

A STUDY OF CAUSES & CONSEQUENCES OF STRESS AMONG UNDERGRADUATE AND POST GRADUATE STUDENTS IN GHAZIABAD REGION

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ABSTRACT

Student stress is an unavoidable wonder which is regularly found in their lives. Post graduate students were effectively focus of worry than the alumni students. Factors, for example, physical and mental, family, occupation, relationship and social were the fundamental wellspring of worry among the understudies. There is consistently a quandary for the understudies with respect to its exhibition in test and to make sure about a great job. There were some different factors, for example, Homeostatic, Cognitively and Psychoanalytic which adds to the pressure. Postgraduate investigations are distressing and testing that may influence the scholarly presentation, physical and mental prosperity of understudies. Stress is a hazard factor for liquor utilization, smoking and medication misuse. Notwithstanding, the greatness and its relationship with substance use among postgraduate students has not yet surveyed in Ethiopia. The target of this examination was to explore the correlation of worry among undergrad expressions, designing and post graduate students from various disciplinary zones. Through testing, a sum of 140 students was chosen to take an interest in this examination. In addition, this investigation makes an unassuming endeavour to build up an instrument to comprehend wellsprings of worry in understudy life.

Keywords: - Homeostatic, Cognitively and Psychoanalytic

INTRODUCTION

1.1 Introduction

The term stress is gotten from the Latin expression 'stringere', which intends to grip, pack or tie. In the fifteenth century, the term was utilized to

depict 'inconveniences or agony'. After a century the term was utilized to depict 'burden, force or pressure, especially on a person's body or soul'. In the seventeenth century, stress indicated 'difficulty, waterways, misfortune or pain'. During the eighteenth and nineteenth century it signified 'power, weight, strain or solid exertion'. Stress is a term fundamentally utilized in physical sciences which means weight of one item to another. From physical science, the term pressure came to clinical science lastly to sociology. According to the clinical clarification, the term pressure is the body's general reaction to ecological circumstances. Stress the executives incorporates strategies expected to furnish an individual with successful methods for dealing with stress for managing pressure. Stress the executives is powerful when an individual uses methodologies to adapt to or change distressing circumstances.

1.2 Approaches to Stress

There are four different approaches to define stress that will give complete understanding of what stress is.

1.2.1 Homeostatic/ Medical Approach

Walter B. Cannon was the clinical analyst who initially found pressure and called it "the crisis reaction" or "the aggressive reaction, contending 69 that it was established in "the battling feeling". As per Cannon, stress came about when an outside ecological interest upset the individual's characteristic consistent state balance alluded to as "homeostatis". He considered the pressure reaction the flight or battle reaction. He accepted that the body was planned with characteristic barrier instruments to keep it in homeostatis.

1.2.2 Cognitive Appraisal Approach

As indicated by Richard Lazarus, "stress is a circumstance that somebody sees as compromising and as perhaps surpassing his/her assets". Richard Lazarus called attention to, that the pressure evoked by an occasion relies upon how individuals decipher the occasion and what can be done. Lazarus saw worry because of an individual situation collaboration and he underlined the individual's intellectual evaluation in arranging people or occasions as distressing or not. People contrast in their evaluation of occasions and individuals. What is unpleasant for one individual may not be upsetting for another. Discernment and intellectual examination are significant procedures in figuring out what is unpleasant and an individual's authoritative position can shape such observations.

1.2.3 Psychoanalytic Approach

Harry Leveson accepts that two components of the character collaborate to cause pressure. They are personality perfect and mental self portrait. Personality Ideal is the primary component, the exemplification of an individual's ideal self. Mental self view tells how the individual truly observes himself/herself, both emphatically and adversely. Stress results from the disparity between the romanticized self (personality perfect) and the genuine mental self view; the more noteworthy the inconsistency, the more pressure an individual encounters. Psychoanalytic hypothesis assists with understanding the job of oblivious character factors as reasons for worry inside an individual.

1.2.4 Person- Environmental Approach

Robert Khan's methodology underscored how confounding and clashing desires for an individual in a social job make worry for the individual. A decent individual - condition fit happens when an individual's aptitudes and capacities coordinate an unmistakably characterized, steady arrangement of job desires. Stress happens when the job desires are befuddling and clashing or when the individual's aptitudes and capacities can't fulfill the needs of the social job.

1.3 Stress Management

Stress the executives alludes to a wide range of procedures and psychotherapies planned for controlling an individual's degrees of stress, particularly constant pressure, ordinarily to improve regular working. In this unique circumstance, the term 'stress' alludes just to the worry with noteworthy negative outcomes, or trouble in the phrasing pushed by Hans Selye, as opposed to what he calls eustress, a pressure whose results are useful or in any case positive. Stress delivers various indications which fluctuate as indicated by people, circumstances, and seriousness. These can incorporate physical wellbeing decrease just as sadness. The procedure of stress the executives is named as one of the keys to a glad and effective life in current society. In spite of the fact that life gives various requests that can demonstrate hard to deal with, stress the executives gives various approaches to oversee nervousness and keep up in general prosperity. Regardless of stress frequently being idea of as an abstract encounter, levels of pressure are promptly quantifiable utilizing different physiological tests, like those utilized in polygraphs. Numerous down to earth pressure the board strategies are accessible, some for use by wellbeing specialists and others for self improvement, which may assist a person with reducing pressure, give constructive sentiments of being in charge of one's life and advance general prosperity. The viability of the distinctive pressure the board procedures can be hard to survey, as not many of them have gotten critical consideration from analysts. Thus, the sum and nature of proof for the different methods change broadly. Some are acknowledged as powerful medicines for use in psychotherapy, while others with less proof preferring them are viewed as elective treatments.

LITRATURE REVIEW

1. Harajyoti Mazumdar.et.al in their paper titled "A Comparative study on stress and its contributing factors among the Graduate and Post-graduate students" have discovered that understudies pressure is an unavoidable

wonder which is frequently found in their lives. Post graduate understudies were effectively focus of worry than the alumni students. Factors, for example, physical and mental, family, occupation, relationship and social were the fundamental wellspring of worry among the students. There is consistently a difficulty for the students in regards to its exhibition in test and to make sure about a great job.

2. **AndualemMossie.et.al in their work titled “Stress among Postgraduate Students and Its Association with Substance Use”** have discovered that postgraduate examinations are distressing and testing that may influence the scholarly presentation, physical and mental prosperity of students. Stress is a hazard factor for liquor utilization, smoking and medication misuse. In any case, the extent and its relationship with substance use among postgraduate students has not yet surveyed in Ethiopia, physical and mental prosperity of students.
3. **Dr. D. Baskar in his research titled “A Conceptual Analysis on Stress Among College Students”**, have discovered that Stress is the regular reaction of an individual either purposefully or accidentally just as it has become the center anxiety in the life of everybody. Undergrads continually have progressively multifaceted burden because of scholastic weight; adaption to new condition, dread of disappointment, battle to make uniqueness, inadequacy, accomplishing social nature, changes in family relations and so on.
4. **Prasad Mandava.et. al in the research entitled “Comparison of stress, burnout and its association among postgraduate orthodontic and undergraduate students in India”**, have discovered that pressure and burnout are the rush of the current decade and dental specialists and dental

experts are found over and over on the graphs of the more focused on occupation; notwithstanding, the commonness among orthodontic postgraduates in India has not been very much investigated.

5. **Nidhi Kakkar.et. al, in the research entitled “A comparative study of educational stress among urban and rural graduate students”**, have discovered that during the youngster years, a great deal of organic, physical, mental and passionate changes are going on, just as the adjustments in duty and job. So as to settle these changes, the students are constantly stood up to with issue and clashes. For certain understudies who are not equipped for managing it, the change will make pressure and strain to them.
6. **Caro J.S.Ribeiro.et.al, in their paper titled “Stress and Quality of Life Among University Students”**, have discovered that Excessive and constant pressure has impacts that go past insignificant wellbeing responsibility, by activating different maladies, and it is well establish that this pressure related physical occasions can influence the personal satisfaction
7. **Sasikala V.et. al, in their paper entitled “A Study on Comparison of Stress Management Factors among Undergraduate and Postgraduate Students”**, have discovered that school life is one of the most glimmering and critical involvement with a youthful's life. It is in school that an immature appreciates the lively condition, the organization of companions, and the different scholastic and co-curricular exercises, which enhances, supports and readies the juvenile for adulthood. The target of this examination was to explore the correlation of worry among undergrad expressions, building and post graduate students from various disciplinary zones.

OBJECTIVES OF THE STUDY

- To evaluate the commonness of worry among undergrad and post graduate students
- To discover the causes (sources) and results (impacts) of stress.
- To give interesting measures to conquer pressure.
- To inspect the premise of worry among the undergrads
- To discover the potential estimates that would decrease the feeling of anxiety.

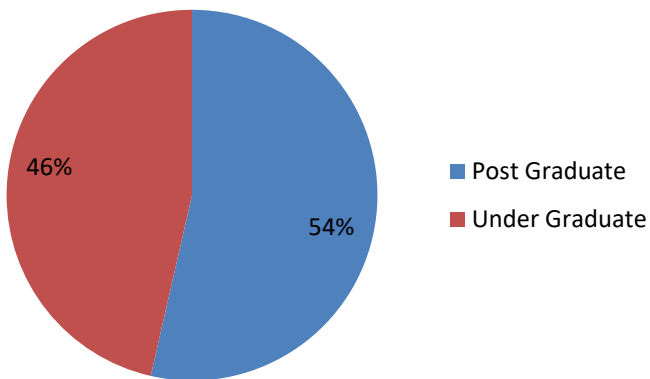
RESEARCH METHODOLOGY

In present work, I have adopted following research methodology:

- **Sample Size: -140**
 - Undergraduate: -65
 - Post Graduate: -75
- **Instrument Used:** Questionnaire ,Microsoft excel (Filter) – to collect and categorize data
- **Methods of data collection**
 - **Primary**
 - i) Questionnaire (Google form's)
 - **Secondary**
 - i) Books
 - ii) Journals
 - iii) Internet

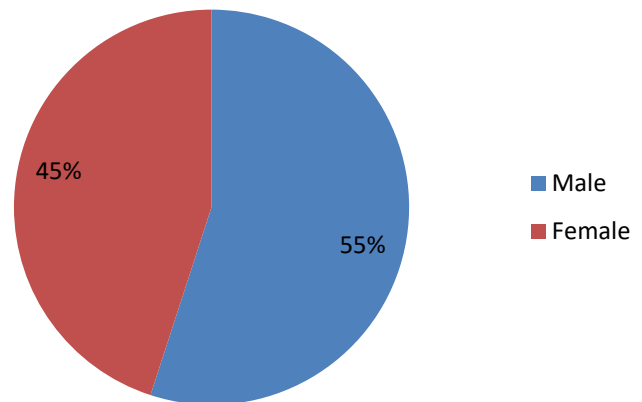
RESULT ANALYSIS

Which group you belong?



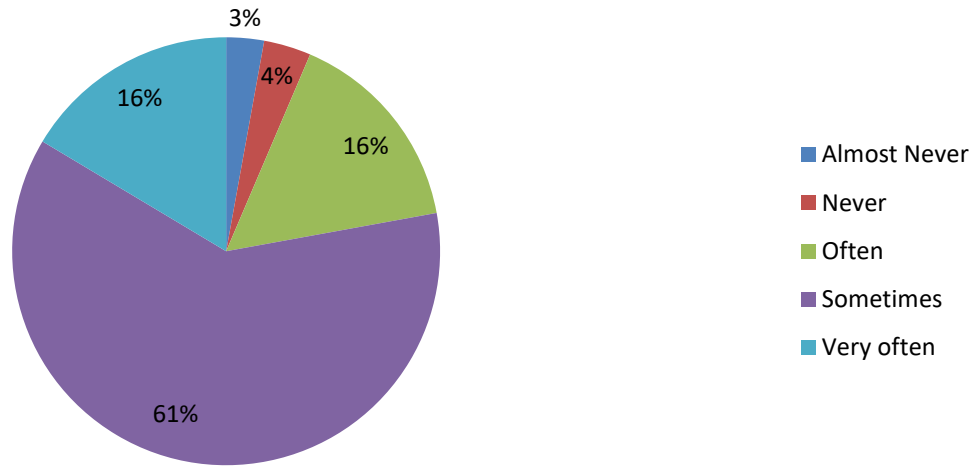
4.1

What is your gender?



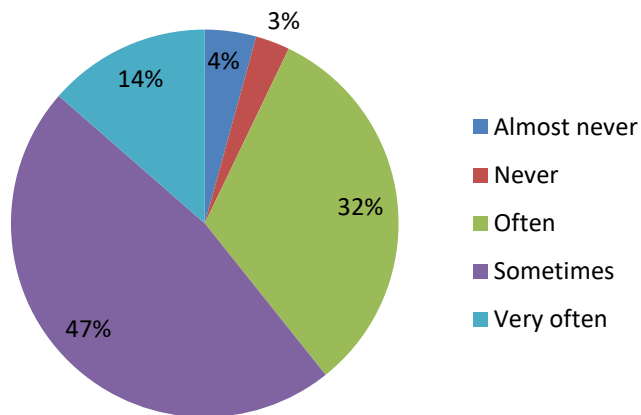
4.2

How often have you felt nervous and stressed?



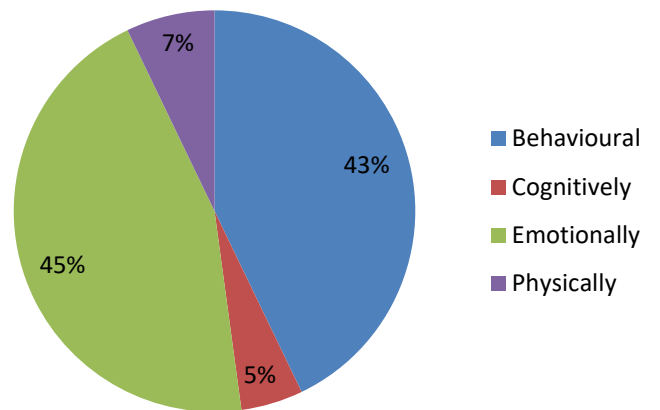
4.3

How often have you been able to control irritations in your life?



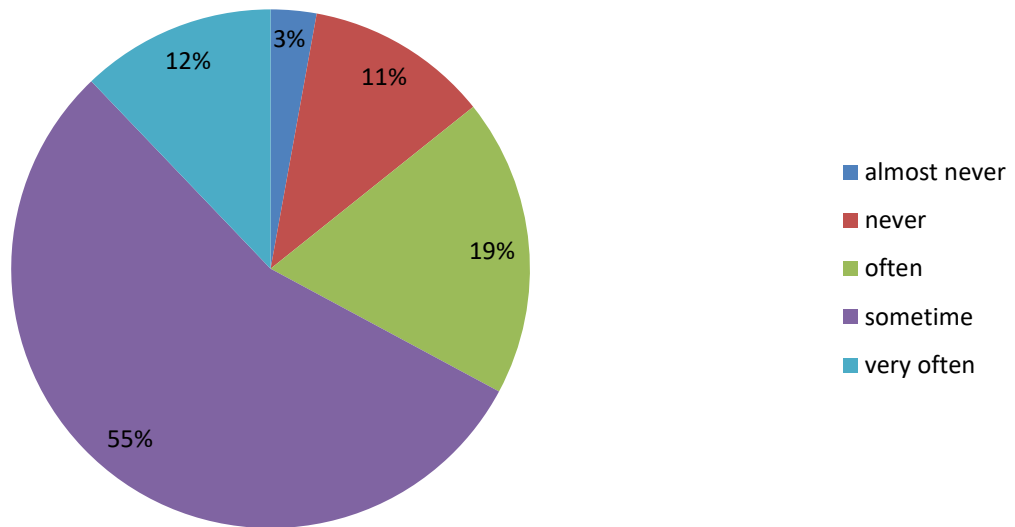
4.4

How stress affects you?



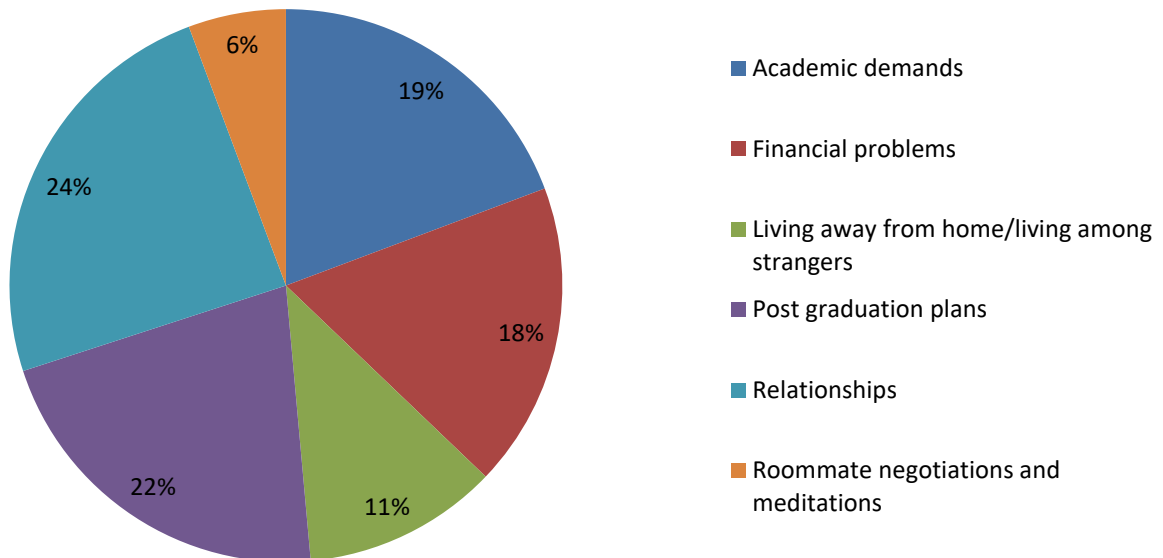
4.5

How often you felt that you were unable to control the important things in your life?



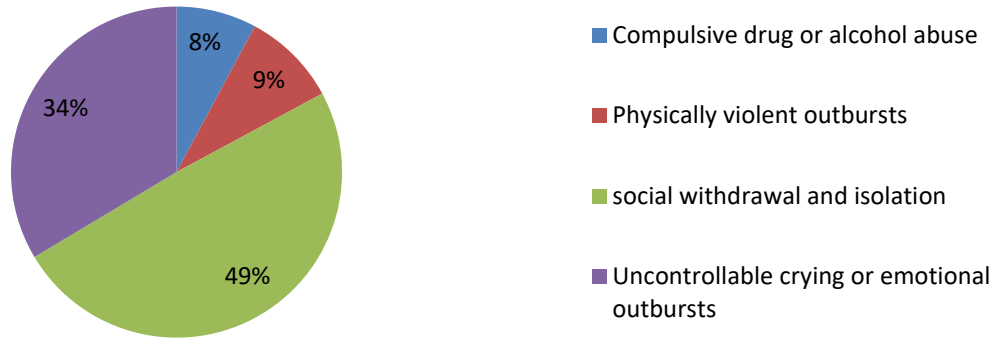
4.6

Which factors usually cause stress to you?



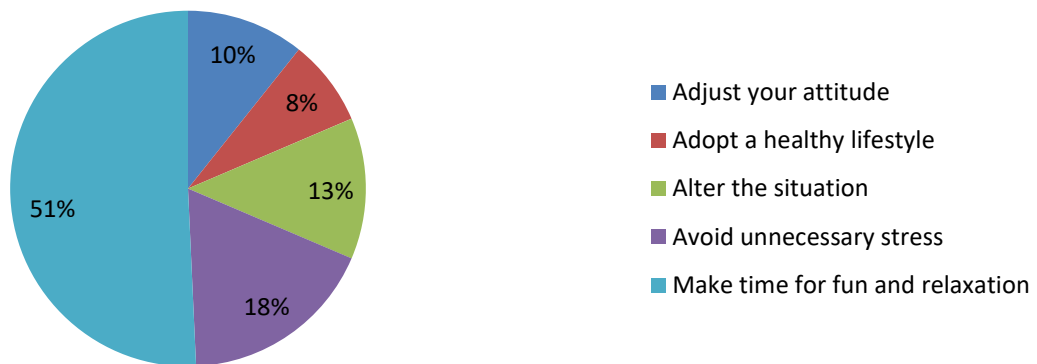
4.7

When you have stress, what you do?



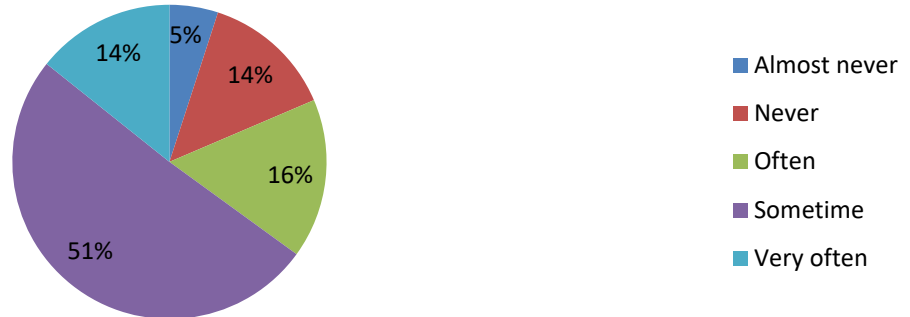
4.8

How do you deal with stress?



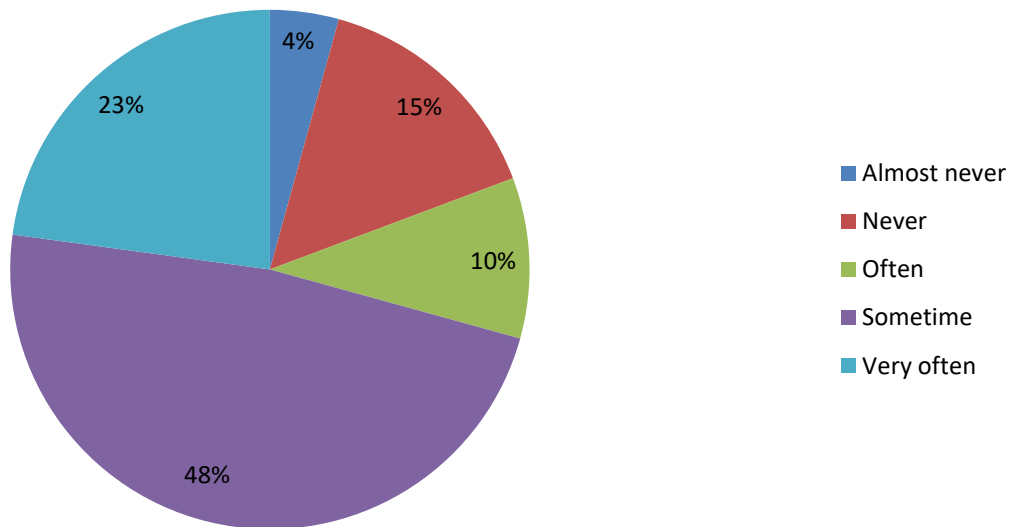
4.9

How often have you been upset because of something that happened unexpectedly?



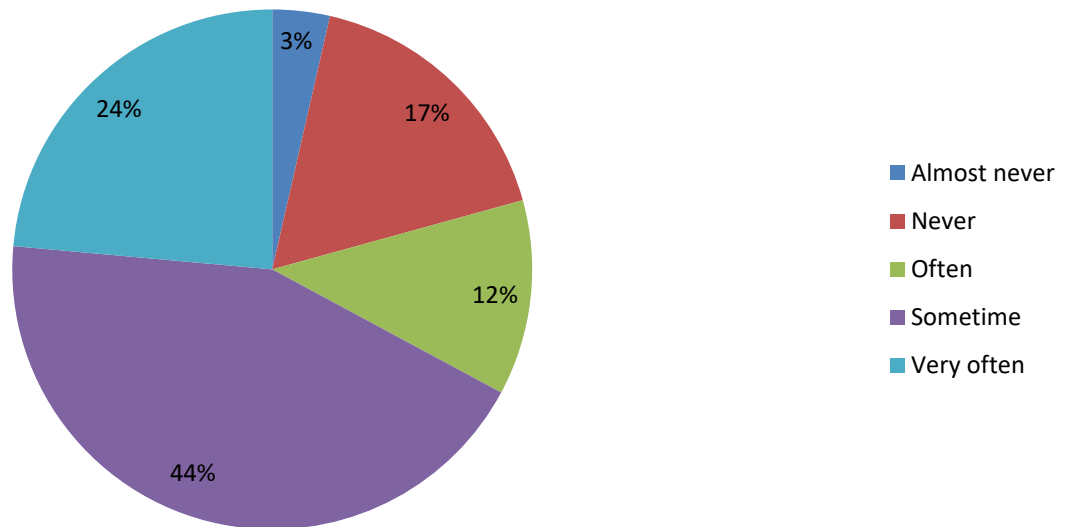
4.10

How often have you felt confident about your ability to handle your personal problems?



4.11

How often have you felt that things were going your way?



4.12

FINDINGS

- The Graph (fig 4.1) shows the result of survey in which people were asked about which group you belong. So the respondent has answered from two categories that are Post Graduate and Under Graduate. From the Pie Chart it is clear that the majority of the responses that is 54% are Post Graduates whereas 46% are Under Graduates.
- The Graph (fig 4.2) shows the result of survey in which people were asked about what is your gender. So the respondent has answered from two categories that are male and Female. From the Pie Chart it is clear that the majority of the responses that is 55% are Male whereas 45% are Females.
- The Graph (fig 4.3) shows the result of survey in which people were asked about how often have you felt nervous and stressed? So the respondent has answered from five categories that are Almost Never, Never, Often, Sometimes, Very Often. From the Pie Chart it is clear that the majority of the responses that is 56% are sometimes that they felt nervous and stressed in their life whereas both 16% responses are often and very often that they felt nervous and stressed in their life. Followed by 4% who are never felt nervous and stressed, 3% responses are almost never felt nervous and stressed in their life.
- The Graph (fig 4.4) shows the result of survey in which people were asked about how often you have been able to control irritations in your life. So the respondent has answered from five categories that are Almost Never, Never, Often, Sometimes,

Very Often. From the Pie Chart it is clear that the majority of the responses that is 47% are sometimes that they have been able to control irritation in their life whereas 32% responses are often that they have been able to control irritation in their life. Followed by 14% are very often that they have been able to control irritation in their life, 4% are those responses who almost never been able to control irritation in their life and 3% responses are those who never been able to control irritation in their life

- The Graph (fig 4.5) shows the result of survey in which people were asked about how stress affects you? So the respondent has answered from five categories that are Behavioural, Cognitively, Emotionally, Physically. From the Pie Chart it is clear that the majority of the responses that is 45% are emotionally that stress affects in their life, whereas 43% responses are behavioural that stress affects in their life. Followed by 7% responses are physically that stress affects in their life, and rest 5% responses are cognitively which will affects in their life
- The Graph (fig 4.6) shows the result of survey in which people were asked how often you felt that you were unable to control the important things in your life. So the respondent has answered from five categories that are Almost Never, Never, Often, Sometimes, Very Often. From the Pie Chart it is clear that the majority of the responses that is 55% are sometimes often felt that you were unable to control the important things in their life whereas 19% responses often felt that you were unable to control the important things in their life. Followed by 12% are very often felt that you were unable to control the important things in their life, 11% responses are those who never been felt unable to control the important things in their life and rest 3% responses are those who almost never felt that they were unable to control the important things in their life.
- The Graph (fig 4.7) shows the result of survey in which people were asked about which factors usually cause stress to you. So the respondent has answered from six categories that are Academic demands, financial problems, living away from home/living among strangers, Post graduation

plans, Post graduation plans, Relationships, Roommate negotiations and meditations. From the Pie Chart it is clear that the majority of the responses that is 24% are Relationships factors usually cause stress in their life, whereas 22% responses are Post graduation plans that factors usually cause stress in their life. Followed by 19% responses are Academic demands that factors usually cause stress in their life, 18% responses are financial problems factors usually cause stress in their life, where as 11.9% responses are Living away from home/living among strangers factors usually cause stress in their life and rest 6% responses are Roommate negotiations and meditations factors usually cause stress in their life.

- The Graph (fig 4.8) shows the result of survey in which people were asked when you have stress, what you do. So the respondent has answered from five categories that are compulsive drug or alcohol abuse, physically violent outbursts, social withdrawal and isolation, Uncontrollable crying or emotional outbursts. From the Pie Chart it is clear that the majority of the responses that is 49% are those people who practice social withdrawal and isolation, whereas 34% responses are those people who prefer uncontrollable crying or emotional outbursts, Followed by 8% responses are those people who prefer compulsive drug or alcohol abuse, and rest 9% responses are those who choose physically violent as a option when they are in stress.
- The Graph (fig 4.9) shows the result of survey in which people were asked how you do with stress. So the respondent has answered from five categories that are adjusting your attitude, adopt a healthy lifestyle, alter the situation, avoid unnecessary stress, and make time for fun and relaxation. From the Pie Chart it is clear that the majority of the responses that is 51% are those who make time and fun for relaxation to deal with stress, whereas 18 % responses are those people who avoid unnecessary stress to deal with it, Followed by 13% responses are those people who alter the situation to demolish the stress, 10 % responses are those who adjust their attitudes in stress and rest 8% responses are those who adopt a healthy lifestyle to overcome with the stress factor.

- The Graph (fig 4.10) shows the result of survey in which people were asked how often have you been upset because of something that happened unexpectedly ,So the respondent has answered from five categories that are Almost Never, Never, Often, Sometimes, Very Often. From the Pie Chart it is clear that the majority of the responses that is 51% are sometimes that they have been upset if something happened unexpectedly whereas 16% responses are often if something happened unexpectedly. 14% of the individuals are equally agreed on the option that is never and very often that they have been upset if something happened unexpectedly, and rest 5% are almost never been affected by this situation.
- The Graph (fig 4.11) shows the result of survey in which people were asked how often have you felt confident about your ability to handle your personal problems ,So the respondent has answered from five categories that are Almost Never, Never, Often, Sometimes, Very Often. From the Pie Chart it is clear that the majority of the responses that is 48 % are sometimes that that they are very much confident to handle their personal problems whereas 23% responses are very often about their ability to handle their personal problems.15% of the responses are those who will never had a control on their ability to control their personal problems, 10 % are often can control their problems by not sharing with anyone, and rest 4% respondent are those who doesn't had a ability to control on their personal problems.
- The Graph (fig 4.12) shows the result of survey in which people were asked how often have you felt that things were going your way ,So the respondent has answered from five categories that are Almost Never, Never, Often, Sometimes, Very Often. From the Pie Chart it is clear that the majority of the responses that is 44% are sometime they presumes that the things are going in their way, whereas 24% responses are very often that they felt that things are going in their way, followed by 17% of the responses are those who will never felt about the things are going to happen in their desired way, 12% responses are often where they felt that things will going to be in their way, and rest 3% respondent are those who almost never felt that things are going to be in their ways.

CONCLUSION

“Stressors often affect the quality of life and quite naturally lead to student life imbalance.” The results of the study have depicted that significant level of stress is present in both undergraduate and postgraduate students. The factors attributed to the stress arousal in these students accounts for disturbance in relationships, post graduate plans, academic demands, financial problems, living away from home and problems due to room-mates. The consequences or effects of such stress producing factors have led to emotional, behavioural, physical and cognitive problems among graduate and post graduate students. The students have reported that during stress full events or situations, they ought to withdraw themselves socially and keep themselves isolated, they cried uncontrollably and emotional outbursts takes place, they have also reported compulsive drug and/ or alcohol abuse, there happened to be physically violent outbursts and student even tend to have suicidal thoughts. Little attention has been paid to the differences in coping strategies among undergraduate and post graduate students. Interestingly, similar trends emerged across these groups, with exercise, sleep, making time for fun and relaxation, avoiding unnecessary stress, altering the stressful situation and food the most commonly reported coping strategies, regardless of student status.

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Books

- *A Mindfulness-Based Stress Reduction Workbook (A New Harbinger Self-Help Workbook)* by Bob Stahl Ph.D
- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* by **Jon Kabat-Zinn**
- *The Mayo Clinic Guide to Stress-Free Living* by **Amit Sood MD and Mayo Clinic**
- *Manage Your Time to Reduce Your Stress: A Handbook for the Overworked, Overscheduled, and Overwhelmed* by **Rita Emmett**
- *Stress Management for Dummies* by **Alan Elkin Ph.D**