

# **A STUDY OF STRESS MANAGEMENT STRATEGIES ADOPTED BY COLLEGE STUDENTS IN JAIPUR CITY**

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## **ABSTRACT**

College students are handled with a lot of stress these times. Between all the other issues college times have to be most stressful time period in an individual's student life. The purpose of the study was to study the indications and measure the level of stress among college students; To recognize the strategies to managing with stressor by the college students and to distinguish the cause of stress among them; To improve stress managing strategies in college students. In this study, researcher taken 100 college students. As needed to cover all college students' groups, dispersed survey between diverse age groups of students from 18 years to 25 years and became to distinguish about their general opinion about stress as well as stress management. In our research we have used a simple random sampling. From the results of this study, we can conclude that effective stress management is compulsory implementation in early stage by college students to improve the balance stability in their life.

**Keywords:** College students, Managing strategies, Questionnaire, Stress, Stress management

## **1. INTRODUCTION**

[1] describes stress by way of "Any external event or any internal drive which threaten to upset the organism equilibrium is stress". According to the article [2] "Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize".

College students are the individual who was live in 21<sup>st</sup> century as an early young adult. The generation time period is about 18 to 25 age adults. They are also known as Y generation. These students are the coming information technology age individuals who were comfortable to use social media and gadgets also.

"In the present competitive age, it is reported that young generation are found to be more in stress. We got the information related to depression, attempt to suicide and some psychological symptoms among the student. Sometime we got the information related to suicide, attempted suicide depression, dropout and many more psychological symptoms among the students. Now scenario has been changing most of us aware about the stressor which affect the college student and maintain the environment which induces the positive thinking among student" [3].

For college students, stress mostly originates as of educational assessments, personal relationships, affiliation glitches, monetary, in addition to vocation study also. Such stress might generally cause mentally, physically and behavioural complications. Enchanting altogether these issues by interpretation of a determination is generate to recognize that stress and emotive modifications of now a day's students. The interpretation of this research possibly to improved alteration and enhanced performances of the college students. Stress is a fragment of every single college student lifetime. College time has been found to be stressful for numerous young adults registered in the universities. Earlier studies have revealed that variability in students' maturity (such as the whole development of the prefrontal cortex, which is the part of the mind in control for making of any decision) is connected to better variability in their tactics for coping through stress.

Though, wherever stress is extreme, personal and organizational performance is at greatest damaged. At the poorest, stress is an obligation and a risk to the survival of an organization. So, the researcher efforts to classify the aspects that reason of high stress between students and discuss the managing strategies accepted by them to diminish stress.

### **1.1 Objectives**

The purposes of study are as follows:

1. To study of the indications and measure the level of stress amongst college students.
2. To recognize the strategies to managing with stressor by the college students and to distinguish the cause of stress among them.
3. To improve stress managing strategies in college students.

### **1.2 What are the signs of stress**

General causing stress signs of any individual comprised unhappiness, issue related sleeping and eating habit, strain, anxiety, problems during examination, less focussing and boredom. The high level of stress doesn't manage in proper time then will cost to damage of the person's life. However, stress management is main key to success of living healthier life.

### **1.3 Negative impact of stress among college students**

#### **Impact of stress on Academics**

"The academic performance of university students presently is defined in terms of success or failure of course units, number of courses failed or passed" [4]. Referring to Morehouse State University, "Student have poor study habits and cram last minute studying in the night before exams". The concern relate to academic performances can basis of stress indications like nervousness, sleeplessness or else variations in hungriness and general temperament. According to [5], "Significant stressors encountered by students include high individual and external expectations, and stressful surroundings as well as academic motivators such as academic tasks, ranks and college recognition". A study stated that stress persuaded by examinations keep increased throughout preparation, high peak during in the exams, and it declines after the examination is finished.

#### **Financial Stressor**

College students may turn out to be irritated when bills are unpaid, risk of account going to collection and racking up liability through finances and credit card debt. A investigate by [6], "In a sample of young adults found some evidence to suggest that credit card debt has negative consequences on a sense". Altogether each and every young person's feels stress about finances. Rendering to the American College Health Association (2012), "financial problems are listed as the second leading source of stress in USA. With college tuition fees on the rise and lack of scholarships, many university students are buried in debt". Maximum young individuals have not any occupations or they doing any job which are not fulfilling their needs. They always motive to live a good life style as mobiles, gadgets, cars and other expensive things which they can't easily afford and when they fail to accomplish these things which will definitely causing stress.

#### **Relationship Stressor**

Relationship are additional immense feature of stressors. Relationship stress practiced by college students comprises faith problems, disloyalty, lack of self-confidence and connection exploitations. Relationship difficulties were enumerated as the 3rd foremost cause of stress. Previous researchers found that stress and relationships were significantly negative corelated to each other. Everybody wants a close connection for sharing their life moments but when they can't find any such kind of relations which leads to causing their stress level enhanced.

#### **Career**

Due to Career stress, college students negatively affecting their individual performances and also reacting on their brain system, at that situation they can't perform even they have potential to do it. Job insecurities, high competition level, incorporated colleagues and so on there are numerous job stress factors which causing stress on college students. They have fear of loosing their job and also not facing the competition in the market also.

#### **Time Management**

College students faces the problems of time managing as they have to settle their work or job, maintaining their relationships, financially getting stronger, stands between challenges and competition. So that they have lots of pressure of these issues, sometimes they can't manage properly and getting more and more stressed by time and also leads to either suicide or mentally disturbed.

#### **Non- Academic Stress**

In college time, College students faces lots of pressure to finding new friends, interact new faces, make new experiences and faces challenges which seeking them to increases their maturity level. [7] well-defined "The sources of stress as every circumstance or event that threatens to disrupt people's daily functioning and causes them to adjust".

#### **Unhealthy Eating Habit**

Physicians Committee for Responsible Medicine (2015), revealed that "Unhealthy eating habits have the tendency to increase a student's level of stress. Diets that can induce stress include food high in fat, sugar, caffeine and refined starches". According to [8], that diets which prefer vegetables, low oily foods, fruits are likely to activates the individuals. This has been proven in previous researches that if any college students intake more fatty food and less dietary foods, this will cause to high stress on them.

#### **Environmental Factors**

Environment plays a major issue faces by college students. The college students who lived out of Jaipur, faces to tackle the extreme low and high temperature, weather disturbances, Natural disaster occurrences and political environment affects. Changes in the economy planning and policies may stress to college students shifting their focused direction.

#### **Parental Pressure**

According to various studies, determined that stress may occur when parents pressurize their child for their future job or education related while their child was enough mature. In the Bollywood movie "Three Idiots", showed clearly that if College students didn't take any decision because of their parents' terror, they lose whatever they have talent and also loose the hope for future. So, parents have to support their child until and unless they lose their child.

### **1.4 Helping College students to managing stress**

“Coping is recognized as a key variable in the process of minimizing, reducing or tolerating stress and among college students, coping has been found to be a strong predictor of academic success” [9]. There are numerous studies which defined various managing stress strategies by using hooks and crook techniques. College students basically fight for managing stress. College students hard to overcome different types of stressors which already discussed in this paper. Several strategies which we elaborated because these strategies are must to follow all the college students if they want to overcome their stress level.

**Physical Activity**

“Researchers have documented the benefits of regular physical activity for a healthy life. Regular physical activity reduces the risk of hypertension, heart disease, diabetes, and some cancers” [10]. College students (age between 18- 25) reported less engaging in physical activity rather their interest in social media. They are not even doing 30 minutes physical activity in a day. Some of the evidences proofed that any individual involved physical activities in their daily routine reportedly more progress of their muscle’s relaxation. However, college students must do physical exercises and stretching which would be easily relieving their stress.

**Mediation**

“Meditation is described as a tool that involves concentrating on one single thought and involves having a passive attitude. This procedure aids in minimizing stress by enabling a cool focus on one simple task at a time. Mindfulness is defined as awareness and focused attention, absence of elaborative thought, and non-judgmental acceptance” [11].

**Discussing and Sharing emotions**

We have to giving opportunity to talk and chit-chat with them about their inner emotions of their stress. Motivate them for asking any queries where they trap. Giving the corrective suggestions for resolving their problems. It has been proven that when college students share their emotions to anybody this will help to coping their stress and feeling stressful to normal.

**Observes them and talk**

Sometimes, college students feeling corner from their friend circle, behaving like different from earlier, not focussing in anything. They want extra supports by close one. These situations must not be avoiding and if we observe and talk when they feel lonely, it would be better improvement for them.

**Diversion of their mind**

If college students diverted their mind in different fruitful activities such as gardening, cooking, painting, music, sports as so on, they can’t even cope easily but also, they have created their career on this. They have focused and direction also whatever they want in future.

**Cognitive managing technique**

There are numerous cognitive techniques adapted by college students like be always positive in any situation, any problems they accept as a challenging work, made the goals list which they want to achieve, pamper in any situation etc.

**Avoiding Negative way of coping**

Sometimes college students doing various things which harmful for their health and body also. They adapt bad habits like using drugs, working overtime, drinking alcohol, avoiding problems. They have to avoid these habits and stay way from the negative people also.

**2. METHODS**

From the present study, researcher has selected 100 college students. As needed to cover all student groups, we taken age group of 18 to 25 college students and dispersed the questionnaire by which we get the know the overall point in the direction of stress and also stress management. In our research we have used a simple random sampling. The tool by which we used questionnaire to covers the young college students and also individuals who working in any organization. Collecting from both primary and secondary data were used. This questionnaire designed in three phases. In first phase, covered the symptoms of stress by college students. In second phase, Highlighting the stressors part and lastly in third phase, managing strategies adapt by the college students includes.

**3. DATA ANALYSIS & INTERPRETATION**

Through this survey, researcher know the stress faces by college students and why they trap on this and how to cope them with the use of effective stress management. It concluded they overall general point of view of college students regarding to stress.

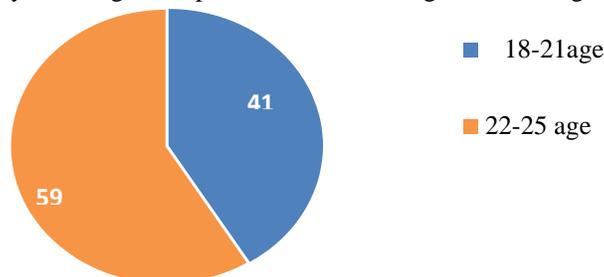


Fig 1: Age

The participants were come from different areas. Some are the college students and other also working in the job. Figure 1 shows the maximum college students were belong from group 18- 21 years i.e. 41%, 22- 25 years represents 41%.

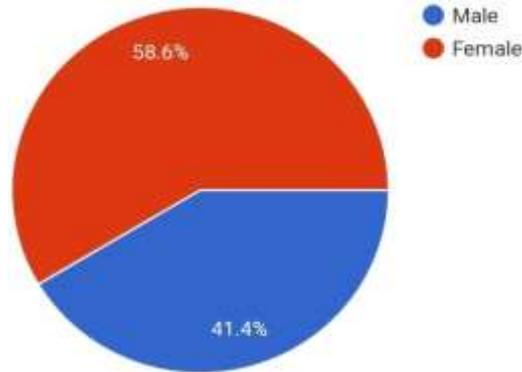


Fig 2: Gender

Figure 2 shows the male respondents are 41.4% and female are 58.6%. That means Females are more stressful in comparison with males' respondents.

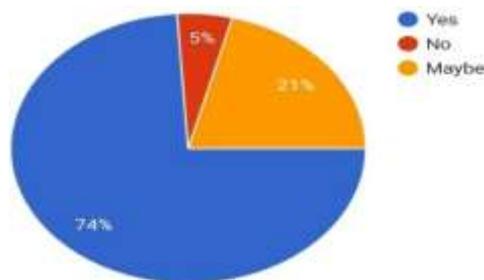


Fig 3: Difference of opinion such as “Tension, anxiety, burden, pressure, hormonal changes, expectations and unhappiness” describes stress conferring to college students

Figure 3 shows, 74% of student thinks that difference of opinion such as “Tension, anxiety, burden, pressure, hormonal changes, expectations and Unhappiness” describes college students stress. This is definitely conferring that most of the college students know the stress concept. However, 21% of college students was not actually definite aware about the meaning of stress and 5% college students cautious that tension is not a stress.

Fig 4: Student think their life became stressed

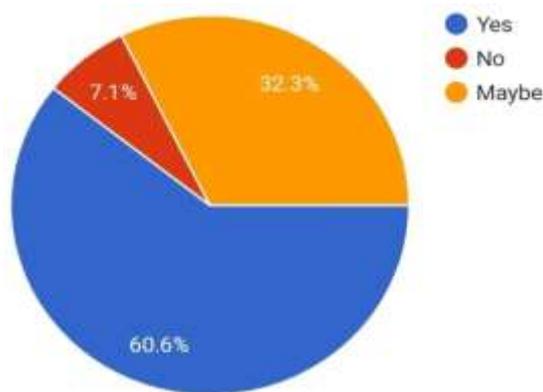


Figure 4 shows that 60.6% of student suffering from stress. But this was shocking that approximately 92% college students face the problem of stress in their life. This could be very dangerous for their health. There are 8% college students who reported as not suffering from stress. But this was only because of not aware much about stress concepts may be.

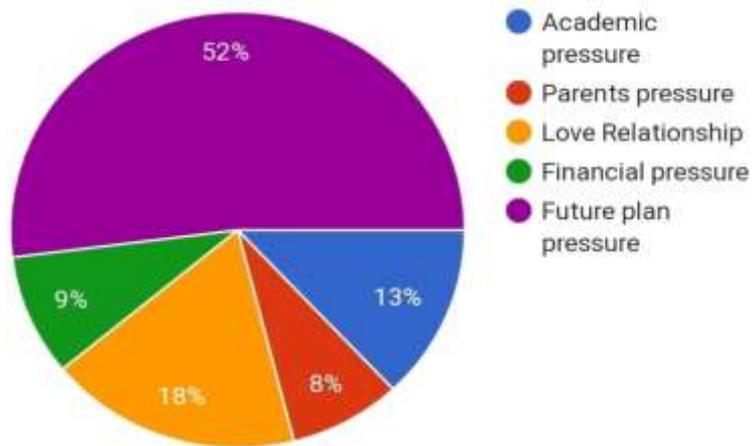
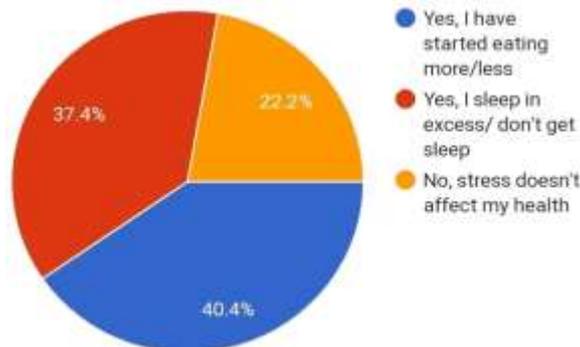


Fig 5: Kind of Stresses impact on the student’s life the most

Figure 5 shows that college students reported 52% as future plan pressure was the most issue for them. Then 18% college students face the love relationships problem in their life. 13% college students have the pressure of academic where they were under pressure of competition examinations preparation. Following college students showed 9% as financial pressure where they have to want fulfilling their need by luxurious products also. Lastly, Parents pressure recorded as 8% by which college students directed by their parents so that they have not build the decision making.

Fig 6: College students stress effect their health and the reasons

Figure 6 shows that 40.4% College students get most affected by more intake or less intake, this is only because of now a day’s individuals just want to physically fit by eating less or they are not willing to get healthier. 37.4% college



students reported that they excessively sleep or less sleep. 22.2% College students says that stress does not affect their health.

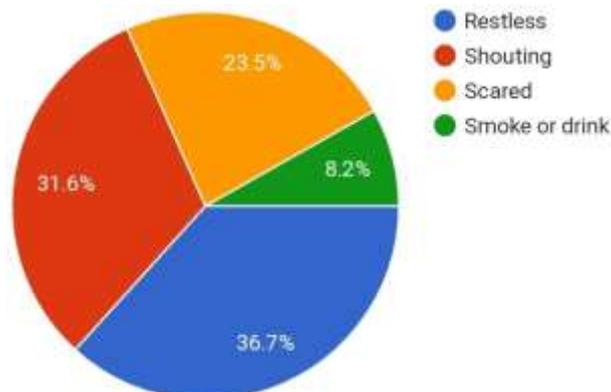
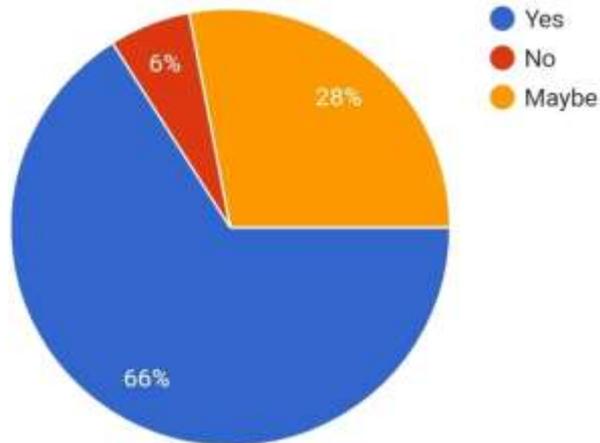


Fig 7: feels at that particular time when college students stressed

Figure 7 shows, 36.7% college students feel restless when they are having stress issues. Other 31.6% of student feel like locking themselves in a room and shouting. 23.5% student also feel scared while other 8.2% college students get into bad habits like drinking alcohol, smoking which is the matter of concern because this will harm their mental and health conditions like drinking alcohol, smoking which is the matter of concern because this will harm their mental and health conditions.

Fig 8: Stress make negative effect on college students

Figure 8 shows, 66% of student study is effect by stress. There are 28% respondents reported that not sure and



getting confused between negative impact of stress. This is only because they are not understanding the concept of stress and their effects. Other 6% student were not affected by stress.

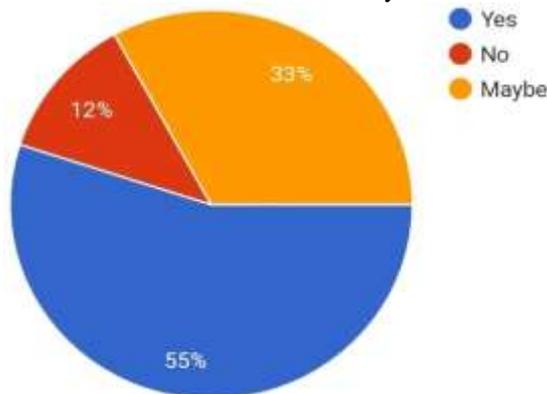


Fig 9: College students feel stressed when they have to complete lot of works

Figure 9 shows, 55% student feel stress when they have to do lot of work or complete lot of work whereas 33% of student think maybe or sometimes, they feel stress or sometime not. 12% don't feel stress in that situation.

Fig 10: Stress is important for college students

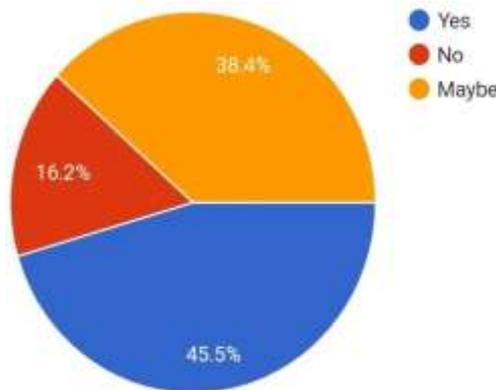
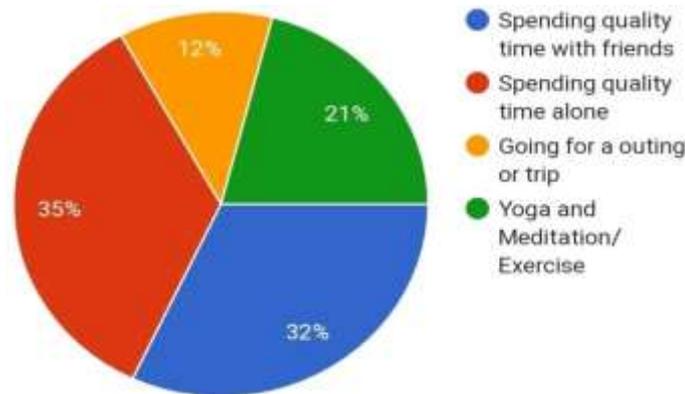


Figure 10 shows, 45.5% college students think that stress is important for them but 16.2% college students reported that stress is not important while 38.45 college students thinks that it was sometimes good for them because if stress is important this will improved their performances and not important that college students thinks stress affects very dangerous for their life.

Fig 11: College students get rid from stress using coping strategies.

Figure 11 shows, 35% of college students spending quality time with alone only to get rid from their stress. 32%



of college students reported as they like to time spend with their friends so that they share their emotions and sentiments while 21% of college students shows that if they doing yoga and meditation exercises, feels fresh and more focussed then earlier. Lastly, 12% of college students like to go out for a trip by which explore them and not thinking about negativity in life.

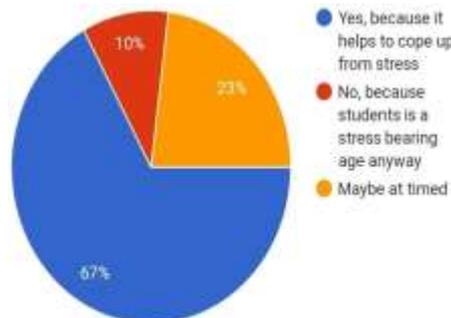


Fig 12: Stress management is important

Figure 12 shows, 67% of college students says that stress management is important for them. College students age is that time period where they face most stress issues so its compulsory to implemented. 23% college students reported that stress management is depends upon situation so it can be avoiding or either be implemented while 10% of college students thinks that stress management is not important for them. College students are born to bearing stress in this age.

**4. FINDINGS**

Stress management is the key usage by college students by which living of life getting more stronger with positivity. To get overcome of stress, one should be including systematic list for their daily routine work and always thinking about the good things on their mind. From our study, it was proved that most of college students feels stress. College students use bad habits to overcome stress but if they do meditation, sharing emotions with friends, they will definitely cope.

**5. CONCLUSION**

Data suggests that college students were vigorous in dealing with stress and determined to overcome by various strategies such as spends time with friends, trip planned etc. It would be saying that stress management is compulsory implementation for every stages of college students so that they overcome to fall in the trap of stress and not harmful for their health as well as. Continuous alertness on this matter may be helpful in preventing stress related disease and the risk of engaging in unhealthy coping. Systematic workshops for college students on stress and time management is important and health educators must strengthen the importance of preserving a sound lifestyle, engaging in recreational activities and societal supports also.

This study used in only one city that is Jaipur which was limited. Hereafter, the outcomes may not be generalization to other cities in the country. Another limitation that this study was the survey used to assess stress levels and stressors among only by college students not the other category people. Lastly, a bigger sample size and more statistical analysis should be done to completely measure the tendencies in

stress and coping. Recommendations to Health Educationalists that Stress levels were principally high among over half of the contributing college students, but it was encouraging to college students used to positive coping styles to handle stressful conditions. College students learning skill and motivation should be engrossed on, making sure that they familiarize to their life and are in a decent psychological state.

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