



STRESS MANAGEMENT AMONG STUDENTS AND ITS IMPACT ON THEIR EFFECTIVE LEARNING

Veena. S. Rai

Assistant Professor, Srinivas Institute of Technology, Valachil,
Merlapadavu, Mangalore, Karnataka

Abstract:

In today's date stress has been an integral part of life because there are many things which act as a catalyst in increasing stress. It is not limited to adults only, but stress is increasingly affecting children of all age group. Proper management of stress is really very difficult as parents don't have enough time to properly look after their children. Generally people have a common mindset that stress is only caused by a sad happening, but the truth is that stress can occur through a good experience as well. As far as stress for students are concerned, there are plenty of reasons which can cause stress in a student's life, some of these. Mismatch between the student and the teacher which can raise tension and cause stress, is one of the biggest reason why it attack to all the students. Lack of much family attention has also been a reason why it attacks to all students. Children generally don't take care of their eating habits as a result of which they are more prone towards to stress. In addition to that the other reason of stress is insufficient sleep is a common cause and students all across the world are getting affected by stress because of it. Stress management among students in universities and college is a hit-or-miss matter. In order to tackle the ugly matter most of the college and universities schedule optional stress management classes, but students often lack the time to attend. An attempt is done through this paper to know the impact of stress among students and the necessity of managing it in order to make the learning effective

Index terms: Management of Stress, Universities and College & Educational Institution

Introduction:

A critical issue concerning stress among students is its effect on learning. *Student life has many benefits, but it also imposes inevitable stresses. For those who are already battling depression or have an existing vulnerability to it, these stresses can trigger anxiety and episodes of depression.* Academic pressure related stress has been identified as one of the prime types in the Stress in student learning process. It is undoubtedly one of the biggest problems faced by the modern student force. It is also becoming an escalating nerve-racking problem for both teachers and students. In this article we review stress among students, and what teachers and students can do to minimize stress and its destructive consequences. As a result of the increased need for students learning impact, educational stress and balancing it have been increasingly studied in the last two decades. To give a productive impact on students learning.

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.

Various Level of Stress in Different Stages of Learning:

What is Stressful for Undergraduates?

Students react to college in a variety of ways. For some students, college is stressful because it is an abrupt change from high school. For others, separation from home is a source of stress. Although some stress is necessary for personal growth to occur, the amount of stress can overwhelm a student and affect the ability to cope. It includes growth in the size and complexity of institutions and increased diversity among students. A consequence of that rapid growth has been a loss of personal attention to students. One measure of excessive stress, or distress, in college students is the use of mental health services. Symptoms commonly reported by campus psychiatrists portray a general picture of school-related stress, for example, the inability to do school work and the fear of academic failure. A second measure of distress in college students is the dropout rate. Although nationwide figures are difficult to obtain, an estimated 50 percent of entering freshmen do not finish college four years later (Hirsch and Keniston 1970). Studies of college dropouts associate dropping out with the aversive side of the "fight or flight" formula; that is, students, feeling a mismatch between themselves and their college, wish to distance themselves from the source of stress, the college environment (Falk 1975; Hirsch and Keniston 1970; Katz and others 1969). Solutions suggested for reducing distress in college students include "stress inoculation" -- for example, informing students in advance of what difficulties they might face and encouraging them to develop their own strategies to achieve personal goals. Other suggestions include improving campus mental health services and organizing peer counseling and self-help groups.

What is Stressful for Graduate Students?

The accelerated growth in undergraduate programs has also been felt in graduate schools, resulting in an oversupply of Ph.D.s. Consequently, graduate students, facing poor employment opportunities when they finish their doctoral programs, feel stress associated with the uncertainty of their career choice and future prospects. Often, graduate students perceive that faculty exert great power over their lives and feel that they live in a state of substantial powerlessness. Another source of stress is the difficulty of achieving social intimacy. It is difficult to find a mate or maintain a relationship with an existing one. Graduate students tend to lack the time and/or the opportunity to develop interpersonal relationships. Specific tasks that produce stress in graduate students are preliminary exams and the doctoral dissertation. Fear of academic failure related to these tasks is a definite stressor. Solutions for alleviating distress include improved orientation for new graduate students, more flexibility in core requirements, and expanding the role of faculty advisors.

What is Stressful for Law Students?

The Socratic Method, developed at Harvard in the 1870s, still characterizes law education today. Certain problems are associated with the approach, however. It puts the teacher in complete control of the classroom, leaving students with little control over how they relate to the material being taught in class. Related to the Socratic

Method is the issue of feedback. Law students receive little feedback in class and little feedback about their academic performance until after first semester exams. Law students feel that grades are emphasized excessively and see the law school as a screening program for law firms, the best of which interview only students who have made law review. Often, when students do not rank near the top of their class at the end of the first semester, they give up trying because their best efforts were not rewarded. Suggestions to relieve distress among law students include giving earlier and more frequent exams, providing positive feedback in class, deemphasizing grades and basing appointment to the law review on writing skills rather than on class rank.

What is Stressful for Medical Students and Residents?

Medical education includes four years of medical school and three to five years of residency training in a teaching hospital. Premedical education in college is in itself stressful because of the keen competition to get into medical school. Competition continues in medical school among students eager to get into the residency program of their choice. For some residents, competition continues for those who wish to earn the status of "chief resident" in the program and to win a post residency fellowship.

A major stressor for first-year medical students is the amount and complexity of material to be learned. Students feel academic pressure because nearly all their classmates were superior college students. Fatigue is often cited as a stressor in the second year, and many researchers describe a hypochondriacal phenomenon by which medical students imagine they have the disease they are studying.

In the third year, medical students begin patient care, but they are low on the totem pole. Acceptance of death and dying emerges as a key issue in coping with stress. For some medical students, the clinical years become routine and the fourth year is less stressful. However, in the first year of residency training (the internship), overwork and sleep deprivation becomes major stressors. Lack of personal time continues to stress residents in their second and third years. Solutions to help medical students and residents with stress include improving orientation, better counseling, and more support groups.

Recommended Approaches:

Stress is necessary to challenge students to learn. Approaches are needed that reduce the negative aspects of stress which lessen students' learning and performance.

The key to reducing distress is providing students with a feeling of control over their education, information about what to expect, and feedback regarding what can be done to improve their performance. Students who do not feel helpless will adopt their own coping strategies.

Reactive coping, that is, dealing with one's own thoughts and feelings, can be facilitated by accessible professional and peer counseling, student support groups, and adequate faculty advising. Active coping, that is, dealing with the actual stressful situations or events, can be strengthened by providing students with early success.

Good teaching cannot be overestimated as a key to preventing and minimizing distress among students. Of course, faculty may not be good teachers if they are themselves stressed and if they feel unrewarded for good teaching. How to reduce stress among faculty and reward good teaching are questions for further study.

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.

- ✓ 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.
- ✓ Environmental and situational 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.
- ✓ Fatigue 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.

Effective Stress Management Ways for Students:

Stress Management Keys:

There are certain ways which will open the door to better stress management among students in universities. However some of them are used very frequently but others are lost or neglected.

Clear Definitions:

For effective stress management every students needs to understand the definitions of "stressor," "stress," "eustress," and "distress. If they are unable to clarify the meaning of those words, they may be trying to manage stressors, thinking they are managing stress. The stress management can begin only after they understand that the extra demands made upon them are stressors, not stress. If they want to know well about the stress management practically, they will need to know that there are two kinds of stress. So if you understood the word properly, you have unlocked the first door leading to stress management.

Action Plan:

Once the students understood the definitions of those words properly, students are ready to formulate a stress management action plan. Also they are eligible for the proverbial locking of the barn door to prevent the horse's escape.

Stressor Identification:

Learn to identify the enemy, is the most important part of stress management. A students who is very much focused to beat the stress, will see stressors and know them for what they are. Hence the key is to identify those demands as stressors. Stress can come in any form like; sharing a room with a stranger makes demands on a student. Financial resources and potentially new dating standard is also a form of stress and it can come at any moment. Even if a student is free from his home, still the stress can attack on the students.

Turning Distress into Eustress:

Turning distress into eustress, is another important path by virtue of which you can unlock the door of stress management. Any student can be a victim of stress and they believe they can do nothing but suffer. So in order to manage the stress what they require is they have to learn how to turn a potentially negative response to stressors into a positive response. The term eustress exactly mean that the beneficial stress is what carries an excited, happy couple through the whirlwind of preparation for a large wedding. And It begin from the moment of the proposal, the couple may be surrounded by stressors.

Why Most Stress Management Tips Doesn't Work:

Eliminating distress without attempting to maximize eustress is the way by which most of the stress management theory work. By removing distress you can create a vacuum in your life which you will unconsciously fill with either the same distress you previously pushed aside or from some other negative source of pressure. If you will work effectively to produce eustress, you won't have to worry about defaulting to negative feelings and drained energy when you find yourself with some free time. In addition to that there are also several other reasons which will lead to stress for a college student.

Academic Stress: Increase in workload over insufficient time, new responsibilities, difficult exams, challenging classes, low grades, deadlines to meet, scheduling issues to coordinate and a more independent nature are the various academic reasons which will prompt a student's towards stress.

Social Stress:

Creating a new social network, separation from home and finding less parental support, living with a roommate, balancing school work with friends or part-time jobs and dealing with the demands of young adult relationships are the elements of social stress.

Other Stresses:

Daily hassles , financial crisis, studying long, hard hours and waking up early for classes, logistics of living independently (i.e., laundry) new students deal with abrupt change from one college to another college are the major cause of stress.

Tips to Manage the Stress:

Proper Time Management:

Developing a schedule and managing time properly indicates goals and priorities. Always students should try to plan ahead and avoid procrastination, 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.

Exercise, Nutrition and Sleep:

A proper exercise, healthy diet and enough sleep can beat stress to a large extent. They have to be to be well-rested, for a great stress relieves action. So make all work and live a stress free life.

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.

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

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 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.

- ✓ **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.
- ✓ **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.

Conclusion:

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. Finally, regular study habits and adequate preparation can help students to avoid stress and make their learning effective

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