

**STRESS OF STUDENTS IN EDUCATIONAL INSTITUTIONS****B.Kanakalaxmi**

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**ABSTRACT:**

*In today societies stress has become a major issue as it is concern to students. The educational institutes, schools or the colleges that want to be competitive in the today's environment they have to handle the problem of stress successfully.*

*This study is conducted to know about " STRESS OF STUDENTS IN EDUCATIONAL INSTITUTIONS". The study mainly focuses on how educational institutions manage stress in students. The main objective is to find the reasons for stress on students in educational institutes and how they manage their stress, How to decrease or remove stress in students.*

*The main information is collected through interviewing the students and teachers through questionnaire and by using google forms send through social media such as Facebook, WhatsApp and other apps. The secondary information is collected through various sources like newspapers, google etc.*

*With this survey we can know about the stress instudents and how they manage the stress or come out of the stress and what measures are been taken to reduce or remove stress in students in educational institutions. An attempt is also been made to study the various reasons for stress on students in an educational institutions and the result of the stress. The purpose of this research is to say the measures taken by educational institutes to reduce the stress in students.*

**KEYWORDS:**

**STRESS:** A state of mental or emotional tensions resulting from adverse or demanding circumstances.

**STRESS LEVEL:** The level tangential or hoop stress, usually expressed as a percentage of specified minimum yield strength.

**STUDENT:**the person who is gaining knowledge or learning something from a person who has knowledge about it, he is called student.

**EDUCATIONAL INSTITUTIONS:** A place where people of different ages gain an education, including preschools, intermediate, graduation, post-graduation.

**STRESS MANAGEMENT:** Techniques or methods used to control the stress/mental health or a person through yoga, meditation, playing games, watching TV, etc. is called stress management.

**INTRODUCTION:**



Stress is the reaction that people experience due to excessive pressures or other types of demand placed upon them. It arises when they feel that they cannot do something or cannot achieve some something. Stress effects both mental health as well as the physical health.

Today people life have become so stressful when compared to earlier times, there are more things to do, the people used to spend more time in playing and parents spend more time with children when compared to today lives.

Today's people lives are with competition, misunderstandings, anxieties whereas there is less tolerance, time, endurance, understanding and acceptance. To make things worse even though we are surrounded by so many people, it's hard to find someone who will not judge us and who is willing to support us during any conflicts.

#### **CAUSES OF STRESS IN STUDENTS:**

- Negative changes in exam results
- Fear and illness
- Relationships
- Lack of interest
- Discrimination
- Bulling, abusing, raging
- Not reaching the expectations

The source of this stress can be associated with social situations. Changes in routine, fear, inability to effectively communicate. Stress may take the form of screaming, throwing things, hitting, shouting, crying or any other negative behaviour.

Now a day the stress levels in the students are increasing day by day, due to many reasons. For some students it may be the financial issues, educational issues, other personal reasons and according to my research 56.9% of the students faces stress due to exams 19.6% of the students faces stress due to home works and projects, 4.9% students faces stress due to financial issues and 18.6% of students faces stress due to other issues, it may be internal or the external to the educational institutes.

Most of the students experience significant amount of stress and this stress can take significant toll on health, happiness and grades/marks of the students. For example a study by the American Psychological Association (APA) found that the stress level in a teenager is similar to the stress in the adults.

That means that the teenagers are experiencing significant level of chronic stress and there level of stress generally exceeds their ability to cope effectively, roughly around 30% of the students feel depressed, sad and alone because of it. The stress can affect the physical and mental health behaviours like sleeping pattern, diet and exercises as well as talking with others, etc. The main sources of students stress include home works, exams, relationships, financial situations and others.

The increase in stress levels will some-times leads students to commit suicides. For every hour one student commits suicide in India, where more than 28 cases reported per day, according to the data compiled by the "NATIONAL CRIME RECORDS BUREAU (NCRB). Total 10,159 students died by suicide in 2018, an increase from 9,905 in 2017 and 9478 in 2016.

### **STRES IN EDUCATIONAL INSTITUTIONS:**

Now a days educational institutions are concentrating more on decreasing stress in students as it is effecting there mental health as well as physical health also, because of the stress the students are unable to concentrate on their studies.

To decrease the stress in students the teachers and educational institutions are conducting extra-curricular activities which include:

- a. motivational class
- b. games and sports
- c. picnic and educational tour
- d. Providing guidance
- e. Other activities

#### **• MOTIVATIONAL CLASSES:**

The motivational classes encourages the students and build self-confidence in them, which helps in achieving their goals. The motivational classes helps the students to be active in the class and achieve good marks. The educational institutions conducts a motivational class for every one week or a month to build self-confidence in students.

#### **• SPORTS AND GAMES:**

Sports and games are the most commonly used for stress management. The games such as puzzle solving and other indoor games (chess, caroms, etc.) helps in decreasing mental stress, whereas the sports it is used to reduce both physical stress as well as the mental stress. The sports such as swimming, running, cycling and other outdoor games (cricket, basketball, football, etc.) reduces the stress very quickly. Most of the educational institutions make sure that the students get at least one period for sports and games every day.

#### **• PICNICS AND EDUCATIONAL TOUR:**

Picnics and educational tour helps the student to decrease the stress as they spend some time with friends by playing with them and learn new things. Where picnics are the great stress busters as it helps to reduce the stress related to studies. By taking students to picnic helps them to come out from the study environment and spend some time with friends playing games without any distractions. Whereas educational tours such as visiting the companies, manufacturing industries etc. helps the students to understand the subject easily and get awareness about the real time situations.

**• PROVIDING GUIDANCE:**

Most of the educational institutions provides guidance related to their educational as well as to their coming job carrier. Educational guidance refers to that guidance that a student need during their educational life, it helps them to solve the problems that raises during their studies or at the education places it can be school, college or universities. Educational guidance concerns every related aspects of student education. Also, it provides assistance to students to choose the courses, study habits and several other aspects. Beside it helps in the growth and development of their studies. Most of the institutions provide carrier guidance to the students which help them to acquire the knowledge, skills necessary for their interested job field.

**• OTHER ACTIVITIES:**

The other activities include cultural fest, fresher's, farewell, science fest and many more activities are been conducted to decrease the stress and fear of the students by the educational institutions. By these kind of activities helps the students improve their skills by participating in the contest conducted during the fests and increase their coordination and interaction between them and with other groups or sections during the fests.

**OBJECTIVES:**

- To study the stress of students
- causes of stress in students

**HYPOTHESIS:****DATA ANALYSIS AND INTERPRETATIONS****TABLE – 1:**

Response based on the educational level:

<b>EDUCATIONAL LEVEL</b>	<b>NUMBER OF RESPONDENTS</b>	<b>PERCENTAGE</b>
SCHOOL	16	18.6
INTERMEDIATE	11	12.8
UG	20	23.3
PG	39	45.3
TOTAL	86	100

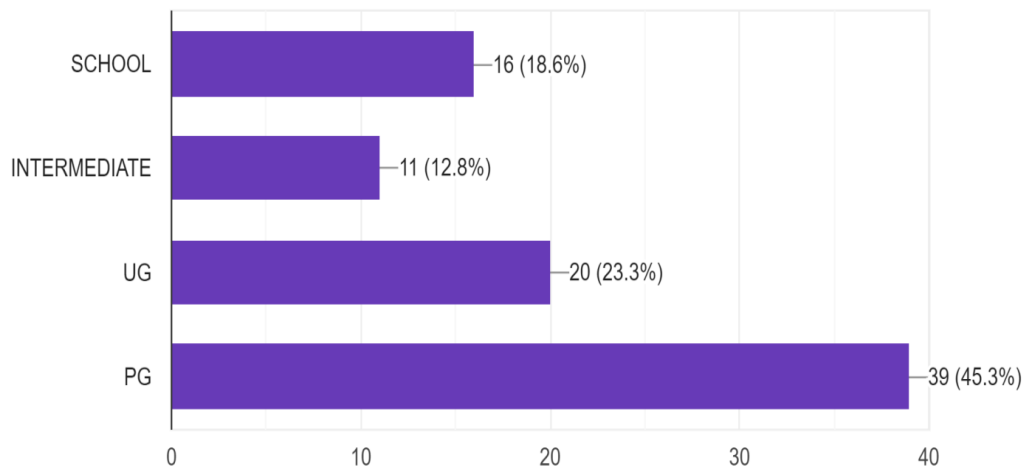
**INTERPRETATION:**

In this research information is collected from students of different age group and of different education level, in which 18.6% of students are from school whose age is <15, 12.8% of the students are from intermediate, 23.3% of the students are from UG (under-graduation), and 45.3% of the students are from PG (post-graduation) as shown in the below bar graph.

**GRAPH – 1:**

YOUR EDUCATIONAL LEVEL

86 responses



**TABLE – 2:**

Response based on the students, how often they feeling stress:

STRESS LEVEL	PERCENTAGE
ALWAYS	3.5
SOME TIME	88.4
NEVER	2.3
DON’T KNOW (depends upon situation)	5.8
<b>TOTAL</b>	<b>100</b>

**INTERPRETATION:**

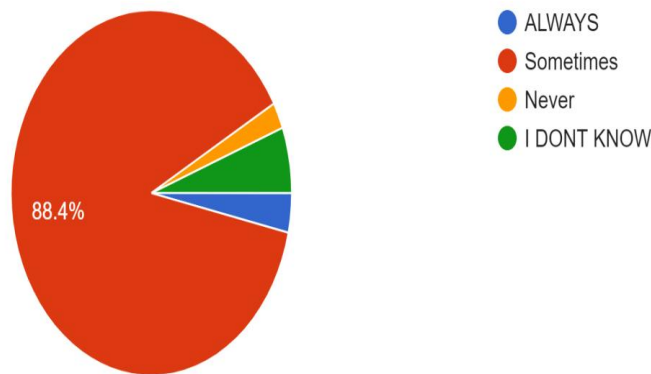
In the research among 86 students 3.5% of the student feel stress all the time, 88.4% of the students feel stress regularly but not all the time, 5.8% of the student feel stress only for a particular period of time based on the situations and only 2.3% of the students they do not feel stress.

The below pie chart shows the stress level of the students

**PIE-CHART / GRAPH – 2:**

HOW OFTEN DO YOU FEEL STRESS

86 responses



**TABLE – 3:**

Response based on the causes of stress in their educational life:

CAUSES OF STRESS	PERCENTAGE
Home work	19.8
exams	70.9
Financial issues	2.3
Other	7
total	<b>100</b>

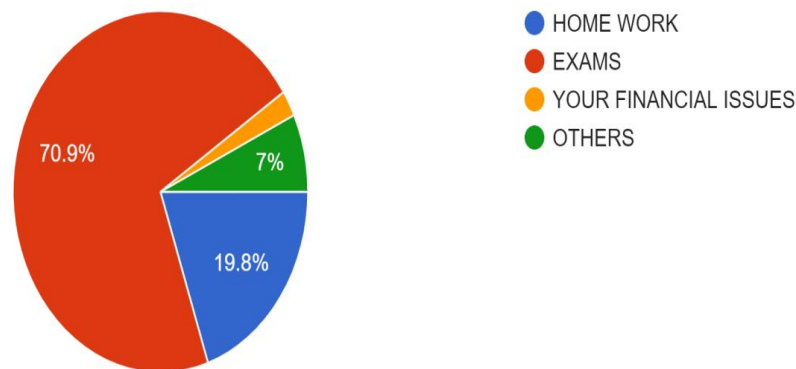
**INTERPRETATION:**

According to my research 70.9% of the students faces stress due to exams, 19.8% of the students faces stress due to home works and projects, 2.3% students faces stress due to financial issues and 7% of students faces stress due to other issues, it may be internal or the external to the educational institutes, the below pie chart shows the stress in students educational life.

**PIE-CHART / GRAPH – 3:**

WHAT ARE THE CAUSES FOR YOUR STRESS IN YOUR EDUCATION LIFE ?

86 responses



**TABLE – 4:**

Response based on what students, what they do when they are in stress:

THINGS DONE TO OVERCOME THE STRESS	PERCENTAGE
PLAYING	66.3
EATING	12.8
CRYING	7
SHOUTING(making loud sounds)	2.3
OTHERS	11.6
<b>TOTAL</b>	<b>100</b>

**INTERPRETATION:**

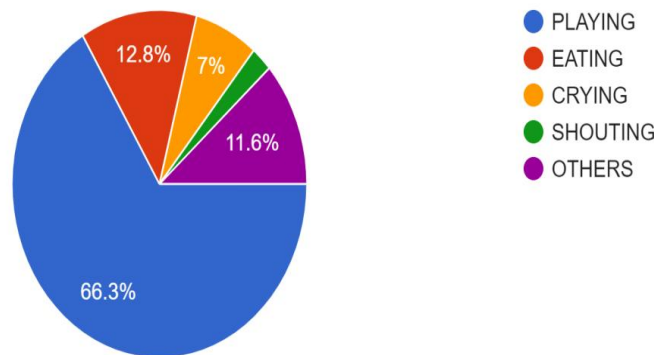
According to the research conducted to know about things done to come out of the stress among 86 students, 66.3% of the students play games or sports which includes indoor and outdoor to come out of the stress, 12.8% of the students eat food to come out of the stress, 7%

of the students remove there stress by crying, another 2.3% of the students remove there stress by shouting or make loud noise or showing anger on someone, and 11.6% of the students get relief from stress by doing other things which include listening to music, reading books, watching TV etc.

**PIE-CHART / GRAPH – 4:**

WHAT WILL YOU DO WHEN YOU FEEL STRESS

86 responses



**TABLE – 5:**

Response based on students, weather the educational institutions in which they are studying are taking measures to control the stress in students

ARE EDUCATIONAL INSTITUTIONS TAKING MEASURES TO CTONTROL STRESS IN STUDENTS	PERCENTAGE
YES	52.3
NO	47.7
<b>TOTAL</b>	100

**INTERPRETATION:**

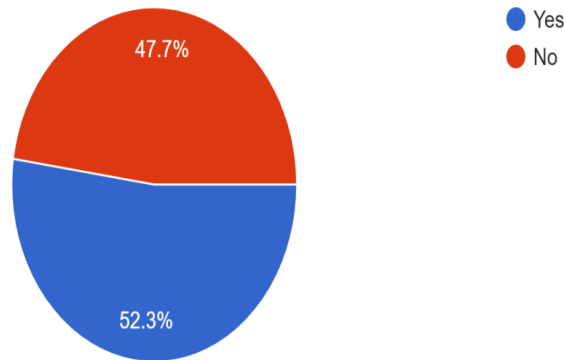
According to the research conducted among 86 students, weather the educational institutions in which they are studying are taking measures to control stress or not, in which 52.3% of the students say that there educational institutions are taking measures to control stress in students and 47.7% of the students say that there educational institutions are not taking any measures to control stress in students.



**PIE-CHART / GRAPH – 5:**

IS YOUR EDUCATIONAL INSTITUTION TAKING MEASURES TO CONTROL STRESS IN STUDENTS

86 responses



**TABLE – 6:**

Response based on the 86 students to know what measures are been taken by their educational institutions to control the stress in students.

<b>MEASURES TAKEN BY EDUCATIONAL INSTITUTIONS TO CONTROL STRESS IN STUDENTS</b>	<b>PERCENTAGE</b>
Conducting sports and games	26.7
Motivational classes and other sessions	24.4
Taking for picnics and tours	3.5
Others	7
Nothing	38.4
<b>TOTAL</b>	<b>100</b>

**INTERPRETATION:**

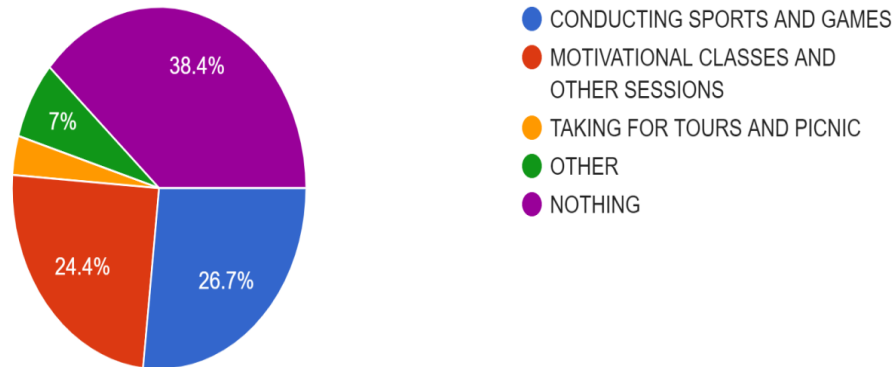
According to the research 26.7% of the educational institutions conduct games and sports to control the stress in students, 24.4% of the educational institutions conduct motivational classes and other sessions to manage the stress in students, 3.5% of the educational institutions take students for picnic to control the stress in students, 7% of the educational

institutions conduct other activities to decrease stress in students and 38.4% of the educational institutions does take any measures to control stress in students.

### PIE-CHART / GRAPH – 6:

WHAT MEASURES ARE BEEN TAKEN BY YOUR EDUCATIONAL INSTITUTION TO CONTROL STRESS IN STUDENTS

86 responses



### SUGGESTIONS AND RECOMMENDATIONS:

- Mostly playing sports – planning activities is the best way of reducing stress levels among students. Through activities, students will reduce stress associated with the increased academic and co-curricular demands of high school and college
- The educational institutions must Informing students in advance of what difficulties they might face and encouraging them to develop their own strategies to achieve personal goals.
- Supporting and encouraging the students when they are low, give them a chance to prove themselves.
- Extra activities must be there in educational institutions to low down the stress and make them active.
- Most often students will feel stress during the exam time period, scheduling and time management plays an important role which helps them to prepare for exam easily.

### CONCLUSION:

According to the research stress level in a teenager is similar to the stress in the adults. Now a day the stress levels in the students are increasing day by day, due to many reasons. For some students it may be the financial issues, educational issues, other personal reasons.

As our research is mostly concerned on stress of students in educational institutions so, According to the research conducted among 86 students, weather the educational institutions in which they are studying are taking measures to control stress or not, in which 52.3% of the

students say that there educational institutions are taking measures to control stress in students and 47.7% of the students say that there educational institutions are not taking any measures to control stress in students.

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