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## STRESS MANAGEMENT AT THE WORK PLACE



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## **Stress Management among College Students**

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### **Introduction:**

College life is one of the most scintillating and memorable experience in an adolescents life. It is in college that an adolescent enjoys the vibrant environment, the company of friends, and the various academic and co-curricular activities, which 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 elites in the society. Thus, they should enhance their stress management abilities so as to live a healthy life after entering the society. Adolescence is a stage of human development that occurs between childhood and adulthood. Due to fast physical changes and mental development at this stage, students may experience incompatibility of their mental development with their physical changes or with the social environment and then suffer from problems arising from inadequate adaptations. These problems may further cause psychological troubles and even induce deviant behaviors. Adolescence is a dangerous period of time where young people experience self-organization and role confusion. For them, stress mainly comes from academic tests, interpersonal relations, relationship problems, life changes, and career exploration. Such stress may usually cause psychological, physical and behavioral problems.

### **Need of the study:**

A certain amount of stress is an inevitable and useful part of studying. It assists students to work harder, be focused and return to study rather than doing other things. However, if students are too stressed, they cannot study effectively. It is important to distinguish between stress that assists students to study and stress that prevents students from studying effectively. Everywhere we go, we hear people complaining that students don't concentrate on learning. We see several consultants, trainers, and life coaches assist other people with attaining it. Beyond doubt, stress management has been one of the buzzwords for student's commitment towards their performance on academics, student's relation with fellow student's, the more they try or worry the less they can study effectively. Their mind is racing everywhere they try to relax but all they can think about is study when they try to study you cannot. There are individuals tormented by the educational stress and are unable to spend time with their own. Even though it seems manageable, after a while if it is not saddled it will create adverse effects on the student's performance. It is just not the physical presence in the educational institution but also the pre- and post- time of studies need to gear up for and travel to the colleges and back home to. So it is absolutely imperative to understand the reasons for stress among students and its impact on their effective learning.

As we always say that I am in tension today. However stress is not always bad because sometimes stress plays the role of motivator in our life. Hence stress at some extent is beneficial. There are some factors which affect the students in their student life such as academic factors, social factors, family factors, emotional factors, and financial factors.

According to (Centre 2010, 4-6; Davidson 2001) Stress is not only negative things that happens positive things also cause stress. In our life we only know stress to be bad but that's not





the cases. There are two types of stressors which is the positive stressors which is known as eustress and negative stressors which is also known as distress.

Family factors also can be considered as the strongest reason for stress which affects the students that are the stressors in family factor, "lack of support from parents."

Formation of stress is also associated with social environment. Stress arises not only in a complicated and competitive environment but also in monotonous and stimulus-less one.

Many students respond that the major reason for the cause of stress is academic problems. The students pursuing third year degree courses consider high degree of stress. Stress from high expectations of teachers parents and self is usually an agony for students studying in colleges. It includes missing Lectures, Frustration due to misunderstandings, Increased class workload, if students get lower grade automatically they are stressed.

The most important emotional stressors include: not feeling confident about oneself, feeling lonely, anxious and having no one to turn to and understand. Emotional stress is a major source of stress among students. Managing their romantic relationship can also be included and a great number of students mention this as a major cause of emotional stress.

The most important financial stressors were not getting financial support from family for pursuing studies; parents control the money spent, insufficient money for paying personal mobile and internet expenses. Only a few groups of students get a sound financial background as their families were able to support them for pursuing their studies.

#### **Various Forces of Student Stress:**

However; stress can also be a positive force. It can stimulate hard work and amplify the focus for short periods of time. However, negative stress is more common and can adversely affect the health and performance.

- Health and Survival stress: This may occur in cases where survival or health is threatened, where students are put under pressure, or where they experience some unpleasant or challenging event. Here adrenaline is released in the body and the symptoms for 'fight or flight' will boom in their body.
- Internally generated stress: This can appear from brooding about events beyond their control, from an apprehensive, hurried approach to life, or from relationship troubles caused by their own behavior.
- situational and Environmental stress: The source of stress here is living or environment which they are living. It may arise from glare, crowding, pollution, muddle, dirt or other distractions. On the other hand, stress can come from events and pressures at studies.
- Tiredness and overwork: Here stress builds up over a long period of time. This can transpire where you try to accomplish too much in too little time, or where you are not using effective time management strategies.

There are some tips for management of stress for students-

#### **Benefits of Managing Stress for Students:**

Stress Management is Not a Problem to be solved. It is an Issue to be managed: Because the stress level is different for every individual student, a educational institutions policy or program cannot create it or manage it. Each student must do that for him or herself, interact with teachers open up with a teacher. Unfortunately most students are woefully untrained to manage this issue for themselves, much less help others to manage it: Young people should have everything to be happy about, but as the generation with the least responsibility we actually experience the most stress. Students are untrained to manage stress. Worry about assignments and stress about the future and how to make the next step. Trying to manage all these things at once can leave you feeling overwhelmed.





### **Proper Time Management:**

Developing a schedule and managing time properly indicates goals and priorities. Always students should try to plan ahead and avoid procrastination, and then they can manage stress effectively. However if they are stretching too thin and running behind, then it is always advisable to stay calm and focused. Hence, make a 'To Do list' or a planner and keep track of deadlines and schedules and learn to say 'No' so that they can beat stress.

### **Being Organized:**

Always making a habit of keeping the system of organization of note-taking, keeping track of assignments, and other important papers. As a result of which they can develop a good study environment where they can concentrate, focus and get things done. Moreover if they are well organized, they can bring the peace of mind that comes from knowing where everything is, remembering deadlines and test dates, and clearing mind of some of the mental clutter.

### **Leading to Effective and Efficient Learning:**

Proper stress management and relaxation can lead to numerous benefits. Reducing stress, by learning to think clearly and focus on students goals, leads to increased energy to do other things and make learning effective and even leads to better learning and better memory .

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### **Improved Relationships:**

In addition to the health benefits of stress management and relaxation. Students can also enjoy the benefits of improved relationships with friends family, parents and teachers. When they are stressed their family feels the effects of that stress, and it is common to take out some of the anger and frustration on family. Family can feel like they are walking through a mine field, never knowing when stress level will trigger an explosion of frustration. If stress is reduced it leads to more relaxation making them happy, and in turn, family, friends and teachers will be happier. Stress management and relaxation should be practiced by everyone, especially those who work from home. Reducing stress can lead to many benefits including improved health and improved relationships. Using stress management techniques like knowing your triggers, exercising, meditating, organizing and taking vacations are essential ways to de-stress and learns how to relax

### **The Top Concerns Driving Students Away From their Teachers are Stress Management Issues:**

The failure of the teachers in empathizing students and to connect with them in a personal level has sprouted as a major problem. The problem with the student teachers teaching and learning experience is the teachers are untrained to deal with student stress and sought it out .

### **The Opportunity for the Educational Institution is to Offer, Through Training, Counseling and Mentoring Students and the Skills for Teachers to Face These Challenges:**

Skill development approach drives personal accountability and responsibility and fabricates immediate on and off the job results.

### **Intermediate Benefits of Stress Management among Students and Its Impact on Effective Learning:**

Many leading educational institutions introduced stress management programs within their organizations to aid their students to accomplish an effective balance in their studies and learning experience family/personal life. These organizations believe that it makes good strategies to build a





quality education provides such programmes to their students to reap the educational benefits. In addition, many overseas studies have also shown that there is a symbiotic relationship between educational stress management and its impact of learning. It is only logical that students who are able to effectively balance the demands of studies and managing stress are motivated to bestow their best a work.

- **Improved Admission, Retention and Reduced Turnover:** Stress management initiatives humanize organizations which will allow prospective students to distinguish with one from another. To exert a pull on students and hold on to them, forward thinking institutions are letting their students know that they are just as concerned about their student's lives outside studying and facilitate to manage their studiers and personal commitments and aspirations.
- **Reduced Stress, Absenteeism and Health Costs:** Students nowadays are usually more stressed which reduce performance levels. Absenteeism due to family commitments and stress may perhaps be a major reason for low performance levels. Managing stress improves students' performance by reducing absenteeism, unpunctuality, health care and sick-leave and hence their related costs.
- **Improved Student's Morale and Engagement:** Helps students lead a healthier and more balanced life by allowing them to better concentrate at studies, improving the learning environment by increasing motivation and satisfaction. Other studies have shown that enhanced student's morale lead to more committed students and superior performance.
- **Improved Student's Satisfaction:** Improved students' performance is possible through proper stress management and. At the same time, more motivated students who have their personal needs addressed are more likely to go the extra mile to keep teachers happy. Turnover, and the subsequent necessitate for restitution of relationship and rework, is also listed as major factor contributing to students performance.
- **Reduced Costs:** The Office rental and utilities savings derived from telecommuting can be clearly promoted as the financial benefits of the Work-Life programmes.

#### **Conclusion:**

To sum up, according to me "A study made by Institute of Psychiatry found that people with high-stress jobs have twice the risk of developing serious depression or anxiety compared with others in less stressful occupations." Academic, environmental, social and health problems all play an important role in the development of stress. Academic factors are the most important stressors; hence the need for specific and targeted measures to decrease substantially the burden of stress on the students. Teaching techniques and college environments should be adapted to the needs of the students. The productive utilization of existing student welfare systems, development of more 'student-friendly' environments and regular periodic extracurricular activities with universal participation can prove to be useful stress-busters. Similarly, students living in hostels were observed to be prone to develop stress; thus, a periodic review of hostels, with feedback from the students, should be conducted and the complaints of students should be promptly addressed. The majority of students were in favor of stress management education being included in the curriculum, and hence steps should be taken for its incorporation. Health is a major concern of students, and therefore the promotion of healthy dietary and lifestyle habits should be encouraged. Additionally, teachers, parents and even students themselves should be aware that undue expectations about academic achievement can lead to stress. Lastly, regular study habits and adequate preparation can help students to avoid stress and make their learning effective and more comfortable. This paper also has given an overall acquaintance of the stress and the various magnitude and factors related to it. In nut



shell it can be stated that the in current working environment, the stress has got its deep roots and parallel the measures are being observed to minimize it to an extent. The further research will surely be helpful to unleash the various techniques to minimize the stress so as to enrich the harmony and stability among the human beings.

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