



## **STRESS MAINTANANCE – APPROACH OF STUDENTS**

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### **ABSTRACT**

*Education is the manifestation  
of the perfection already in man.*

*It is our own mental attitude which makes the world what it is for us. Our thoughts make things beautiful, our thoughts make things ugly. The whole world is in our own minds.  
Learn to see things in the proper light*

—Swami Vivekananda

*Today's younger generations are the pillars of our future world, they have to be very strong physically, mentally to face the world with full of confidence. Stresses impede the students to achieve their goal.*

*Stress is defined as “a state of psychological and physiological imbalance resulting from the disparity between situational demand and the individual's ability and motivation to meet those needs.”*

*Stress can be positive or negative:*

1. *Stress is good when the situation offers an opportunity to a person to gain something. It acts as a motivator for peak performance.*
2. *Stress is negative when a person faces social, physical, organizational and emotional problems.*

*Factors that are responsible for causing stress are called stressors.*

*The article specifically analyses about the stress level among the student's community, how they are facing the stress, the reasons for stress and how they are able to overcome the stress. To analyse about the stress level among the student community 100 students were taken in to consideration for the analysis purposes. This article gives the clear idea about the causes for stress and how the students are overcoming their stress level. It is the high time to the society to take care of the younger generation to avoid the human losses at the early age. The role of the parent as well as the educational institution is very important to have the healthy younger generation in physically and mentally.*

**Keyword:** stress, students, education, parents, performance etc.

## **Introduction**

The term stress was coined by Hans Selye in the year 1936. Stress is a person's response to an event, situation or stimulus. It influences the emotions, behaviour and health of people. The presence and level of stress depends on how a person perceive and interprets a situation. Person facing the same situation may experience different levels of stress.

Stress levels should be neither too high, nor too low and it should be maintained at optimum levels.

### Levels of Stress

Too Low	Too High	Optimum level
<ul style="list-style-type: none"> <li>•dullness</li> <li>•lazyness</li> <li>•lack of interest</li> <li>•lack of involvement</li> </ul>	<ul style="list-style-type: none"> <li>•health problem</li> <li>•behavioural issues</li> <li>•tensions</li> </ul>	<ul style="list-style-type: none"> <li>•inspire &amp;</li> <li>•motivate to perform better</li> </ul>

Stress is an adaptive response to an external situation that results in physical, psychological and or behavioural deviations.

As per Hans Selye stress is defined as “The non specific response of the body to any demand for change”.

## 2. Objective of the study

1. To study the concept of stress among student level
2. To study the areas in which students are having impact on stress
3. To study how the students are able to control their stress
4. To suggest measures to overcome stress among students.

## 3. Research Methodology:

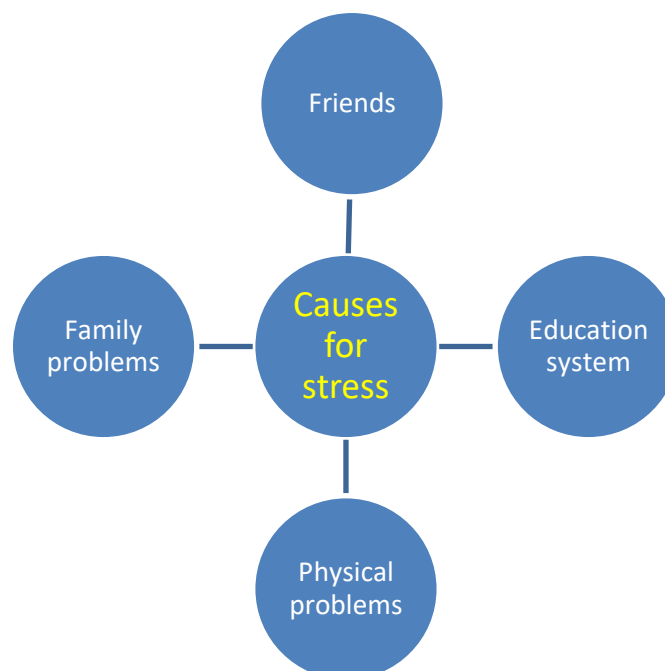
The article is based on the primary data & secondary data

**Primary data:** Collected with a small sample of 100 respondents, purposive random sample is applied to collect the information from the age group of 16 to 22+ years.

**Secondary data:** Collected from various articles from journals and books.

This article tries to identify the causes of the stress among the student level, reasons for stress and their approach towards controlling stress.

### MAJOUR CAUSES OF STRESS



## INTERPRETATION OF THE CONCEPT BASED ON THE RESPONDENTS VIEW:

### Age of respondent

Table-1

	Frequency	Percent	Valid Percent	Cumulative Percent
16-18	27	27.0	27.0	27.0
19-21	40	40.0	40.0	67.0
22+	33	33.0	33.0	100.0
Total	100	100.0	100.0	

### Gender of respondents

Table-2

	Frequency	Percent	Valid Percent	Cumulative Percent
Male	58	58.0	58.0	58.0
Female	42	42.0	42.0	100.0
Total	100	100.0	100.0	

### Family Living Style

Table-3

	Frequency	Percent	Valid Percent	Cumulative Percent
Joint family	28	28.0	28.0	28.0
Nuclear family	72	72.0	72.0	100.0
Total	100	100.0	100.0	

### Occupation of parents

Table-4

	Frequency	Percent	Valid Percent	Cumulative Percent
Father	72	72.0	72.0	72.0
Mother	8	8.0	8.0	80.0
Both	20	20.0	20.0	100.0
Total	100	100.0	100.0	

**Responsibility of respondents**  
**Table-5**

	Frequency	Percent	Valid Percent	Cumulative Percent
More	24	24.0	24.0	24.0
Moderate	38	38.0	38.0	62.0
Low	18	18.0	18.0	80.0
No responsibility	20	20.0	20.0	100.0
Total	100	100.0	100.0	

**College timing**  
**Table-6**

	Frequency	Percent	Valid Percent	Cumulative Percent
Day	67	67.0	67.0	67.0
Evening	33	33.0	33.0	100.0
Total	100	100.0	100.0	

**Educational Performance satisfaction**  
**Table-7**

	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	67	67.0	67.0	67.0
No	33	33.0	33.0	100.0
Total	100	100.0	100.0	

**Educational Institution satisfaction**  
**Table-8**

	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	59	59.0	59.0	59.0
No	41	41.0	41.0	100.0
Total	100	100.0	100.0	

### **Findings based on the analysis:**

I. Some of the respondents were happy with their education system which they are undertaking, they have given some of the reasons in which they were happy with their institutions where they are studying or studied.

#### **Reasons for happy with the education systems:**

- a. Practical knowledge is given along with the theoretical aspects
- b. Good atmosphere
- c. Happy because of friends support
- d. College is conducting frequent seminars gives us the confidence of facing the outside world.
- e. Having friendly staff.
- f. Good infrastructure facilities are available inside the college.

## **II Respondent views regarding the Poor performance in their education system:**

Major reasons for the poor performance areas:-

- Not happy with course selected
- No parental support
- Diversion in mind, not having concentration
- Financial problems in the family, forced to go for part time job

Controllable reasons for the poor performance areas:-

- Problems with friends circle
- Health problems
- Fear of participation in the class
- Participation of too many activities in the college

### III Respondent views regarding managing stress:

Listen to music (31%) Sit silently (16%) Texting/chatting to close one (16%) Play games (10%) Doing Yoga and meditation (10%) Sleep (6%)	Express the stress on others (4%) Self-harm (3%) Read books (2%) Go for walking /jogging (1%) Shopping (1%)
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We can see that the maximum percentage of the respondents manage their stress by listening music and only 3% of the respondents harm themselves due to stress, these type of respondents needs special attention by the parents and the educational institutions to overcome their stress level.

### IV Chi-Square test to find out the significant relationship with the family care, living family style and the Educational Performance,

The value 0.091, .152 is more than the value at 5% level of significance, and it can be concluded that there is no relationship between the family care, family living style with that of the educational performance.

### V Expectations mentioned by the respondent's

1. Student knowledge is to be equipped by the institution
2. Encouragement is to be given to the students to develop their knowledge
3. Individual attentions is to be given
4. Parental care is important to develop the students, friendly approach by the parents can improve the capacity of the students.

In order to overcome the stress level the following habits can be insisted at student level:

- Regular meditation,
- Physical exercise,
- Balanced diet,
- Focused thinking,
- Control of anger,

- Managing Depression,
- Maintaining calmness in stressful situations,
- Having a positive attitude towards life,

It is the duty of every parent to sit with their children everyday to have an open talk with their children about the happening of the whole day; it will create the feeling of affinity towards their parents. If the affinity is created means there is no possibility of doing the wrong things in life. This will lead to a strong mind in life, which in turn leads to a reduction of the stress level. It is in the hand of every individual to think over the stress free life.

### **Conclusion:**

It is the duty of the parents, educational institutions and the society to strengthen the mind of the younger generation in order to avoid the human losses in near future. They have to be moulded in such a way to face in any situations in the world. Mental strengthening is a main element to overcome stress. In our society parents are pampering their children, they have been providing what they want without having any hesitation, and it is possible because of the earning capacity of the parents.

Even the parents who are having the problem of providing the expected facilities, they are doing it by taxing themselves by borrowing the amount. This trend is to be changed, student community should realise the value of money at the time of their education. Then only they can be in a position to be a good citizen in near future.

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