
A STUDY ON IMPACT OF STRESS ON GRADUATING STUDENTS IN HYDERABAD

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ABSTRACT

Stress can be defined as any type of change that causes physical, emotional, or psychological strain. Stress is body's response to anything that requires attention or action. Everyone experiences stress to some degree.

Stress has become a common problem for everyone from teenagers to adults it has taken over lives of people and taken control. Stress is a major problem in today's world and people have no idea how to deal with this problem.

Stress can cause mental health problems and it can make existing problems worst. If any individual experience lots of stress, this might lead to develop a mental health problem like anxiety or depression or a traumatic period of stress might lead to post-traumatic stress disorder (PTSD). The objective of the study is to find causes and consequences of stress among graduating students. The data was collected from BBA, BCom B.Sc. graduating students with the sample of 120 in Hyderabad. The data was analyzed using JASP. The main stressors among the students are identified academics, finances, career, and relationships. Academics followed by Career factors cause more stress in graduating students.

Key words: Psychological strain, post -traumatic disorder (PTSD), trauma, Graduating students.

INTRODUCTION

Regardless of age, everyone in today's competitive world faces different pressures and problems. Although it has become commonplace to disregard stress and simply live with it, not a single individual in this age group knows how to manage it. But it's now a significant problem that needs to be handled by medical professionals. Different people find different ways to handle stress. To relieve stress, some people turn to recreational drugs or alcohol. This could have a negative impact on mental health and increase stress.

Stress can keep people awake, motivated, and prepared to avert danger. An essential test, for instance, could cause a stress reaction that makes your body work harder and keep you awoken.

REVIEW OF LITERATURE

Hans Selye introduced the concept of stress as a response model in 1956. He defines stress as a physiological response pattern with the general adaptation syndrome (GAS) model. Selye (1936, 1956, 1974), who gave the area its name and one of the first comprehensive descriptions of stress responses, is widely regarded as the originator of the stress theory (Roskies, 1991). Stress, according to Selye (1936), is “the non-specific reaction of the organism to any demand placed upon it.” He proposed that there are three stages to the stress response/GAS.

Stress explained by Pargam (2019) as an uncertain reaction to external and internal factors that means a positive to environmental stimuli in this regard it means the totality of your body reacting to the surroundings and creating a sensation of stress during such a period vital organs and other factors like blood pressure respiratory rate stroke volume heart rate and sexual organs react rapidly health

Stress is another element that affects mental health since it impairs a person’s ability to respond to events, which leads to the emergence of unwelcome emotions. There is a lot to cover, therefore Jake (2020) is sounding the alarm for parents, educators, and counsellors to help pupils learn stress management techniques for a brighter future and a sound well-being. Waghachavare et al(2013) .’s study found evidence from numerous studies conducted around the world indicating stress levels are higher for students enrolled in professional courses. Stress that is too much might result in mental health issues like sadness and anxiety. Stressors are pressures from an internal or external environment that throw off the equilibrium and negatively impact a person’s physical and psychological health

OBJECTIVES OF THE STUDY

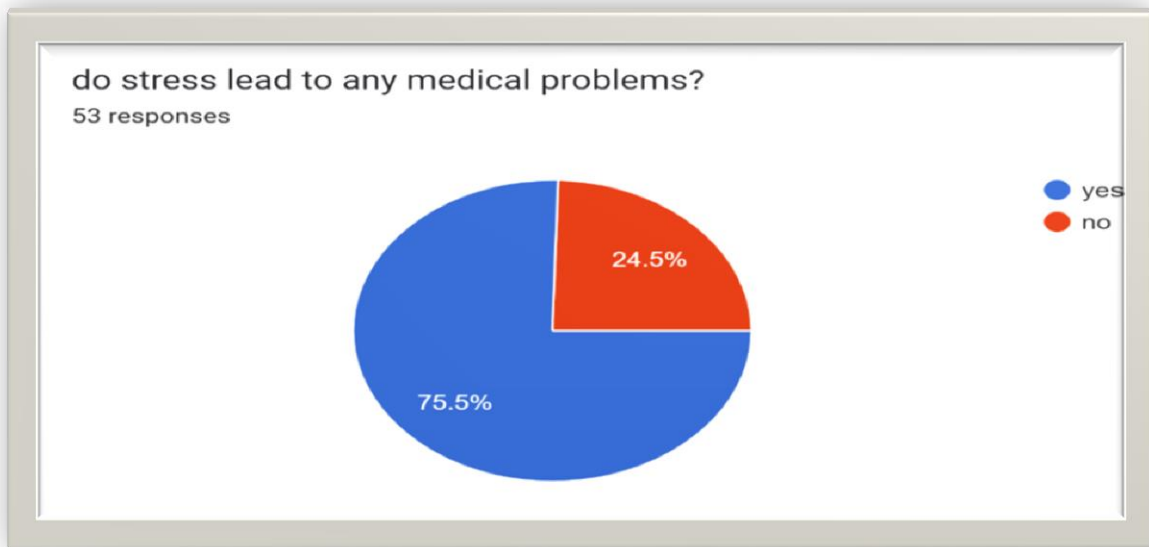
1. To determine causes of stress in graduating students.
2. To assess stress levels of the graduating students.
3. To know the impact of stress on graduating students.

RESEARCH METHODOLOGY

The main information was gathered from students using a standardised questionnaire that included questions about stress and academic issues. The journals that were available as sources of information were used to acquire the secondary data. Simple random sampling is the technique used for sampling. 120 people made up the sample. Charts and a simple percentage technique were utilised for analysis. JASP was used to examine the data. In order to determine the factors contributing to stress among graduating students, a linear regression model was tested.

DATA ANALYSIS AND INTERPRETATION

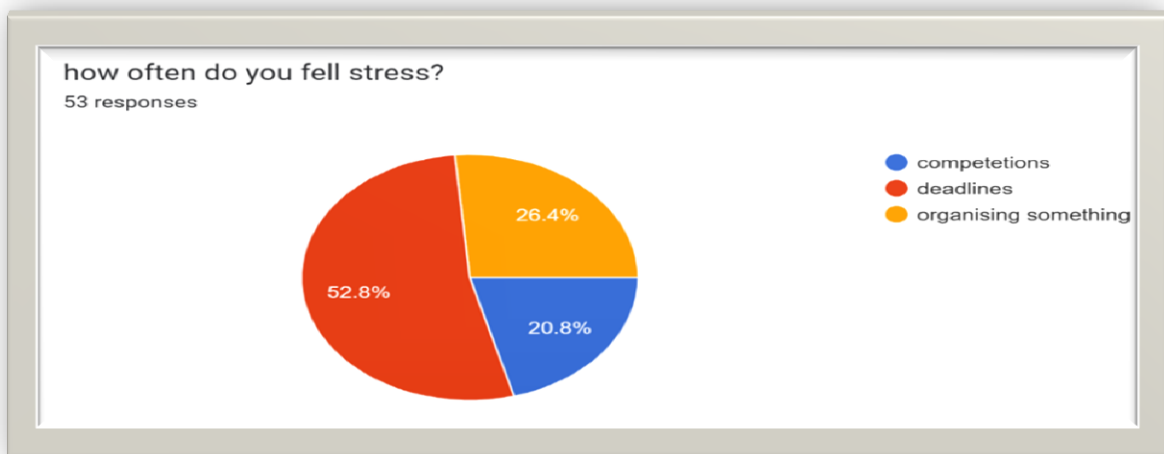
Chart 1 Medical Problems



Inference:

From the above chart 1, Stress leads to medical problems is 75.5% and 24.5 percent felt normal among the students.

CHART 2
How often students feel stress.



Inference: From the above chart 2, it is observed that 52.8 percentage students feel stressed due to deadlines, 20.8 competition in the environment.

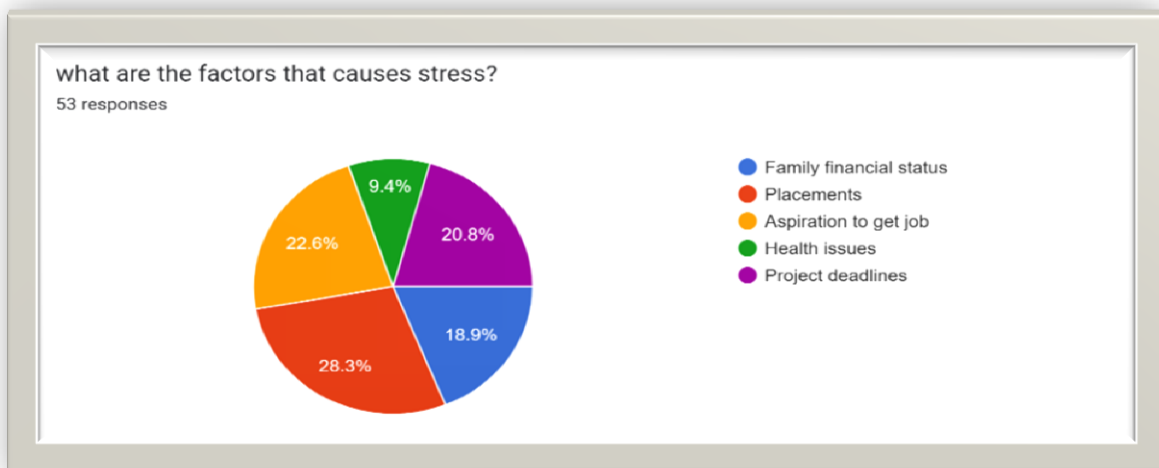
Chart 3
Healthier ways to reduce stress.



Inference:

From the above chart 3, it is observed that 62.3% students feel healthier way is laugh more and 24% go for meditation and very few seek counseling.

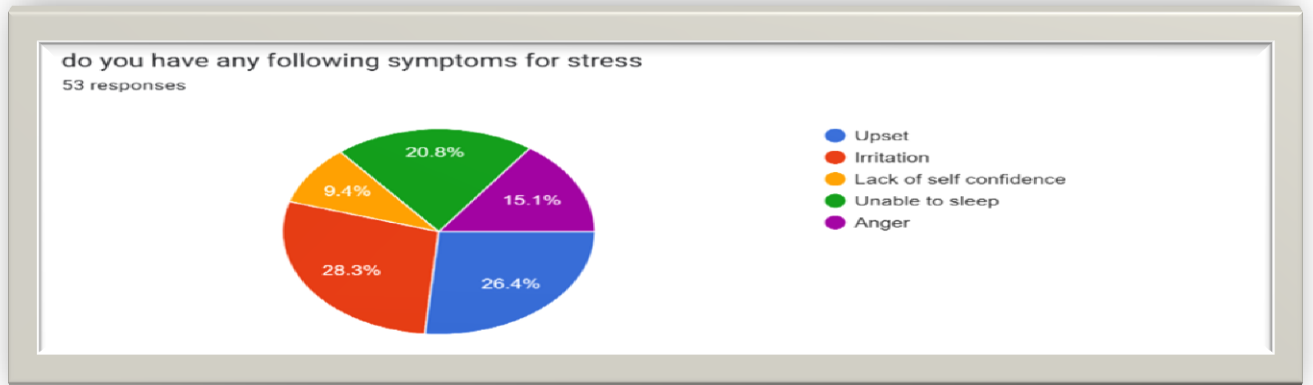
Chart 4
Factors that cause stress



Inference:

From the above chart 4, it is observed that 28.3 percentage feel stressed during students' placements, 9.4 percentage students feel stressed due to health issues.

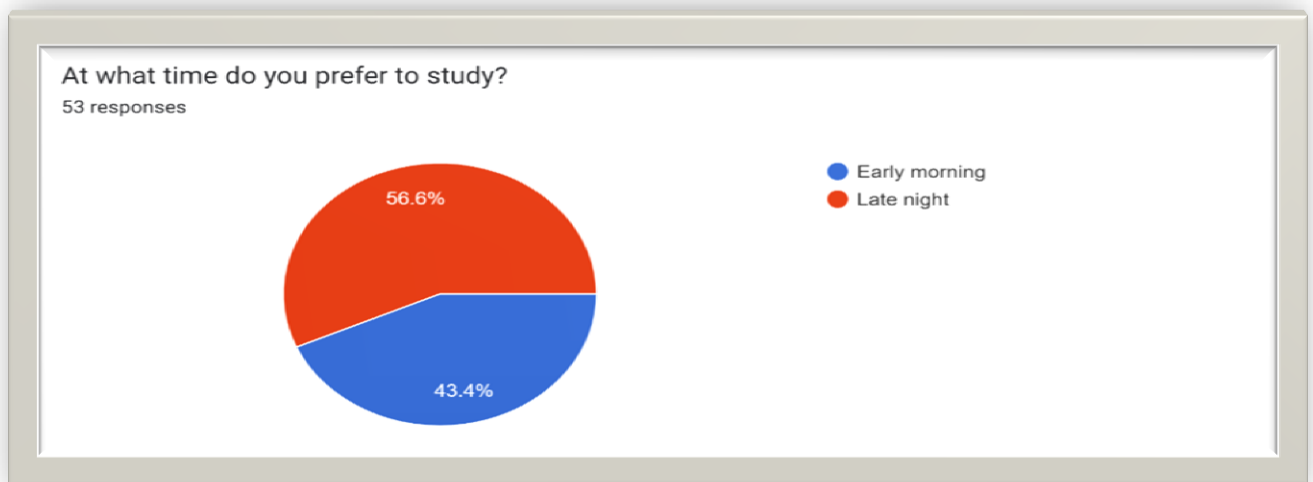
Chart 5
Chart showing Symptoms for stress in students.



Inference:

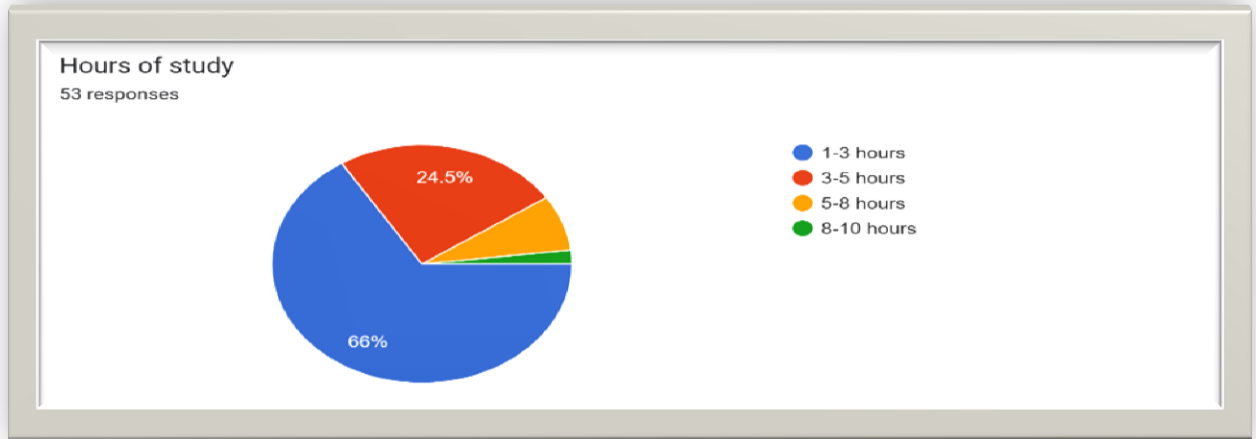
From the above chart 5, 28.3 percentage of students feel irritation 20.8 feel unable to sleep and 9.4 percentage students feel lack of self-confidence.

Chart 6
Chart showing students time preferred to study.



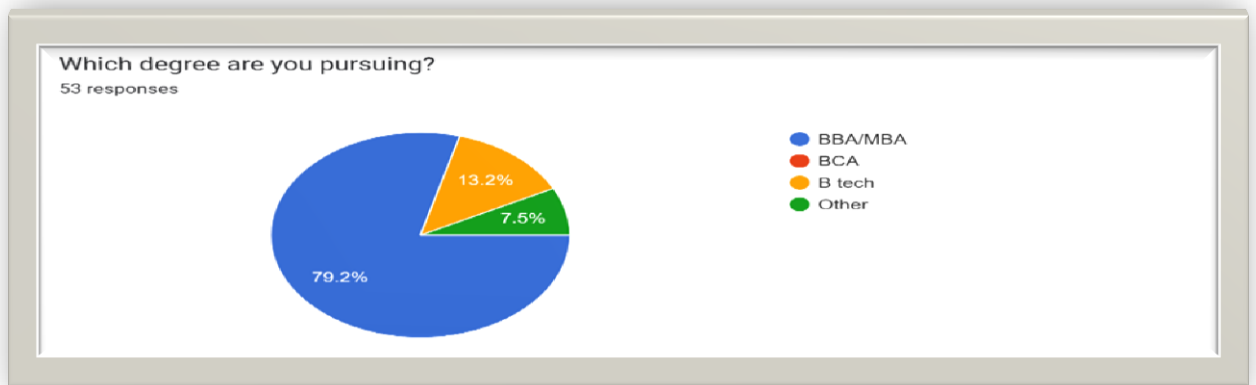
Inference: From the above chart 6, it is inferred students prefer early morning to study.

Chart 7
Charts showing students hours of study.



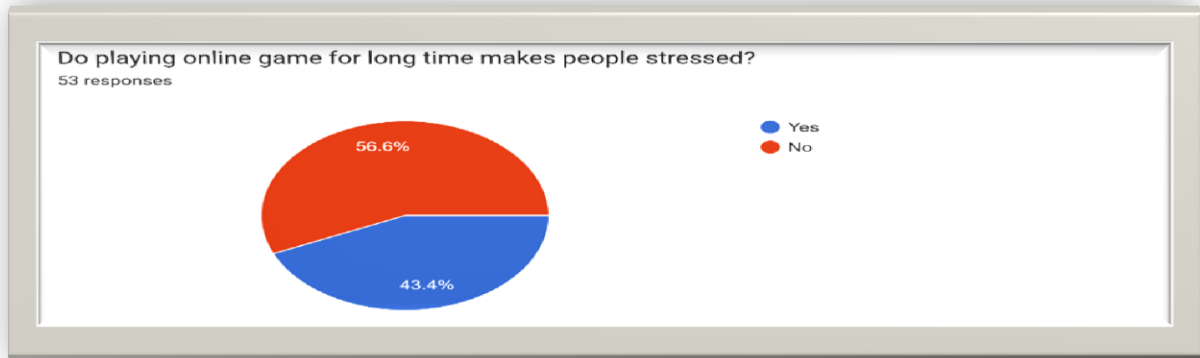
Inference: From the above chart 7, 66.6 percentage prefer to study 1-3 hours per day very few students prefer 8-10 hours per day.

Chart 8
Chart showing Percentage of students pursuing their degree.



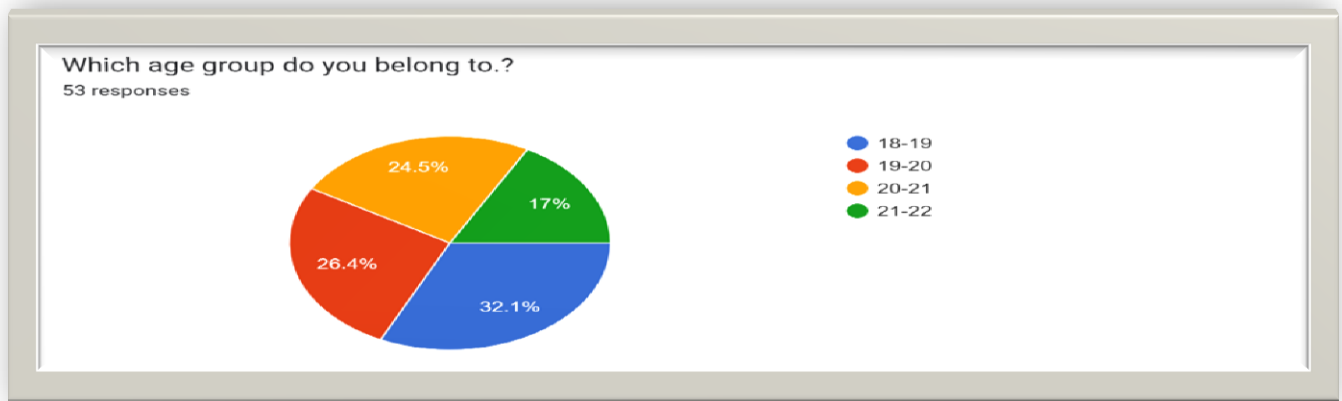
Inference: From the above study it is inferred that 53 students responded to the study are pursuing BBA and MBA.

Chart 9
Analysis showing playing online games for long causes stress.



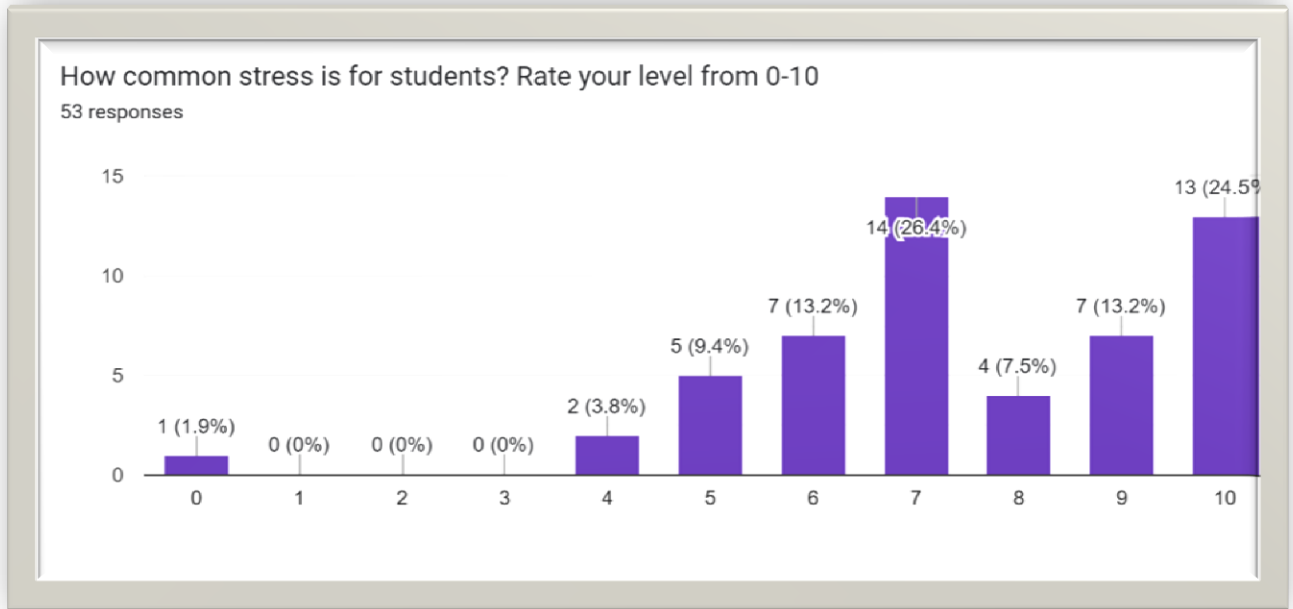
Inference: From the above chart 9, it is inferred that more than half of the students play online games even after knowing feel stressed.

Chart 10
Chart showing students age group.



Inference:
From the above chart it is observed that 32.1 percentage students belong to 18-19 percentage, 17 percentage of students belongs to 21-22.

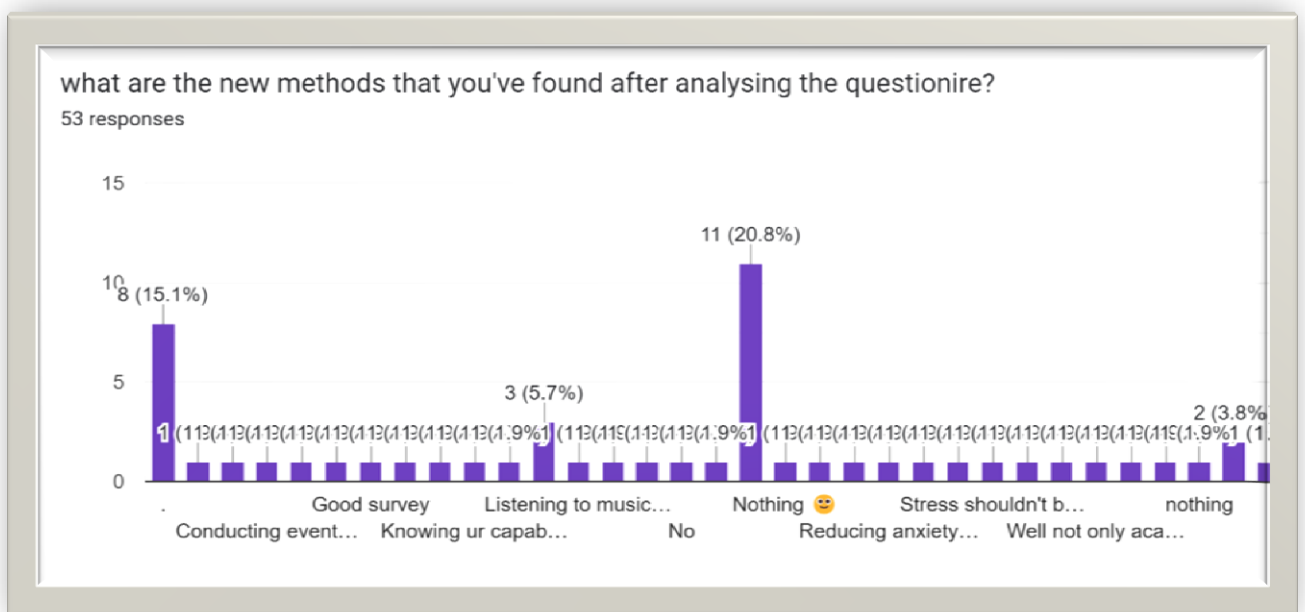
Chart 11
Charts showing students stress rate scale.



Inference:

From above table it was observed that stress level is so common is about 7 out of 10 which is 26.4% students rate stress level. High stress at 10 on scale by 24.5% which need immediate attention.

Chart 12
Chart showing students finding other methods of coping with stress



Inference: From the above table it is observed that new methods for coping up stress are listening to music, knowing the capabilities, practicing reducing anxiety, involving in parties, extracurricular activities.

Hypothesis 1

There is a significant relationship in factors considered in the present study towards stress of graduating students.

The regression analysis is conducted to examine the four factors that are academics, finances, career, and relationships that causes stress in graduating students. To test the model in a comprehensive manner a linear regression is used to predict the factors considered in the study determine the factors influencing stress of graduating students.

The model explains 0.848 percent of the variance ($R^2=0.648$) as caused by four specific factors. **Table 1** presents the summary of the model.

Table 1
Model Summary of QWL of doctors in private hospitals

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.805 ^a	.648	.643	.17842
a. Predictors: (Constant), academics, finances, career, and relationships				

The results clearly indicate a significant influence of factors on stress ($R^2=0.648$). Furthermore, the results of the study reveal that predictors accounted about 64 percent of the explained variance in factors of stress of graduating students.

Table 2 ANOVA^a results of impact of stress of graduating students

Model	Sum of Squares	df	Mean Square	F	Sig.	
1	Regression	24.218	6	4.036	126.798	.000 ^b
	Residual	13.147	413	.032		
	Total	37.366	419			
a. Dependent Variable: Overall						
b. Predictors: (Constant), academics, finances, career, and relationships						

Table 2 indicates that this regression model is statistically significant ($p= 0.000$). Therefore, H1 is accepted. academics, finances, career, and relationships are the factors considered in the study to know the impact of stress on graduating students.

Table 3
Coefficients^a results of impact of stress on graduating students

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	-.217	.154		-1.408	.160
Relationships	.183	.024	.233	7.545	.000
Finances	.164	.025	.204	6.500	.000
Career	.177	.019	.301	9.422	.000
Academics	.210	.025	.314	8.449	.000

a. Dependent Variable: Overall

Source : Computed From Primary Data

Finally, **table 3** shows the model coefficients. The model explains that academics, finances, career, and relationships have a positive effect (with positive β value), on stress among graduating students. Moreover, among the four dimensions of stress, Academics followed by career have more impact on stress among graduating students. The largest beta value in this case was 0.314, which is for Academics, followed by career (0.301). This indicates that academics and career factors impact the most on stress among graduating students. Therefore, **H1 is accepted**.

DISCUSSION AND FINDINGS

1. Stress leads to medical problems like acidity responded by the students and substantial number of students not facing any medical problems due to stress.

2. Students felt stressed due to deadlines given to them to complete tasks, and competition in the environment. The environment may be family or college.

3. Most of the students felt healthier way to laugh more and go for meditation and very few seek counseling session to cope up with the stress.

4. Students felt stressed during placements, and due to health issues and career related /job aspirations related to job.

5. Students felt irritation, feel unable to sleep and felt lack of self-confidence.

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7. Students responded for the study are pursuing BBA and MBA in the colleges located in Hyderabad.

8. More than half of the students play online games even after knowing feel stressed if playing for quite long time.
9. Students belong to 18-19 years and to 21-22 years need attention to cope up with stress.
10. Stress level is rated at 7 out of 10 high stress at 10 on scale by the students which need immediate attention.
12. Other coping up stress techniques are listening to music, knowing the capabilities, reducing anxiety, involving in parties, extracurricular activities.
13. Academics followed by Career factors cause more stress in graduating students.

CONCLUSION

In all facets of the human experience, stress is an inevitable occurrence. A physical and psychological imbalance caused by stress. It develops as a results of a person's personality, how they think about the stress, and their social support, stress can be either good or bad for them.

The existence of the stressors determines whether stress is present. Academics, economics, careers, and relationships have been highlighted as the key sources of stress for students. Job stress is a chronic illness that is prevalent among today's kids and as a detrimental impact on person's performance and /or general physical and mental health. The kids will be concerned about competitiveness and missing out on job opportunities.

The students with more assignments not submitting on time will have pressure. At the age of 18years students tend to make friends. If anything goes wrong students will feel stressed out. Due to imbalance or unorganized way of doing activities it will be a challenge for the students to concentrate on academics, peer level, and family. Most of the students unable to sleep, irritated, headaches due to stress. Students preferred laugh to cope up with stress. They want to indulge in the activities that are humorous. Some of the students involved in playing online games though they stressed out but unable to come out of the situation. From the study academics followed by career factors have more impact on stress among graduating students. All these may increase stress further. It is necessary for parents, faculty, and counsellors to teach students coping stress and develop and adopt holistic approach.

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