

# Stress among the College Students – A Study with Reference to the Students of V.V.Vanniaperumal College for Women, Virudhunagar

V. Sakthidevi<sup>1\*</sup> and J. Premila<sup>1</sup>

<sup>1</sup>Assistant Professor of Commerce (SF), V.V.Vanniaperumal College for Women, Virudhunagar, Tamil Nadu

\*Corresponding Author Email id: [sakthidevi@vvvcollege.org](mailto:sakthidevi@vvvcollege.org)

## Abstract

*Stress is an inevitable phenomenon in all aspects of human life. Stress is an emotional imbalance. It may occur due to various reasons such as tests, papers and projects, competitive nature within one's chosen field, financial difficulties about school and future employment prospects. Stress 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. Stress affects students academically, socially, physically and emotionally. The transition of students from high school level to the college level is inherently stressful for students. It could cause psychological, academic and social shock to them. From this perspective, this research was aimed to investigate the level of stress among the College students. Hence, an attempt is made to study the Stress among the College Students – A Study with Reference to the Students of V.V.Vanniaperumal College for Women, Virudhunagar. A sample of 60 students were taken from V.V.Vanniaperumal College for Women, Virudhunagar and surveyed for this purpose. The suggestions are made on the basis of findings of the study.*

**Keywords:** Stress, Academic, Socially, Physically and Emotionally

## Introduction

College life is one of the most sparkling and memorable experience in the life of youth. It is in college that an adolescent enjoys the vibrant environment, the company of friends, and the various curriculum and co-curricular activities. The college life enriches nurtures and prepares the adolescent for adulthood. College students are at a critical period where they will enter adulthood. They are expected to be the leaders of the futures. Thus, they should enhance their stress management abilities so as to live a healthy life after entering the society

Stress is an inter disciplinary concept and it has been conceptualized in a number of disciplines namely physiology, psychology, psychiatry, physics and management in different fashions. Generally, stress means hardship, strain, adversity or affection. Psychologists have found that people vary considerable in their ability to behave in certain ways. "Human beings differ from

one another in their basic mental abilities, skills, attitudes, qualifications and also psychological makeup which get multiplied.

### **Review of Literature**

Mr. Rais Ahmad, Dr. Priyanka Chaudhary and Dr. Rajwant Kaur Randhawa (2021) studied to assess the level of stress among the college students in a selected Govt. College of Nursing Srinagar, J&K, India conclude that the majority of the College students have a moderate level of stress. Lack of reasonable grading system, academic pressure, difficulty in dealing with one's academic problems, and poor subject matter and pedagogical competence of teachers were among the academic stressors that cause high stress. According to the findings of this study, there was no statistically significant difference between the level of stress and gender. Both male and female participants were found experiencing a moderate level of stress.

Reddy et al. (2018) in their study concludes that stream wise difference in stress does exist in students. It is necessary to deal with stress at personal, social and institutional level. Remedial measures like feedback, yoga, life skills training, mindfulness, meditation and psychotherapy have been found useful to reduce stress. To identify the main reason of stress is the key to deal with it. Professionals can develop tailor made strategies to deal with stress. The integrated well being of the students is important not only for the individual but for the institute as well.

### **Statement of the Problem**

Stress is a part of day-to-day living. In our daily lives, we are often exposed to situations that produce stress. The interpretation and reaction to events that make stress are different for different people. Stress is a malfunction in behaviour, psychology, emotional outburst, difficulty in performing day-to-day routine work or physiological changes in human being. Now a day's Students face academic stress and is the major source of stress among adolescents and it may lead to low self esteem and many psychological problems such as depression and suicide occur as a result of low self esteem. So this study analyse the stress among the college students.

### **Scope of the Study**

The present study aims to analyse the Stress among the college students with reference to the students of V.V.Vanniaperumal College for women, virudhunagar.

## Objectives of the study

The main objectives of this study are,

- 1) To present the socio economic profile of the college students
- 2) To identify the factors causing stress among the students
- 3) To find out possible measures that would overcome the stress level
- 4) To offer and suitable suggestion on the based of the study.

## Research Methodology

The study is based on both Primary and Secondary data. The Primary data has been collected from 60 students through the questionnaire from V,V.Vanniaperumal College for Women in Virudhunagar by adopting convenience sampling technique. The secondary data has been collected from books, magazines, Journals and website.

## Analytical Framework

Percentage analysis and weighed average ranking technique has been used.

**Table-1**  
**Profile of the Respondents**

Variable	Categories	No. of. Respondents	Percentage
Age (in years)	Upto20	27	45
	21-22	18	30
	23-24	8	13.3
	Above 25	7	11.7
Total		<b>60</b>	<b>100</b>
Marital status	Married	16	26.7
	Unmarried	44	73.7
Total		<b>60</b>	<b>100</b>
Educational qualification	UG	25	41.7
	PG	21	35
	M.Phil.,	9	15
	Ph.D	5	8.3
Total		<b>60</b>	<b>100</b>

Working status of parents	Father	34	56.7
	Mother	10	16.6
	Both	16	26.7
Total		<b>60</b>	<b>100</b>
Major	Arts	36	60
	Science	24	40
Total		<b>60</b>	<b>100</b>
Residential status	Hostel	22	36.7
	Day scholar	38	63.3
Total		<b>60</b>	<b>100</b>

Source: Primary data

### Stress among the College Students

**Table 2**  
**Having Stress**

Stress	Number of Respondents	% of the respondents
Yes	49	81.7
No	11	18.3
<b>Total</b>	<b>60</b>	<b>100</b>

Source: Primary Data

Out of 60 respondents felt that 49(81.7%) of the students suffer their life is stress and remaining 11(18.3%) of the respondents no suffer the stress.

**Table 3**  
**Frequency of stress**

Frequency of stress	Number of Respondents	% of the respondents
Rarely	39	79.6
Often	10	20.4
<b>Total</b>	<b>49</b>	<b>100</b>

Source: Primary Data

From the above table 3, it shows that Majority 39(79.6%) of the students suffer the stress are rarely and 10(20.4%) of the respondents suffer the stress are often.

### Causes of Stress

**Table 4**  
**Causes of Stress**

Causes of Stress	Number of Respondents									Total Respondents
	Rank /Score	I 8	II 7	III 6	IV 5	V 4	VI 3	VII 2`	VIII 1	
Academics	(f) (fx)	7 (56)	8 (56)	4 (24)	10 (50)	6 (24)	8 (24)	3 (6)	3 (6)	49
Financial or Economic stress	(f) (fx)	3 (24)	4 (28)	5 (30)	8 (40)	6 (24)	6 (18)	10 (20)	7 (7)	49
Relationship stress	(f) (fx)	7 (56)	7 (49)	9 (56)	6 (30)	6 (24)	5 (15)	5 (10)	5 (5)	49
Future / Career Growth stress	(f) (fx)	12 (96)	8 (56)	8 (48)	5 (25)	4 (16)	3 (9)	5 (10)	4 (4)	49
Psychological stress	(f) (fx)	7 (56)	11 (77)	8 (48)	9 (45)	5 (20)	3 (9)	3 (6)	3 (3)	49
Parental Pressure	(f) (fx)	5 (40)	2 (14)	4 (24)	0 (0)	9 (36)	9 (27)	11 (22)	9 (9)	49
Poor sleeping habits	(f) (fx)	6 (48)	6 (42)	2 (12)	9 (45)	7 (28)	5 (15)	7 (14)	7 (7)	49
Physical stress	(f) (fx)	4 (32)	3 (21)	9 (54)	3 (15)	6 (24)	10 (30)	4 (8)	10 (10)	49

Source: Primary Data

(f) =No.of. respondents (fx)= score

**Table 4.1**  
**Causes of Stress**  
**Weighted Average Ranking Technique – Results**

Causes of Stress	Total Score	Average Score	Rank
Academics	246	5.1	<b>II</b>
Financial or Economic stress	191	3.8	<b>VI</b>
Relationship stress	245	5	<b>III</b>
Future / Career Growth stress	264	5.3	<b>I</b>
Psychological stress	264	5.3	<b>I</b>
Parental Pressure	172	3.5	<b>VII</b>
Poor sleeping habits	211	4.3	<b>IV</b>
Physical stress	194	3.9	<b>V</b>

Source: Primary Data

From the above table 4.1 exhibits that the most of the students felt that the stress is future / career growth stress and Psychological stress gave the first rank to with the means score of 5.1, the respondent gave the second rank academic stress with the mean score of 5.1.

**Table 5**  
**Steps taken to Overcome the Stress**

Steps taken to Overcome the stress	Number of Respondents	Percentage of the Respondents
Daily Practice of Meditation	15	30.6
Practice self-care	11	24.4
Practice positive thinking	20	44.4
Listen to music	36	80
Deep breathing	13	28.8
Enough sleep	25	55.5
Games	23	51.1

Yoga	18	40
Say Cheese	6	13.3
Warm Up	10	22.2
Compose a Mantra	7	15.5
Do some Mathematics	2	4.4

Source: Primary Data

Out of 49 respondents, 80% of the respondents reduce the stress listen to music and 44.4% of the respondents overcome the stress practice positive thinking

### Findings of the study

Out of 60 respondents,

- 27(45%) of the respondents belong to the age group of up to 20.
- Majority 44(73.7%) of the respondents are unmarried.
- 25(41.7%) of respondents are studied under the programme at UG level.
- 36(60%) of the respondents are studied in the department of arts.
- 34(56.7%) of respondents of single working parent.
- 38(63.3%) respondents are living in day scholar.
- 49(81.7%) of the students suffer their life is stress.
- Majority 39(79.6%) of the students suffer the stress are rarely.
- Most of the students felt that the stress is future / career growth stress and Psychological stress gave the first rank with the means score of 5.1, the respondent gave the second rank academic stress with the mean score of 5.1.
- Out of 49 respondents, 80% of the respondents reduce the stress listen to music.

### Suggestions of the Study

The following recommendations are hereby made based on the findings of the study;

#### Suggestions for Students

- Students should be enlightened on the need for positive attitude, healthy relationships and time management which can help to reduce stress.
- Effectively manage emotions and develop an optimistic view of life.

### Suggestions for Parents

- Family members should try to understand their interests, specialties, and abilities so as to avoid having too high expectations of them and causing them additional stress.

### Suggestions for Institutions

- Educational institutions may orient the students about the career opportunities available in their respective field.
- Identify students' stress as soon as possible and provide adequate support.
- Yoga helps to reduce stress, so it is better to start a yoga centre in the college for students.

### Conclusion

Based on finding of this study, it is concluded that Stress is an inevitable part of today's fast life. This study found that majority of the College students has a moderate level of stress. It varies according to students and their psychology. Stress management workshop may be organised to minimize the stressors encountered by college students. Certainly, stress in the college setting cannot be eliminated but we can and should do a better job preparing students to manage it.

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