development of depression in secondary school students and was associated with an impact on academic achievement. The implementation of preventative measures, the instruction of essential life skills, and the utilisation of various therapeutic approaches should all be given serious thought. Nandamuri and Gowthami(2011) conducted a study on the stress experienced by students of professional studies. They found that the curriculum and instructions parameters were the most responsible for stress, accounting for 86 percent of the total. Placement-related issues were the second most stressful factor, accounting for 63 percent of the total. Assessment and team work issues accounted for 41 percent and 24 percent respectively. The study went on to identify a variety of micro issues that contribute to stress, and it provided a list of twelve sub issues that are related to education and training. Once the

underlying problems with each criterion have been identified, it will be easier for academic administrators to get a clearer picture of how they can begin initiating efforts to lessen the impact of academic pressure. According to Agolla (2009), one of the most important topics being discussed in academic circles today is stress. A great number of philosophers have conducted extensive research on stress and have come to the conclusion that this topic requires a great deal more attention.

Radcliff and Lester (2003) conducted a study on the anticipated stress among senior-year undergraduate students. They found that the reasons for the buildup of stress included class assignments, an insufficient amount of guidance, and the pressure to mingle and become associated with others. According to McKean et al. (2000), there are certain times in each semester that are associated with higher levels of stress for undergraduate students. The accumulation of stress is caused by factors such as academic engagements, financial pressures, and an inability to effectively manage time. An unhealthy amount of stress can have negative effects on a person's physical health, emotional state, and academic performance. As a consequence of this, it is absolutely necessary for first-year college students to develop strategies for coping with stressful situations.

Conclusion

The lack of adequate support for the students is the primary cause of stress for these individuals. There is a predetermined method of evaluation that does not provide the students with sufficient room to experiment and push the limits of their abilities in order to excel. Students can experience stress for a variety of reasons, including those that are personal and those that are social. Even after graduating, students have no idea what they want to do with their careers and are uncertain about finding work because there aren't enough qualified career counsellors available. This lack of clarity and availability contributes to aimless goals. The amount of pressure that the studies put on students in terms of their academics, extracurricular activities, and assignments, among other things, has significantly increased. In order for parents to improve their own social standing in the society, they expect their children to participate in the "rat race" and excel above and beyond their rivals. In this day and age of cutthroat competition, chasing after numbers has become the new fashion. It's a sad reality, but it's true. Because each child is unique, it is essential for parents to instil in their offspring an awareness

of the significance of accurately assessing their capabilities and to encourage their offspring to pursue a line of work that makes use of those skills. It is critical to either engage in work that you enjoy or take pleasure in the work that you do. It is possible to reduce the negative effects of stress, increase one's capacity for sustained attention, and subsequently become more productive in academic endeavours by practising effective time management and making it a point to engage in at least one form of physical activity on a daily basis.

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