

A Study Of Stress Management Among The Youths (With Special Reference To Agra City)

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ABSTRACT

Stress has now become the major issue among the youth. The intensity of the problem can understand with the help of findings of a study According to that one out of five people is found to be suffering from depression. India is a nation where we have large number of young population, which represents the most valuable resource and there is need of prioritizing their needs, recognize their problems and identifying the challenges faced by them. The major reasons of stress among youngsters are academic assignments, interpersonal relations, life challenges, career opportunity exploration etc. this may usually result in physiological, psychological and behavioral disorders, sometimes results in suicidal commits.

Keeping this in mind the present study is an attempt to identify the major causes of stress among youngsters so they strategies may be designed to manage the stress accordingly. A sample of 57 respondents is drawn for the same. Data is collected with the help of questionnaire and observation methods. Mean, Standard Deviation and Correlation was used for analyzing the data.

Key words: stress, Depression, physiological, psychological, behavioral.....etc

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I. INTRODUCTION

Stress is a condition where individual feel mental pressure from environment. It can be experienced from any event or from any thought which makes one feel frustrated, angry or nervous. It is basically the body's reaction to a given challenge or demand.

In 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 youth. Now scenario has been changing most of us aware about the stressor which affect the college students and maintain the environment which induces the positive thinking among youth. The measures have also taken by the individuals and different organization to conduct the various programs to reduce the stress. There are two main types of stress:- Acute stress, Chronic stress.

II. REVIEW OF LITERATURE

Schafer, 1996; Fisher, 1994; Altmaier, 1983; Greenberg & Valletutti, 1980 reported a strong impact of stress among college students.

Researchers (Malach Pines and Keinan, 2007; Ongori, 2007; Ongori and Agolla, 2008; Agolla, 2009) identified stress symptoms as lack of energy, high blood pressure, increase or lack in appetite, over the counter medication, depression, restlessness, tension, lack of concentration, anxiety etc. Individual experiencing any of the above mention factor is likely to be a victim of stress. Though it depends on individual perception for situation and how resilient is one. In their findings (Jaramillo et al., 2005; Stevenson and Harper, 2006) mentioned that individual perception determines the detrimental effect of stressor. If individual perceives it as a trouble, it results in physical and psychological symptoms of stress in individual.

Bukhsh ,Quadir, Shahzad ,Abid and Nis, Muzammil in a study, found that the significant majority of respondent is experiencing the symptoms of stress in their day to day life. In a research (Dr. Deepthi Bhargara and Hemant Trivedi 2018), found that the setting of personal and professional objective keeps students organized and planned, helps to maintain time management and be up to date in the course work, get in involved with various activities, maintain communication with family, share view and problems with someone and have a positive thinking helps them in coping with stress. Studying the impact of stress among managements students (Dr. Bhanin. U. Pandya, Ms. Revathi. C. Deshpande and Ms. Anushree Karani 2007) concluded that stress has both positive and negative consequences, if not managed properly.

OBJECTIVES

- To identify the various causes for stress that effect the students in the college atmosphere.
- To measure the level of stress among the youth.

RESEARCH METHODOLOGY

Sample Size : 57 UG Students.
 Sample Area : Agra District
 Data : Primary through Questionnaire

DATA ANALYSIS & INTERPRETATION:

Young age is a very critical period as this is the time where youth faces lot of challenges in his day to day life. There may be many sources of stress which affects the life of student, thus results in physical and psychological reaction of individual. A structured questionnaire has been prepared by researcher for the purpose of identification of stressors among students. Collected data has been presented and analysed with the help of figures and graphs. Descriptive statistics like mean, standard deviation is used. Correlation is also applied for identifying the relationship among various variables. Graphical Representation of the data is presented below:

Variables	Mean	SD
Headaches	2.92982456	1.14735175
Tense Muscles, Sore Neck & Back	2.578947368	1.148716184
Fatigue	2.684211	1.120553
Anxiety, worry, phobias	2.684210526	1.151984231
Insomnia	2.2982456	1.401082646
Irritability	2.859649	1.23112313
Bouts of anger	2.859649123	1.23112313
Boredom, Depression	2.649122807	1.274631993
Binge eating	2.333333333	1.300183137
Constipation	1.877192982	1.086773985
Restlessness	2.49122807	1.135825801

Researcher has measured the intensity of stress symptoms in respondents on the basis of 11 stress identifiers. On which the mean value for the perception of Headache is 2.92, perception of Tense Muscles, Sore Neck & Back is 2.57, perception of Fatigue is 2.68, perception of Anxiety, worry, phobias are 2.68, perception of Insomnia is 2.29, perception of Irritability is 2.85, perception of Boredom, Depression is 2.64, perception of Binge Eating is 2.33, respondents for the perception of Constipation is 1.87 and perception of Restlessness is 2.49. it shows that youth sometimes feel the symptoms of stress

Stress of Home Life.

Variables	Mean	SD
Arguments at home.	2.89473684	1.012144303
Disagreement between your parents.	2.64912281	1.202545337
Disagreement between you & your mother.	2.56140351	1.195490692
Disagreement between you & your father.	2.61403509	1.23569509

Researcher has measured the intensity of stress of home life in respondents on the basis of 4 variables. On which the mean of the respondents for the perception of Arguments at home is 2.89, which says only sometimes arguments occur at home, whereas the mean of the respondents for the perception of Disagreement between their parents is 2.64, which means that sometimes there is a situation of disagreement, and the mean of the respondents for the perception of Disagreement between you & your mother is 2.56, which shows that rarely it happens that there is a condition of argument between the student and their mother, whereas the mean of the respondents for the perception of Disagreement between you & your father is 2.61, which shows hardly sometimes it happens to be an argument between the candidate and their father.

Stress of School Performance.

Variables	Mean	Sd
Have to study things you don't understand.	3.122807018	1.053398843
Teachers expecting too much from you.	3.01754386	1.141603322
Keeping up with school work.	2.859649123	1.092810866

Researcher has measured the intensity of stress of School performance in respondents on the basis of 3 variables. On which the mean of the respondents for the perception for Have to study things they don't understand is 3.12, perception of Teachers expecting too much from you is 3.01, perception of Keeping up with school work is 2.85. This shows that there is a neutral condition of students having to study things they don't understand and teachers expecting too much from them. But yes, they have agreed that they have minor pressure of keeping up with school work.

Stress of Peer Pressure.

Variables	Mean	SD
Pressure to fit in with peers.	3.192982456	1.042637392
Being hassled for not fitting in.	3.175438596	0.947229174
Peers hassling you about the way you look.	3.438596491	1.085908834
Being judged by your friends.	3.368421053	1.128076412

Researcher has measured the intensity of stress of Peer Pressure in respondents on the basis of 4 variables. On which the mean of the respondents for the perception of Pressure to fit in with peers is 3.19, which means there is neutral pressure to fit in with peers, whereas the mean of the respondents for the perception of Being hassled for not fitting in is 3.17, On which the mean of the respondents for the perception of Peers hassling you about the way you look is 3.48, the mean of the respondents for the perception of Being judged by your friends is 3.36. It shows students more often encounter the situation where they feel stress of peer pressure.

Stress of Teacher Interaction

Variables	Mean	Sd
Lack of respect from teachers	2.543859649	1.240250197
Not being listened to by teachers	2.49122807	1.087638448
Getting along with your teachers	2.49122807	1.277332747

Researcher has measured the intensity of stress of Teacher Interaction in respondents on the basis of 3 variables. On which the mean of the respondents for the perception of Lack of respect from teachers is 2.54, which means sometimes there is a condition when there is lack of respect from teachers, whereas the mean of the respondents for the perception of Not being listened to by teachers is 2.49, which means rarely it happens that teachers don't listen to students, and the mean of the respondents for the perception of Getting along with your teachers is 2.49, which says students rarely get along with their teachers.

Stress of Future Uncertainty.

Variables	Mean	SD
Concern about your future.	4.403508772	0.903557436
Having to make decisions about future work or education.	4.298245614	0.865301605
Having to make decisions about future work or education	4.087719298	1.022613978

Researcher has measured the intensity of stress of School Conflict in respondents on the basis of 3 variables. On which the mean of the respondents for the perception of Concern about your future is 4.40, which means students are quiet often Concern about their future, whereas the mean of the respondents for the perception of Having to make decisions about future work or education is 4.298, which means students have to often make

decisions about future work or education, and the mean of the respondents for the perception of Putting pressure on yourself to meeting their future goals is 4.08, which says students often put pressure on themselves to meet their future goals.

Stress of School/ Leisure Conflict.

Variables	Mean	SD
Not getting enough time for leisure.	3.122807018	1.181255014
Not enough time for activities outsides of school hours.	3.192982456	1.042637392
Having too much homework.	3.01754386	1.141603322

Researcher has measured the intensity of stress of School Conflict in respondents on the basis of 3 variables. On which the mean of the respondents for the perception of Not getting enough time to leisure is 3.122, which means sometimes there is a condition when students don't get enough time for leisure, whereas the mean of the respondents for the perception of Not enough time for activities outsides of school hours is 3.19, which means sometimes it happens that students don't get enough time for activities outsides of school hours, and the mean of the respondents for the perception of having too much homework is 3.017, which says students hardly have too much homework to do.

Stress of Financial Pressure.

Variables	Mean	SD
Not enough money to buy the thing you need.	3.052631579	1.025061891
Not enough money to buy the things you want.	2.894736842	0.994344912

Researcher has measured the intensity of stress of Financial Pressure in respondents on the basis of 2 variables. On which the mean of the respondents for the perception of Not enough money to buy things they need is 3.052, which means sometimes there is a condition when students don't have enough money to buy things they need, whereas the mean of the respondents for the perception of Not enough money to buy things they want is 2.89, which means hardly sometimes it happens that students don't have enough money to buy things they need.

III. FINDINGS

- Researcher has found that students are facing a lot of stress issues everywhere, be it their school, home, tuition etc.
- In some cases, we found that both the mother & father are working, mother plays a very important role in the upbringing of their child, when the mother is working, the upbringing of the student is different than others.
- A lot of stress symptoms have been found like Headaches, Tense Muscles, Sore Neck & Back, Fatigue, Anxiety, worry, phobias, Insomnia, Irritability, Bouts of anger, Boredom, Depression Binge eating, Constipation & Restlessness among these the major symptoms is headaches.
- Some other factors which increases the stress among youths are : Arguments at home, difficulty in understanding in the class as well as to fulfilling the expectation of the teachers , future prospects, uncomfortable in sharing their problems with their family making them less confident & shy, Lack of having sufficient money for buying things students need, lack of leisure time.

IV. CONCLUSIONS & SUGGESTIONS:

The future of any nation relies heavily on young generation. India is the nation where we have maximum number of youth population, tomorrow they will be going to lead the nation. It is important to remember that in last few years there is massive increase in the number of mental problems among youth. It has revealed through our findings also that youth are stressed towards high level. The symptoms identified are being eating, depression and headaches are more among students. It is identified that among all factors, the main causes of stress among youth is relationship stress, financial and psychological stress. They want to maintain the social network and they are increasing the networking with the use of technology. The next stress they are feeling is career related. They have fear of job opportunity and how they survive in the competitive environment. Young respondents were able to identify some strategies to cope with stress such as meditation, enough sleeping, going out with the friends and counselling. It is observed that due to the increase use of social media the young generation become self-centered and only connect with the technology. It reduces the physical movement of the body and spending time with

relatives and friends. All these create stress which increases the case of depression and suicide. It is a necessary suggestions to the young people to plan systematically, use technology within limit and share the emotions with loved ones. Along with it they can participate in workshops to beat the stress, they should develop life competencies like academic, and social skills. Regular exercises, good nutritional food, engaged in recreational activities can be adopted as good remedy for reducing stress.

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