

A Study of Stress among Under Graduate Students

Dharti Savani

PhD Scholar, M. K. Bhavnagar University

Abstract: *The Aim of the present study was to examine the stress among college undergraduate students. Total 96 UG students from various departments of Swarnim Gujarat Sports University, Gujarat (India) were selected as the subject for the study. The questionnaire designed by Pallavi Bhatnagar and others was used to evaluate stress level among the subject. Descriptive statistics i. e. mean, standard deviation, and percentage were for the analysis of the collected data on stress. From the result of the study, it may be concluded that there is a high level of stress in Grade – B and D levels in UG female students, whereas in Grade – C, E and F a higher level of stress has been seen in UG male students.*

Keywords: Undergraduate Stress, Psychological Well - being, Stressors in Higher Education, Gender Differences in Academic Stress

1. Introduction

In today's competitive world, every student experiences stress at some point in their life. Some students experience more stress than others, some students handle stress more effectively than others but no one can completely eliminate stress from their life. Thus, stress is an inevitable phenomenon in all aspects of human life. It is a process by which we understand and deal with environmental threats and challenges (Myers, 2005). Stress can be explained in terms of frustration, which leads to depression, which is temporary or can last for a long time. Thus, the presence of stress depends on the presence of stressors. Feng (1992) and Volpe (2000) define a stressor as anything that challenges a person's adaptability or excites a person's body or mind.

Stress is how individuals react to certain situations. Stress is a kind of emotion. Stress is a form of mental suffering. Positive stress helps improve athletic performance. Stress is the recommended result, which is caused by constant tension and persists in every part of our lives. Stress can affect a person's physical health, mental health, and behavior. Currently 80 - 85% of students experience high stress. Daily work can be completed easily if stress is low. Thus, stress is considered good in one way and bad in another. Stress empowers a person to achieve goals and inspires in life. The causes of stress vary from person to person. But to some extent mental stress is a part of our life. Which may prove necessary for the development of the common man. Stress is a word derived from the Latin word STRINGERE, meaning 'to draw tight' (Arnold, 2005). One of the properties of stress is that an outsider raises it, creates stress, and measures physical exertion (Hinkel, 1973). Stress is a type of psychosomatic disorder. A stressful stimulus triggers a biological response in the human body.

Statement of Problem

The present study was aimed to examine the stress among UG students.

2. Method

Considering the objective of the study total 96 UG students from the various departments of SGSU (Swarnim Gujarat

Sports University) were selected as the subject, in which 69 male and 27 female UG students. Age of the subjects were from 17 – 25 years. Anxiety, Depression and Stress Scale (ADSS–BSPSA) by Pallavi Bhatnagar was used to examine the stress among the selected subjects. Norms for normal populations were used for the interpretations of raw data. The limitations of this research were standard questionnaire, respondent's response attitude, time, etc. The data obtained through the selected tool was considered standard for this study. Online methods were used for data collection considering the condition at the time of data collection. Data for the selected variable has been collected once the educational institutes. Descriptive statistics i. e. mean, standard deviation, and percentage were for the analysis of the collected data on stress.

3. Result of the Study and Conclusion:

Table 1: Descriptive Statistics of Stress in Total UG students

Total Subjects	Stress Subscale
Mean	3.114
SD	3.037
Range	13
Minimum	0
Maximum	13
N	96

It is evident from Table – 1 that, the total number of subjects were 96, mean of stress subscale was 3.114, and standard deviation was 3.037.

Table 2: Table showing the level of stress in total UG students

Subscale	Grade – A	Grade – B	Grade – C	Grade – D	Grade – E	Grade – F
Stress	---	2	4	22	20	48

It is evident from Table – 2, out of total 96 subjects, 0 student showed Grade – A (Extremely High), 02 student showed Grade – B (High), 04 student showed Grade – C (Above Average), 22 student showed Grade – D (Average), 20 student showed Grade – E (Below Average), 48 student showed Grade – F (Low) level of stress.

Table 3: Descriptive Statistics of Stress in UG male students

Male Subjects	Stress Subscale
Mean	2.928
SD	2.987
Range	13
Minimum	0
Maximum	13
N	69

It is evident from Table – 3 that, the total number of UG male subjects were 69, mean of stress subscale was 2.928, and standard deviation was 2.987.

Table 4: Table showing the level of stress in UG male students

Subscale	Grade – A	Grade – B	Grade – C	Grade – D	Grade – E	Grade – F
Stress	---	1	3	14	15	36

It is evident from Table – 4, out of total 69 male subjects, 0 student showed Grade – A (Extremely High), 01 student showed Grade – B (High), 03 student showed Grade – C (Above Average), 14 student showed Grade – D (Average), 15 student showed Grade – E (Below Average), 36 student showed Grade – F (Low) level of stress.

Table 5: Descriptive Statistics of Stress in UG female students

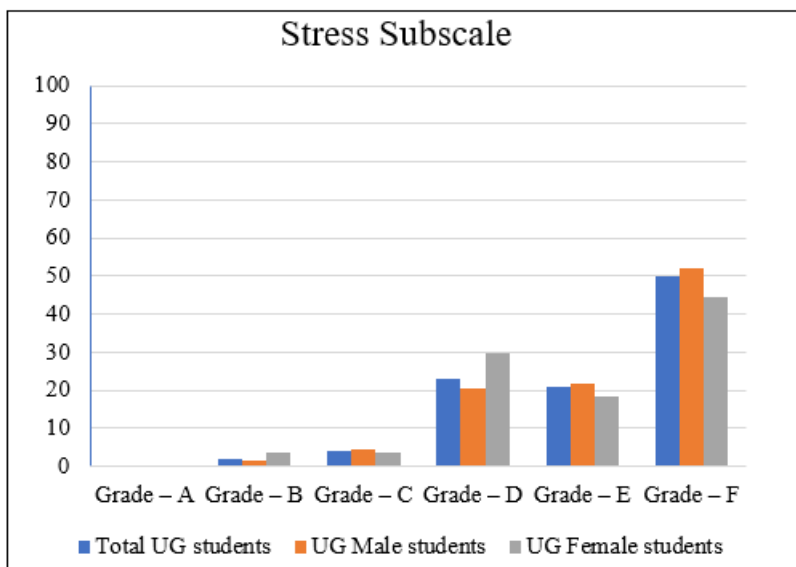
Female Subjects	Stress Subscale
Mean	3.593
SD	3.226
Range	12
Minimum	0
Maximum	12
N	27

It is evident from Table – 5 that, the total number of UG female subjects were 27, mean of stress subscale was 3.593, and standard deviation was 3.226.

Table 6: Table showing the level of stress in UG female students

Subscale	Grade – A	Grade – B	Grade – C	Grade – D	Grade – E	Grade – F
Stress	---	1	1	8	5	12

It is evident from Table – 6, out of total 27 UG female subjects, 0 student showed Grade – A (Extremely High), 01 student showed Grade – B (High), 01 student showed Grade – C (Above Average), 8 student showed Grade – D (Average), 05 student showed Grade – E (Below Average), 12 student showed Grade – F (Low) level of stress.



Graph 1: Graph showing the level of stress in UG male and female students

Analysing the above - mentioned details of table – 2 through percentage it can be concluded that high level of stress was observed in 2.083 %, above average level of stress was observed in 4.166 %, average level of stress was observed in 22.92 %, below average level of stress was observed in 20.83 %, and Low level of stress was observed in 50% of total UG students.

Analysing the above - mentioned details of table – 4 through percentage it can be concluded that high level of stress was observed in 1.449 %, above average level of stress was observed in 4.347 %, average level of stress was observed in 20.29 %, below average level of stress was observed in 21.739 %, and Low level of stress was observed in 52.174 % of total UG male students.

Analysing the above - mentioned details of table – 6 through percentage it can be concluded that high level of stress was observed in 3.704 %, above average level of stress was observed in 3.704 %, average level of stress was observed in 29.639 %, below average level of stress was observed in 18.518 %, and Low level of stress was observed in 44.444 % of total UG female students.

From the result of the study, it may be concluded that there is a high level of stress in Grade – B and D levels in UG female students, whereas in Grade – C, E and F a higher level of stress has been seen in UG male students.

References

- [1] Atmaram Patel and Devendrasinh B. Solanki, "Research Methods in Physical Education", Ahmedabad: Bharat Prakashan, 2005.
- [2] Archana Kumari and Jagruti Jain, "Examination Stress and Anxiety: A Study of College Students. " Global Journal of Multidisciplinary Study, Volume - 4, Issue - 01, December - 2014.
- [3] Dilip Kumar Patel, Alkaben Patel, "Stress Management". International Journal of Scientific Research, Volume - 3, Issue - 4, 2014.
- [4] Dr. R. S. Patel, "Statistical Methods for Educational Research". Ahmedabad: Jay Publications, March, 2009.
- [5] Dr. Kiran Shinglot, "Stress: Health Article". Naturopathy Center, 2021.
- [6] Gallego & Kangus, "Effect of a Mindfulness Program on Stress, Anxiety and Depression in University Students. " The Spanish Journal of Psychology, Vol - 17, 2014.
- [7] Kailash Kautikrao Pawar, "Sports Psychology", New Delhi: Sports Publications, 2019.
- [8] M. L. Kamlesh, "Methodology of Research in Physical Education and Sports", Delhi: Metropolitan Book Company, 1994.
- [9] Mrigesh Vaishnav, "What is stress really?" Gujarat News, February 03, 2021. Shatdal edition.
- [10] Mrigesh Vaishnav, "Diseases caused by stress and physical, mental, behavioral and emotional changes". Gujarat News, February 10, 2021. Shatdal edition.
- [11] Rador Christine O., "Overview of Stress and Stress Management". ARC Journal of Nursing and Healthcare, Volume - 5, Issue - 2, 2019.
- [12] Singh, M., & Bhatnagar, P. (2016). Anxiety depression stress scale (ADSS): A factor analytic study. *The International Journal of Indian Psychology, Volume 3, Issue 2, No.1, 52.*
- [13] Tony Morris & Jeffsummers, "Sports Psychology: Theory, Application and Issue", Second Edition, Australia: John Wiley & Sons Australia, 1995 - 2004.
- [14] Waghmare, R. D. A Study Of Anxiety, Depression And Stress Among Boys And Girls College Students.
- [15] Rana, A., Gulati, R., & Wadhwa, V. (2019). Stress among students: An emerging issue. *Integrated Journal of Social Sciences, 6 (2), 44 - 48.*
- [16] https://en.wikipedia.org/wiki/Psychological_stress
- [17] <https://learnedwriters.com/the-origins-of-the-word-stress/>.