

Pullulating & Irreparable Harm of Stress among Students

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Abstract: *Though the technological values has a speedy development, it couldn't be opposed we are making a generation with low esteem. Increase in number of suicide attempts, lack in confidence level, always to depend on others, crazy about mobile world, giving importance to social media friends, living in a fantasy world other than in the reality, giving importance to materialism and the influence of cinemas in life styles direct the students to be as more selfish and leads for the stressed and depressed life. It is the proved truth that the modern education deliver stressed students instead of quality educationalists. High level of stress leads for negative effect on student performance. Clinic Community Health Centre published a book named 'Stress and stress Management, here they mentioned 50 Common Signs and Symptoms of Stress.*

Keywords: *Stress, educational life, stress signs and symptoms*

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I. Introduction

All human beings in this world stroll for the happy life without any thrones and strains. But, its a nature law that the life would travel with unexpected incidents, accidents, expectations and excitements. The way how each individual tend to handle his/her life results in making the life valuable.

The term 'Stress' is one of the most tones in the medical field which results for many diseases and mental weakness. Failure in handling the situations and being pessimist leads for the stressful life. Though the technological values has a speedy development, it couldn't be opposed we are making a generation with low esteem. Increase in number of suicide attempts, lack in confidence level, always to depend on others, crazy about mobile world, giving importance to social media friends, living in a fantasy world other than in the reality, giving importance to materialism and the influence of cinemas in life styles direct the students to be as more selfish and leads for the stressed and depressed life.

II. Review Of Literature

College life is a wonderful part in the life, but few experience this life as constantly stressful because of constant stressful requirements in the educational system such as pressure of studying, examinations and courseworks (Murphy & Archer, 1996).

Its a shocking statistics that apart from adults, the impact of stress has been identified in childhood. In the puberty stage, most of them undergo a type of stress life because of lack in sex education. This stage should be carefully cared as it edge to sustain a confident life. Irvine (2002) also identified that the children who had lost their parental care and the divorce or separation of the parents affected them psychologically.

Aldwin & Greenberger (1987) stated that academic problems are one of the most general source for the stress in students. The most grating daily hassles were usually school-related stressors such as a) constant pressure of studying, b) writing term papers, c) future plans, d) too little time, e) taking tests and f) boring instructors, according to Schafer (1996). Aldwin & Greenberger (1987) stated that stress related with academic deeds has been linked to various negative outcomes, such as depression, poor health (Greenberg, 1981; Summerfield and Lesko, 1989), and poor academic performance (Rieker & Clark, 1986; Linn & Zeppa, 1984). Lesko and Summerfield (1989) found a considerable positive correlation between the number of examination and coursework and incidence of illness. Similarly, Aldwin and Greenberger (1987) observed that perceived academic stress was related to depression and anxiety in college students.

A lot of studies have explored that there is vast association between poor academic performance and stress (Menec and Perry, 2000; Linn & Zeppa, 1984; Clark & Rieker, 1986; Struthers,). Wilcox and Felsten (1992) observed that there is a considerable negative correlation between the stress levels of college learners and their academic performance. Similarly, Flaherty and Blumberg (1985) found an converse relationship between self-reported stress level and academic performance. Struthers (2000) also reported that a high level of academic

stress was related with low grades in courses. Students feel a high level of academic stress due to assignments, exams, grade pressure, assignments, time pressure, and uncertainty.

III. (A). Stress In Educational Life

What is Stress?

Stress is primarily a physical response. When stressed, the body thinks it is under attack and switches to 'fight or flight' mode, releasing a complex mix of hormones and chemicals such as adrenaline, cortisol and norepinephrine to prepare the body for physical action. This causes a number of reactions, from blood being diverted to muscles to shutting down unnecessary bodily functions such as digestion.

What causes Stress?

To the working people, stress causes because of:

- 1) Unhappy about the job
- 2) Too much responsibility
- 3) Working for long hours
- 4) Poor management skills
- 5) Poor decision making process
- 6) Unable to present in front of audience
- 7) Working in dangerous condition
- 8) Risk of termination
- 9) Harassment or discrimination in work place

Few external stress factors are,

- a) Uncertainty and fear – Threat of terrorist attacks, toxic chemicals on news, global warming, monthly bill payments etc.
- b) Perceptions and attitude : Perceiving the particular incident and the attitude towards the incident determine the stress level.
- c) Unrealistic expectations
- d) Unpleasant events

Certain physical signs of stress are difficulty in sleeping, difficulty in concentrating, upset stomach, head ache, fatigue, irritability, weight loss or gain, changes in sex drive, heart diseases, depression, high blood pressure, abnormal heartbeat, heart attack, heartburn, ulcers, constipation, diarrhea, fertility problem.

Education is important for the individual, economic and communal development of the nation. Education empowers mind that will be able to generate good ideas and thoughts.

*Having an education makes a person well informed about his rights and his responsibilities

*A good education will teach a person about the art of living

*An education helps to improve knowledge about ethical, good values and moral responsibilities in life

*An educated society will help everyone to grow and develop as individuals.

*An educated person respects everyone and reserves a special regard for the elderly.

It is the proved truth that the modern education deliver stressed students instead of quality educationalists. A survey made by the site "Learn Psychology" exposed that 20% of college students feel stressed 'most of the time'. Ten Percentage of college students had thoughts of suicide. Thirteen percentage of college students have been diagnosed with anxiety, depression or other mental health condition. Eighty percentage of college students told that they sometimes or often feel stressed. Within the last twelve months around half of surveyed college students felt overwhelmed with anxiety atleast once.

A survey released by the American psychological Association (APA) reported that, more than one-third of teens (36 percent) report fatigue or feeling tired and nearly one-quarter of teens (23 percent) report skipping a meal due to stress; many teens also report feeling overwhelmed (31 percent) and depressed or sad (30 percent). APA CEO and executive vice president Norman B. Anderson, Phd Says that, "It's alarming that the teen stress experience is so similar to that of adults. It is even more concerning that they seem to underestimate the potential and mental health".

A research has done with 483 students (Between 18-24 age) and the results are exposed in the title "Predictors of stress in college students". The identified factors are

Students with Psychological distress	- 72.9%
Students with anxiety	- 86.3%
Students with depressive symptoms	- 79.3%
Students with low esteem	- 57.6%
Students with less optimism	- 56.7%
Students with low self efficiency	- 62.9%

From the article “Stress factors among International and domestic students in Russia” , it is noted that the other general factors that cause stress among students are:

1)Student- teacher relationship,2)Inability to prioritize,3)Being perfectionist,4)Academic pressures,5)Relationship,6)Culture,7)Accommodation satisfaction,8)Climate,9)Deadline pressure,10)Lack of self-discipline,11)Too little sleep,12)Too much work,13)Lacking friends,14)Financial problems,15)Being perfectionist,16) Inability to prioritize, 17)Lack of recognition, 18)Medium of instruction.

(B).Effect Of Stress in Students

High level of stress leads for negative effect on student performance. Few symptoms are: Tobacco use, Drug or alcohol abuse, Over eating or under eating, Frustration, Social withdrawer, Short temper, Irritability, Self- defeating thoughts, Constant worry, Memory problems, Concentration difficulties, Poor management skills, Chest pain, Elevated blood pressure, Upset stomach, Mumbled speech, Nervous habits, Back and neck pains, Trembling of lips and Frequent headaches.

Klinic Community Health Centre published a book named ‘Stress and stress Management, here they mentioned 50 Common Signs and Symptoms of Stress: 1. Frequent headaches, jaw clenching or pain 2. Gritting, grinding teeth 3. Stuttering or stammering 4. Tremors, trembling of lips, hands 5. Neck ache, back pain, muscle spasms 6. Light headedness, faintness, dizziness 7. Ringing in the ears 8. Frequent blushing, sweating 9. Dry mouth, problems swallowing 10. Cold or sweaty hands, feet 11. Frequent colds, infections 12. Rashes, itching, hives, “goose bumps” 13. Unexplained or frequent allergy attacks 14. Heartburn, stomach pain, nausea 15. Excess belching, flatulence 16. Constipation, diarrhoea 17. Difficulty breathing, sighing 18. Sudden attacks of panic 19. Chest pain, palpitations 20. Frequent urination 21. Low sexual drive or performance 22. Excess anxiety, worry, guilt, nervousness 23. Increased anger, frustration, hostility 24. Depression, frequent or intense mood swings 25. Increased or decreased appetite 26. Insomnia, nightmares, disturbing dreams 27. Difficulty concentrating, racing thoughts 28. Trouble learning new information 29. Forgetfulness, disorganization, confusion 30. Difficulty in making decisions 31. Feeling overwhelmed 32. Frequent crying spells or suicidal thoughts 33. Feelings of loneliness or worthlessness 34. Little interest in appearance, punctuality 35. Nervous habits, foot tapping, fidgeting 36. Increased frustration, irritability 37. Overreaction to petty annoyances 38. Increased number of minor accidents 39. Obsessive/compulsive behaviours 40. Reduced work productivity 41. Lies or excuses to cover up poor work 42. Rapid or mumbled speech 43. Excessive defensiveness or suspiciousness 44. Problems with communication 45. Social withdrawal or isolation 46. Constant tiredness, weakness, fatigue 47. Frequent use of over-the-counter drugs 48. Weight gain or loss without diet 49. Increased smoking, alcohol, or drug use 50. Excessive gambling

IV. Conclusion

The review study systematically proves that stress among the students have direct impact in their educational life. A strong mind set paves the way for orderly mannerism to make a good educational life system. The effects of stress in students will be severe, if they don’t know to handle the situations occur in their life. The students also think in a state to suicide because of depression, stress and anxiety. Peculiar precautions methods like stress management systems, laughter clubs, happiness clubs, motivational trainings, mind engineering workshops, anger counselling could be arranged to access and improve the free-labelled life of students.

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