



STRESS MANAGEMENT IN LEARNING PROCESS AMONG THE STUDENTS

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ABSTRACT

Stress is a fact of everyday life. When people reach out for help, they are often dealing with circumstances, situations, and stressors in their lives that leave them feeling emotionally and physically overwhelmed. Many people feel that they have very little resources or skills to deal with the high levels of stress they are experiencing. The information in this manual has been compiled to provide information and education (students) about stress, the effects of stress, and the most popular stress management and relaxation techniques that are being used today. This information could be helpful for people who want to learn how to react to stress in a more constructive, proactive way. The basic premise of this manual is that the benefits of stress reduction and relaxation. Techniques can be best noticed after they have been practiced regularly over a period of time. This article emphasizes on the level of stress faced by the students, sources or levels of stress, symptoms, and methods to avoid stress level and benefits when stress is managed effectively.

KEYWORDS: Balanced life style, Positive Attitude, managerial Ability, spirituality, overall management.

INTRODUCTION

Many people consider stress to be something that happens to them, an event such as an injury or attention. Stress is a normal part of life. In small quantities, stress is good; it can motivate you and help you become more productive. However, too much stress, or a strong response to stress can be harmful. How we perceive a stress provoking event and how we react to it determines its impact on our health. In the most accurate meaning, stress management is not about learning how to avoid or escape the pressures and turbulence of modern living; it is about learning to appreciate how the body reacts to these pressures, and about learning how to develop skills which enhance the body's adjustment. To learn stress management is to learn about the mind-body connection and to the degree to which we can control our health in a positive sense.

Today students are the most who are facing such problems and don't find the way to come out of it. Finally they give up or get addicted to certain activities.

Meaning

What is stress?

Stress is the body's reaction to physical, chemical, emotional, or environmental factors. These can range from extreme, life threatening situations to the simple and everyday challenges of life.

One useful definition of stress is

“A stressful situation is one you cannot cope successfully with, or believe you cannot cope with successfully, resulting in unwanted physical, mental or emotional reactions.”

OBJECTIVES OF THE STUDY

1. To know the sources or level of stress.
2. To study the symptom of stress.
3. To study the methods to avoid stress and management.

Research Design

The data has been collected from both primary as well as secondary source. Students were asked to fill the questionnaire and also after telephonic conversation with few students were considered for the research analysis.

Sample Size

The sample size of this research is 100 respondents (students) which have been taken into consideration.

Statistical Tools Used

The main statistical tools used for the collection and analyses of data in this project are:

- Questionnaire
- Charts

- Diagrams

LIMITATIONS OF THE STUDY

Some of the unavoidable and uncontrollable problems faced while conducting the survey as follows.

- Time and cost constraints were also there.
- Project work and study is confined to Noida city only.
- A sample size of 100 has been used due to time limitations.

Data Analysis and Interpretation

From the data collected it can be inferred that 70% of the respondents' i.e., students are stressed.

Out of which 25% is due to projects, 20% is due to Exams phobia, 18% is due to family and financial problems. 7% other reasons

From the above chart it can be interpreted that impact of stress on students is as follows 42% smoke, 18% addict to alcohol, 8% undergoes depression, 3% thinks about committing suicide and 29% of students indulge in other activities.

Findings I

Sources of Stress

The main sources of stress in student's life could be

- Increased academic demands
- Being on your own in a new environment
- Changes in family relations
- Financial responsibilities
- Managing Work and family
- Exposure to new people, ideas, and temptations
- Awareness of your sexual identity and orientation
- Preparing for life after graduation
- Assignments
- Surprise tests
- Projects
- Seminars
- Exams
- Career / job
- Pressure from parents and lecturers
- Adolescence stage

Findings II

Symptoms of Stress

It is important to learn how to recognize when your stress levels are "out of control" or having an adverse effect. The signs and symptoms of stress overload can be almost anything. Stress affects the mind, body, and behavior in many ways, and everyone experiences stress differently.

Three common ways that people respond when they are overwhelmed by stress are:

1. An angry or agitated stress response. You may feel heated, keyed-up, overly emotional, and unable to sit still.

2. A withdrawn or depressed stress response. You shut down, space out, and show very little energy or emotion.
3. Both a tense and frozen stress response. You "freeze" under pressure and feel like you can't do anything. You look paralyzed, but under the surface you may feel extremely agitated.

The following lists some of the common warning signs and symptoms of stress. The more signs and symptoms you notice in yourself, the closer you might be to feeling stress overload.

Cognitive Symptoms

- Memory problems
- Inability or difficulty concentrating
- Poor judgment
- Seeing only the negative
- Anxious, racing, or ruminating thoughts
- Constant worrying

Emotional Symptoms

- Moodiness
- Irritability or short-tempered
- Agitation, inability to relax
- Feeling overwhelmed
- Sense of loneliness or isolation
- Depression or general unhappiness

Physical Symptoms

- Aches and pains, muscle tension
- Diarrhea or constipation
- Nausea, dizziness, or butterflies in the stomach
- Chest pain or rapid heartbeat
- Loss of sex drive
- Frequent colds
- Shallow breathing and sweating

Behavioral Symptoms

- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (nail biting, pacing)

Findings III

Techniques to Avoid Stress and Manage

The first step is to understand yourself better how you react in different situations, what causes you stress, and how you behave when you feel stressed. Once you've done that, take the following steps

1. **Set priorities.** Use the time-management tips & Make a To-Do list. Decide what is really important to get done today, and what can wait. This helps you to know that you are working on your most immediate priorities, and you don't have the stress of trying to remember what you should be doing.

2. **Practice facing stressful moments.** Think about the event or situation you expect to face and rehearse your reactions. Find ways to practice dealing with the challenge. If you know that speaking in front of a group frightens you, practice doing it, perhaps with a trusted friend or fellow student. If the pressure of taking tests causes you to freeze up, buy some practice tests at the school bookstore or online and work with them when there are no time pressures.
3. **Examine your expectations.** Try to set realistic goals. It's good to push yourself to achieve, but make sure your expectations are realistic. Watch out for perfectionism. Be satisfied with doing the best you can. Nobody's perfect—not you, not your fellow Cadet, nobody. Allow people the liberty to make mistakes, and remember that mistakes can be a good Teacher.
4. **Live a healthy lifestyle.** Get plenty of exercise. Eat healthy foods. Allow time for rest and Relaxation. Find a relaxation technique that works for you—prayer, yoga, meditation, or breathing exercises. Look for the humor in life, and enjoy yourself.
5. **Learn to accept change as a part of life.** Nothing stays the same. Develop a support system of friends and relatives you can talk to when needed. Believe in yourself and your potential. Remember that many people from disadvantaged backgrounds have gone on to enjoy great success in life.

RECOMMENDATIONS AND SUGGESTIONS

- Schedule time for vacation, breaks in your routine, hobbies, and fun activities.
- Try to arrange for uninterrupted time to accomplish tasks that need your concentration. Arrange some leisure time during which you can do things that you really enjoy.
- Parents should create friendly atmosphere at house.
- Allow breaks to catch your breath. Take a few slow, deep breaths whenever you feel stressed. Breathe from the abdomen and, as you exhale, silently say to your self "I feel calm."
- Become an expert at managing your time. Read books, view videos, and attend seminars on time management. Once you cut down on time wasters, you'll find more time to recharge yourself.
- Exercise regularly to reduce muscle tension and promote a sense of well-being.
- Tap into your support network. Family, friends, and social groups can help when dealing with stressful events
- Try to manage the things on time, have a track on time and set priorities. Understand the age & time factor. (Study when the time is to study and play when you want to play).
- Don't utter a lie to your parents and always try to face the situation because each and every problem has its own solution.

CONCLUSIONS

Stress can have consequences far beyond temporary feelings of pressure. While you can't avoid stress, you can learn to manage it and develop skills to cope with the events or situations you find stressful. By learning to cope with stress, and by recognizing the symptoms of depression and the warning signs of suicide, you'll be better prepared to help not only yourself, but also friends, fellow students, and the Soldiers you will someday lead. Therefore, management of stress is very important for the students to accomplish their future objectives and prosper.

Questionnaire

(Target Group: Students)

Am I suffering from stress?

Tick the answers that most apply to you Often, Sometimes, yes, no.

1. Do I ever feel unable to cope up in the class?
2. Do I find it difficult to complete my assignments on time?
3. Do I feel that all are intelligent except me?
4. Am I finding it difficult to study all the subjects?
5. Am I often irritable for the tests and exams?
6. Do I like bunking the classes for no reasons?
7. Do I feel that am always compared with other friends?
8. Do I dislike myself or feel low?
9. Am I finding it hard to concentrate in class?
10. Am I worried about my career?
11. Do I feel that lectures and parents always scold only me?
12. Do I feel that Exams are fast approaching and I lack preparations?
13. Do I feel that I don't remember answers and get confused?
14. Do I lack communication skills?
15. Do my family problems disturb my studies?
16. Do I find it difficult to manage work and college?
17. What is your stress buster? How you overcome it?

- Smoking
- Addiction to alcohol
- Depression
- Watching TV
- Sleeping
- Other activities (suicide)

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