

A STUDY OF CAUSES OF STRESS AND VARIOUS COPING STRATEGIES AMONG SCHOOL STUDENTS

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ABSTRACT

Stress is a state of mental pressure for particular person facing troubles from environmental and social well-being which leads to so several diseases. Student age is the significant period because at this time youth faces heaps of changes in his/her life. They are probable to be the elites in the society. Thus, they should improve their stress management abilities so as to live a fit life after entering the society. When a youngster enters into the youth age, they require to not only adapt themselves to the fresh life and new surroundings but also be familiar with many new people, events, and things. The life pressure on them is considerable. Consequently, understanding the sources of stress between them and how they can cope with the stress is very significant. The researcher found that the pressure mainly comes from academic tests, interpersonal relations, relationship problems, life changes, and career exploration. Such pressure may usually cause emotional, physical, and behavioral troubles. This study finds the causes of stress among school students. So, after identifying causes the researcher suggests that extra emphasis can be given to development stage of child into adolescence. They should be brought up in the encouraging environment. More emphasis should be given to

the outdoor activities and create hostile learning environment by minimize the harmful impact of stressors. The findings will help the individual students, scholars, lecturers, career and counseling centers.

Keywords: Stress,
Symptoms, Stressor,
Students

INTRODUCTION

Selye (1956) defines stress as “any external event or any internal drive which threaten to upset the organism equilibrium is stress”. Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize.

In the present competitive age, it is reported that young generation are set up to be more in stress. We got the information linked to depression, attempt to suicide and some emotional symptoms among the youth. Sometimes we got the information associated to suicide, attempted suicide depression, dropout and many more psychological symptoms among the school students. Now situation has been changing most of us aware about the stressor which affect the school students and maintain the environment which

induces the positive thinking among student. The measures have also taken by the individuals and different association to conduct the a range of programs to reduce the stress.

Adolescence is a dangerous age of time where young people experience self-organization and role confusion. For them, stress mostly comes from academic tests, interpersonal relations, association problems, financial, and career exploration. Such stress may frequently cause psychological, physical, and behavioral problems. Taking all these factors into account an effort is made to appreciate the stress and emotional adjustments of today's youth. The conclusion of this study may lead to better adjustment and academic act of the students.

CAUSES OF STRESS AMONG SCHOOL STUDENTS

The events that provoke stress are called stressors, and they cover a whole range of situations everything from outright objective danger to making a class appearance or taking a semester's worth of your toughest subject. Some of the main stressor between students are:

Academics– The worry about school performance can cause stress symptoms such as anxiety, insomnia or changes in your eagerness and overall mood. According to Morehouse State University, youth have poor study habits and cram last minute studying in the night before exams. The fear of exams and workload create stress among students.

Finances – All young people feel stress about

money! Most young people do not have jobs, or the jobs that they do have do not pay as much as they would like for them to. They desire to maintain the lifestyle and complete the demand of articles like mobile, bikes and cars etc. If they fail to complete the condition then it creates a stress.

Relationships – Relationships are another big aspect of stress. Everyone wants to have friends, whether they are close friends or just associates. If a person finds that making friends is a bit harder than he/ she had expected, stress is present here as well.

Career– Job Stress is a chronic disease caused among the present youth that harmfully affect an individual's performance and/or overall well-being of his body and mind. The high competition, an selfish work colleague, a lack of job safety, there are many causes of job stress. The students have fear of not getting the job opportunity and competition in the market.

Time Management– A lack of time management also causes stress on youth, whether secondary or tertiary. Balancing academics, peer activities, and home life can be difficult. Toss in a part-time job and the challenge increases.

REVIEW OF LITERATURE

Wilson (1986) determined on counselor interventions with low achieving students and their parents to set up whether school counseling interventions are cooperative in boosting

educational success as calculated by grade point average (GPA). This review included 19 studies over a 25-year phase. Summary information suggested that counseling interventions can have helpful effects on academic success.

Cole & Walz (1987) group counseling, intended to address exact problems usually held by assorted individuals in a group arrangement, became an established part of the counseling process. School counselors not only began to run student support groups throughout the school day, but also offered parenting groups as well. They began to play a consultative function with parents and families, attempting to educate, intervene, and help families expand the knowledge and skills to tackle the needs of their children.

Anastasi (1988) career assessment is a significant exercise within career counseling, as through its information about the self is elicited. Psychological tests are usually employed as aids in occupational decisions, counseling decisions, and institutional decisions about selection and categorization of personnel.

Brooks, Harris, Thrall, & Woods (2002) Most young people may overcome or adapt to stress, though, excessive amounts of pressure may have long-term harmful effects on health during adulthood. Stress has been exposed to be linked with damaging physiological and emotional effects. It is obvious that stress during teenage years can relate to psychological conflicts, poor educational performance, poor training for adulthood, self-harm,

and suicide.

Sink & Stroh (2003) concluded a large-scale (state-wide) study by a causal comparative plan to answer the research question, “Do school counseling intervention in elementary schools with (CDG) programs foster higher educational achievement test score in students?” This study was ended exceptionally well as of a measurement perspective and provide excellent support and confirmation for the hard work that school counselors are action. For this reason, it will be obtainable in more detail than a lot of the other study that will be review.

Kerka (2004) argue that consideration then needs to be given to the thought that as populations alter from homogeneous groups to a mosaic of persons with diverse habits and cultures, career education programs have to shift their perspective from mono- cultureless to multiculturalism. Career education programs also need to center on indigenous secondary school students who require culturally sensitive hold up with career organization, given the extra challenges and barrier they are likely to knowledge.

Kumari (2013) in the article “significance of imparting guidance and counseling programs for adolescent students” exposed the need for budding a guidance and counseling plan for adolescent students for enhancing life competencies and solving trouble. The paper indicated to facilitate the guidance and counseling plays a very important role for preventing learning, personal, social, mental,

emotional, and other comparable problems between school students.

Wiroterat (2013) study states that career awareness is a changeable that attracts a lot of researchers from together the learning and the regulatory fields due to its possible to get better the individual's level of information and skills in a way that absolutely impact expert development.

Nuga (2013) contends that the meaning of locus of manage further incorporate the dissimilar ways in which persons recognize reward and penalty mechanisms. This same study suggest that locus of control include the individual's view concerning possible future actions; that is, whether future proceedings are the results of one's own performance or the results of outside factors and powers that are beyond the manage of the person.

Bulo & Sanchez (2014) Feelings of being alone and anxiety can evolve if one does not arrangement with their pressure, thus finding suitable ways to deal with pressure is crucial to the overall physical and mental well-being of college students.

RESEARCH METHODOLOGY

The tool employed for generating responses was questionnaire-based survey of young candidates who are students. The Information was collected from both primary and secondary data.

OBJECTIVES OF THE STUDY

- To measure the level of stress among the school students in Haryana and Punjab.
- To know the strategies to cope up with stress.

RESEARCH DESIGN

The sample is collected from the young male and female from the area Punjab and Haryana region of India on random basis. The questionnaire was distributed among 400 students.

Data Collection:

(i) Secondary Data through Internet, Magazine, Journals, Books etc.

(ii) Primary Data through Questionnaire

The questionnaire covers the causes of stress on five-point scale and last section covers the coping strategies.

DATA ANALYSIS AND INTERPRETATION

The study was conducted on 400 school students in Haryana and Punjab. The required data was collected using questionnaire . Keeping the objectives into the consideration the critical stress factors were analyzed and ways to coping of stress.

Table 1: Demographic Profile

The respondents are from the areas of Haryana and Punjab, India. The table shows that total numbers of respondent were 400. The male respondents were 179 and female were 221. In regard to the class maximum of the respondents were from class 12th i.e. 31.5 % and minimum were of 9 class i.e. 19.8%. Out of which maximum students 66.8% were from urban area.

		Frequency	Percentage
Gender	Male	179	44.8%
	Female	221	55.3%
Class	9th	79	19.8%
	10th	101	25.3%
	11th	94	23.5%
	12th	126	31.5%
State	Punjab	205	51.3%
	Haryana	195	48.8%
Location	Urban	267	66.8%
	Rural	133	33.3%
	Total	400	100.0%

Table 2: Distribution of the respondents with respect to their siblings, their status and attachment with the family

As per the survey, maximum respondents have one sibling which is 186 whereas 33 respondents have no sibling which is minimum. When it comes to the "which child you are in your family" maximum respondents' were the eldest one which is 199 and minimum were the middle value is 83. About their attachment to the family most of the respondents' are highly attached to their family which is 229 and 2 respondents' said that they are not at all attached to their family.

		Frequency	Percentage
How many siblings do you have?	I have no sibling	33	8.3%
	One	186	46.5%
	Two	146	36.5%
	Three or more	35	8.8%
	Total	400	100.0%
Which child are you in your family?	Eldest	199	49.8%
	Middle	83	20.8%
	Youngest	118	29.5%
	Total	400	100.0%
Are you attached with your	Not at all Attached	2	0.5%

family?	Less Attached	13	3.3%
	Attached	156	39.0%
	Highly Attached	229	57.3%
	Total	400	100.0%

Table 3 : Distribution of the respondents’ parent’s with respect to their occupation

According to the survey , maximum respondents parents with respect to their occupation of father is businessmen which were 129 and 19 respondents said that their father occupation is professional (doctor, teacher , engineer) whereas maximum respondents' parents with respect to their occupation of mother is housewife which is 329 and only 3 respondents said that manual worker.

		Frequency	Percentage
What is the occupation of your father?	Farmer	53	13.3%
	Government Employee	68	17.0%
	Businessmen	129	32.3%
	Manual Worker	41	10.3%
	Professional (Doctor, Teacher, Engineer, etc)	19	4.8%
	Other	90	22.5%
	Total	400	100.0%
What is the occupation of your mother?	Housewife	329	82.3%
	Government Employee	29	7.3%
	Businessmen	6	1.5%
	Manual Worker	3	0.8%
	Professional (Doctor, Teacher, Engineer, etc)	23	5.8%
	Other	10	2.5%
	Total	400	100.0%

Table 4: Difference in the perceptions of students according to the location

There is difference in the perception of the students according to the location with respect to the various sources of stress which are family domain, social domain, academic domain, parent child conflict, cultural issues, financial domain . As the p-value shows that the significant difference with all the variables but with one variable it shows the insignificant value i.e sources of stress - parent child conflict.

	State	N	Mean	Std. Deviation	t-value	p-value
Sources of Stress Family Domain	Punjab	205	3.080	1.083	4.264	0.001**
	Haryana	195	2.621	1.074		
Sources of Stress Social Domain	Punjab	205	3.186	0.892	3.206	0.001**
	Haryana	195	2.906	0.857		
Sources of Stress Academic Domain	Punjab	205	3.376	0.837	2.669	0.008**
	Haryana	195	3.165	0.736		
Sources of Stress Parent Child Conflict	Punjab	205	3.305	0.788	1.871	0.062
	Haryana	195	3.153	0.840		
Sources of Stress Cultural Issues	Punjab	205	3.111	0.981	4.304	0.001**
	Haryana	195	2.677	1.034		
Sources of Stress Financial Domain	Punjab	205	3.278	0.956	2.837	0.005**
	Haryana	195	3.004	0.977		

Table 5: Difference in the perception of the students regarding the ways to cope up with stress according to their class

According to the survey the difference in the perception of the students regarding the ways to cope up with stress according to their class. The values are F-value 2.967 and p-value 0.032. We can conclude that there is a significant difference in the ways of coping stress of the students of different classes.

ANOVA						
		Sum of Squares	Df	Mean Square	F-value	p-value
Ways of Coping Stress	Between Groups	3.663	3.000	1.221	2.967	0.032*
	Within Groups	162.939	396.000	0.411		
	Total	166.602	399.000			

Table 6: Multiple comparison table for perceptions of students as respondents according to their class

Multiple comparison table for perceptions of students as respondents according to their class. The multiple comparisons of the ways to cope up with stress of students as respondents at different levels of class came significant in the ANOVA table.

Multiple Comparisons							
Scheffe							
Dependent Variable			Mean Difference (I-J)	Std. Error	p-value	95% Confidence Interval	
						Lower Bound	Upper Bound
Ways of Coping Stress	9th	10th	-0.012	0.096	0.999	-0.283	0.258
		11th	-0.073	0.098	0.907	-0.348	0.202
		12th	-0.228	0.092	0.108	-0.486	0.031
	10th	11th	-0.061	0.092	0.933	-0.319	0.197
		12th	-0.215	0.086	0.099	-0.456	0.025
	11th	12th	-0.155	0.087	0.373	-0.400	0.091

FINDINGS OF THE STUDY

This part summarizes the findings of results based on questionnaire surveys. The purpose of this is to discuss the major findings considering the theoretical and practical implications.

- As per survey siblings, their status and attachment with their family 46.5% respondents mentioned they have one sibling and most of the respondents' contacted were the eldest member of the family; in

regard to attachment 57.3% respondents' showed their high attachment with their family.

- According to the comfortability to express the problems to their parents 77% respondents are comfortable and very comfortable with their father whereas 88% respondents are comfortable and very comfortable to express their emotions with mother.

- On the basis of occupation mostly parents belong to the category of business men in case of father (32.3%) and housewife's in case of mother (82.3%).
- There is a significant difference in the level of stress due to various sources, in students from Punjab and Haryana state, (t-value 4.264 and p-value of 0.001) the stress from family domain, (t-value 3.206 and p-value of 0.001) the stress from social domain, (t-value 2.669 and p-value of 0.008) regarding the stress from academic domain,(4.304 and p-value of 0.001) the stress due to cultural issues,(t-value 2.837 and p-value of 0.005) regarding the stress from financial domain which are very strong to reject the null hypothesis of t-test.
- There is a insignificant difference in the level of stress due to various sources, in students from Punjab and Haryana state, (t-value 1.871 and p-value of 0.062) regarding the stress due to parent child conflict which is very weak to reject the null hypothesis of t-test.
- The output of the ANOVA analysis and investigate there is a statistically significant difference between our group means of perception of students as respondents regarding the ways of coping stress with respect to their class they are studying in with F value = 2.967 and p-value of 0.032 which significant, we can conclude that there is a significant difference in the ways of coping stress of the students of different classes.
- The multiple comparisons of the ways to cope up with stress of students as respondents at different

levels of class came significant in the above ANOVA table. The test used for this comparison is Scheffe. As, none of p-value is coming out to be significant for any pairs, this means the mean difference in all the pairs are insignificant.

SUGGESTIONS

The future of any nation lies heavily on the youthful people since they are the tomorrow's leaders; therefore, it is significant to identify the causes, symptoms, and the consequences of stress on students. Some of the suggestions to reduce the stress among youth are:

- Workshops to beat stress along with lectures motivating a positive lifestyle have become part of the academic syllabus, so that youngsters are being encouraged to live a healthy life. Workshops play an important role as they help an individual realize their inner strength.
- Set personal and specialized objective.
- Keep them prepared and planned.
- Time management
- Up to date the assignments
- Get involved with a variety of activities.
- Maintain message with family.
- Form healthy relationships.
- Share views and problems with someone.
- Get to know belongings.
- Positive thoughts
- Adolescents should expand competencies (academic, social, life skills)
- Adolescents should take good dietary food and

exercise regularly

- Adolescents should take time out to relax or to do recreational activities.
- Adolescents should develop hobbies.

CONCLUSION

From the findings, the results clearly demonstrate that youth are stressed toward high level. The symptoms recognized are being eating, sadness and headaches are more between students. It is identified that between all factors, the main causes of pressure among youth is relationship stress, financial and emotional stress. They want to sustain the social network and they are growing the network with the use of knowledge. The next stress they are emotion is career related. Young respondents were able to recognize some strategies to cope with stress such as thought, enough latent, going out with the friends and counseling.

It is observed that due to the amplify us of social media the young generation develop into self-centered and only attach with the technology. It reduces the physical group of the body and expenditure time with relatives and friends. All these generate stress which increases the case of depression and suicide. It is essential and suggestions to the adolescent people that make objective planned systematically, use technology surrounded by limit and share your emotions with your loved ones.

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