

# A Study of Stress Management Among Students

**B.PAVITHRA, Department Of Management, Idhaya college for women, Kumbakonam, India.**

**pavithraji58@gmail.com**

**ABSTRACT** - This research paper is based on study of stress management among students. Nowadays students are very much depressed to manage everything in school and in college life. If they getting a stress of a particular situation. They can't handle any matter or work properly. Managing stress is a very challenging one in student's life. Relief from stress to play a games, concentrate on the things. Which gives a lots of pleasure to them. To speak open hearted talk with their parents. It is a stress relief possibilities in students life. Without getting a stress, they have to be more concentrate on their studies and other extra curricular activities. It is very helpful to then career and in practical life.

**Keywords:** students, stress career, practical life.

## I. INTRODUCTION

Stress problems are very common with many people reporting experiencing extreme levels of negative stress. When stress is considered as something that occurs repeatedly across the full lifespan, the true incidence of stress problems is much higher. Being "stressed out" is thus a universal human phenomenon that affects almost everyone. What are we talking about when we discuss stress? Generally, most people use the word stress to refer to negative experiences that leave us feeling overwhelmed. Thinking about stress exclusively as something negative gives us a false impression of its true nature, however. Stress is a reaction to a changing, demanding environment. Properly considered, stress is really more about our capacity to handle change than it is about whether that change makes us feel good or bad. Change happens all the time, and stress is in large part what we feel when we are reacting to it. We can define stress by saying that it involves the "set of A broad perspective on the scope of counselling in organisations conceptualised around stress. Two intersecting dimensions are postulated that of the individual and the organisation, and that of distress and eustress. By means of a discussion of the quadrants thus created, the provision of counselling services, training and consultancy can be conceptualised, re-evaluated and broadened to include not only prevention and limitation of the effects of negatively experienced stress, but also the cultivation and enhancement of positively experienced stress. emotional, physical, and cognitive reactions to a change." Thinking about stress as a reaction to change suggests that it is not necessarily bad, and sometimes, could even be a good thing.

## II. REVIEW OF LITERATURE

Aldwin and Greenberger (1987) observed that perceived academic stress was related to anxiety and depression in college students. A number of studies have explored a

relationship between stress and poor academic performance.

According to Lazarus & Folkman (1984), stress is a mental or physical phenomenon formed through one's cognitive appraisal of the stimulation and is a result of one's interaction with the environment. The existence of stress depends on the existence of the stressor.

Feng (1992) and Volpe (2000) defined stressor as anything that challenges any individual's adaptability or stimulates an individual's body or mentality. Stress can be caused by environmental factors, psychological factors, biological factors, and social factors. It can be negative or positive to an individual, depending on the strength and persistence of the stress, the individual's personality, cognitive appraisal of the stress and social support.

(Davis, 1996). According to the Institute of International Education (2002), a total of 582,996 students representing more than 186 nations attended 2,500 institutions of higher education in the United States in 2001. Economic, cultural, and political factors indicate an increase in future enrollment.

(Hayes & Lin, 1994; Huang, 1994). College is a stressful time for many students as they go through the process of adapting to new educational and social environments. College may be even more stressful for international students who have the added strain of learning different cultural values and language in addition to academic preparation.

(Essandoh, 1995; Mori, 2000). As stressors accumulate, an individual's ability to cope or readjust can be overtaxed, depleting their physical or psychological resources. In turn, there is an increased probability that physical illness or psychological distress will follow.

## III RESEARCH METHODOLOGY

### OBJECTIVES OF STUDY

- To study level of stress among students.
- To determine the impact of stress.

- To overcome the stress in students point of view.

### TYPES OF STRESS

**Acute stress** can be both positive and negative. As long as the acute stress doesn't last for extended periods or occur too frequently, there is nothing wrong with suffering from acute stress. It happens to all of us, and it passes with time.

**Episodic acute stress** is acute stress that occurs frequently. This is the kind of stress that continuously pops up. It is accompanied by worry and angst about things that are happening to you or around you.. **Episodic acute stress** is a recurring type of stress, happening over and over. **Chronic acute stress** can be thought of as never-ending stress that relentlessly wears away at you. if you are facing something that has no way out, then you are likely to begin suffering from chronic stress. This type of stress eventually begins to affect your health, and can lead to heart problems, strokes, or even cancer, among other issues. Chronic stress definitely requires reaching out for help.

### IMPACT OF STRESS IN STUDENTS

Today's students may be more stressed than ever before. In fact, the 2015 American College Health Association National College Health Assessment found that 85.6 percent of students had felt overwhelmed in the past year. Students manage another identity in the digital world. Social media platforms are one more thing to keep up with and are often rife with stress-inducing comparisons, gossip and bullying. Students who can better manage their stress are more engaged in class, more likely to absorb what they're learning, and more likely to excel beyond the classroom.

#### Stress Decreases Sleep Quality

There is a link between stress levels and poor sleep. According to the Anxiety and Depression Association of America, 70 percent of those who report persistent stress have trouble sleeping. Poor sleep makes stress management more difficult, while also negatively impacting concentration, learning, listening, memory and problem-solving.

#### Stress Makes Students Angrier

Stress may be the culprit of students who are prone to bullying others. Stress increases feelings of irritability and anger, which increases the likelihood for angry outbursts. Students who are stressed may be resistant to following school guidelines and respectfully engaging with instructors. Their focus on anger may cause overall work to suffer. Stress may even cause students to drop out of school or drop classes. As research shows, stress exhibited by instructors directly increases the stress levels of students while in the classroom. School administrators who want their students to succeed academically should conduct regular check-ins with students and direct students to counselors and mental health programs when necessary and educate families about the negative impact of stress on students.

### OVERCOME WITH THE STRESS

I deal with stress through exercise and yoga. These are very relaxing both physically and mentally and they also help to keep my mind off my problems. Yoga and aerobics exercise are very good methods of coping with stress. I would also say that counseling and socialising are effective in reducing stress, as they are very comforting. Students who experience stress should try these methods of reducing stress, one of them will surely work for them.

Take deep breaths in and out to calm themselves down and to relax as well. You should take short walks to or around town for some fresh air. This will give the mind a clear start and oxygen to the mind. you should think of something that makes you happy, like happy memories. Try to talk to people who understand you and your problem.

### IV. SUGGESTION

- Music is one of the relaxation to the people and more than that it helps to reduce the stress level. It has such a soothing effect on our mind and soul that it can really help you to get relax.
- Exercise it is the healthy way to fit our body and to honestly we need to remain fit to deal with anxiety and stress. Keep we are doing regular exercise to maintain good health.
- Take deep breath. If you are feeling stressed out, try taking deep breath and you will feel that stress is removing from you.
- The main reason of anxiety is actually our improper sleep and it happens because of the busy and fast lifestyle which we are living.
- I can suggest anyone is to keep a note of all the reasons of anxiety in their life. This way you can understand all the reasons which might affect your life, and you can control.

### V. CONCLUSION

Nowadays Everyone has to much stress in the life. Because of our needs and wants so that trying to deal with life as well as deal with stress also. Be positive and to be overcome the stress level. On the students point of views, they need such all those things which is easily understand and innovative methods to exhibit.

### REFERENCES

- [1] Altbach, Philip G. "Commitment and Powerlessness on the American Campus: The Case of the Graduate Student." LIBERAL EDUCATION 56 (December 1970):562-582. 2.
- [2] Ellinwood, Steven, N. Mayerson, and S. C. Paul. "Law Student Survey Results: An Empirical Method for Assessing Stress in Professional Education Programs: An Assessment of Stress among Law Students at the University of Utah." Salt Lake City, UT: University of Utah, 1983.