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Causes, Impact of Academic Stress among the Students of Higher Educational Institutions and Educational Resolution of Stress in Kolkata, West Bengal

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Abstract

The changeable educational environment of the students from school level up to college level is inherently stressful for the students of higher educational institutions. It may cause psychological, academic, social and physical problems to them. The students of the higher educational institutions influence different types of chronic and acute stress which reflects their academic life, social and personal life. Specifically, majorly the college students deal with academic stress throughout their college life and that may cause many health problems. The present research study investigates to identify different causes, level of impact of stress and provide educational resolution to obstruct academic stress among the students of higher educational institutions in Kolkata, West Bengal. For the purpose of this present study 336 undergraduate and postgraduate college students from different academic schools in arts, science, commerce, and management were selected. Samples were selected by random sampling technique. The data collected by survey method, questionnaire measured the cause and impact of stress among the students of higher educational institutions. The collected data analysed by different descriptive statistics mean, standard deviation and analysed data presented in the form of tables. Subsequently on the basis of the analysed result of the research study, it is found that the major cause of stress is academic stress among the students and male students are majorly impacted by stress throughout their academic life.

Keywords

Stress, Academic stress, Cause, Impact, Educational resolution

INTRODUCTION

College students face different types of educational, social, contextual and psychological adjustment difficulties in the new college environment which may impact their psychological well-being and learning outcomes. Stress, depression, anxiety are prevailing mental health problems among the students of higher educational institutions. These problem occurs the new learning environment and educational system has a major difference in its methods of teaching, student - teacher relationship, academic requirements and peer group relationship. Stress seems to be very common in the students of higher educational institutions because the students need to ensure their educational survival and prepare themselves for their future career. In reality the students who studied the higher educational institutions feels great stress during their academic sessions and they need help in finding coping strategies for the relief of those stressful situations. In short, stress is a person's physical and psychological reaction to a perceived or actual demand for change. Stress is a combination of factors that affects each person individual differently. The students of different higher educational institutions are influenced different kinds of stressful situations, including family relations, friendship, financial state, way of life, academic pressure. Stress produce headache, high blood pressure, depression, anxiety, heart stroke, psychological, physical, social and different health problems. Major reason for facing stressful situations among the students include greater academic demands, financial responsibilities, exposure to new people, being on one's own in new environment etc. Academic failure also may cause stress among the college students. There are mainly two forms of stress, one is acute stress which is a short term form of stress and may be caused by recent past and near further events, pressures or demands and the another is chronic stress, which is a long term form of stress and may resulting from repeated exposure to

stressors for a longest period and can lead to more severe psychological and healthy problems. According to WHO “ stress can be defined as a state of worry or mental tension caused by a difficult situation, stress is a natural human response that prompts us to address challenges and threats in our lives ”. Everyone experiences stress to some degree. The way that people respond to stress however, makes a major difference to their overall well-being. The main objective of this present study is to focused on to find out the different cases and level of impact stress among the students of higher educational institutions, undergraduate and postgraduate colleges and identity probable educational determination to obstruct academic stress.

REVIEW OF RELATED LITERATURE

1. Deepti Bhargava.Hemant Trivedi (2018) conducted a research study on “a study of causes of stress and stress management among youth”. The research study reveals the fact that the stress mainly comes from academic tests, interpersonal relations, relationship problems, life changes and career exploration. This stress usually causes psychological, physical and behavioral problems. The major aim of this research study was to finds the causes of stress among youth. The researcher found that the youth are stressed towards high level. The main causes of stress among youth are relationship stress, financial stress and psychological stress.
2. Dawit yikealo. Bereket yemane, Ikali karvinen (2018) conducted a research study on the level of academic and environmental stress among college students: a case in the college of education”. The main focus of this research study was to discover the level of academic and environmental stress among college of education. The research study reveal the analysed results that majority of the college of education students experience a moderate level of academic and environmental stress.
3. Garavandala Uday Sai (2023) conducted a research study on “a study on academic stress among students in higher education institutions of Delhi NCR”. The main goal of this research study was to investigate academic stress among students at higher education institutions in Delhi NCR. The researcher found that there is a significant positive correlation between pressure to perform and perception of workload and overall academic stress. The results of this research study show that pressure to succeed and perceptions of workload greatly contribute to academic stress, which can have a negative impact on students’ academic performance and well-being.
4. K jayasankar Reddy. Karishma ranjan Menon, anjana thattil (2018) introduced a research study on “academic stress and its sources among university students”. The research study focused on to understand the sources and impact of academic stress in order to derive adequate and efficient intervention strategies. The research study was a quantitative research design where participants were screened using academic stress scale from four streams. The researcher found that academic stress still continues to be a devastating problem affecting a student's mental health and well-being.
5. M Prabhu, G madan mohan. (2014) introduced a research study based on “a study on stress among university students in india”. The researchers aim was to analyse and compare the level of stress, anxiety and depression among the tamilian and non tamilian students of pondicherry, central university. The results of this research study reveals that the student of pondicherry University are subjected to low level of depression, anxiety and stress . The researcher also found that non tamilian students correspond to the low stressed group, while the tamilian non - hostler students correspond to the moderately stressed group and the tamilian hostler students correspond to the highly stressed group.
6. Prajapati nidhi. Singh keerti (2017) conducted a research study on “sources of stress among students preparing in various competative exams for job”. The major aim of this research was to investigate the stress of such students those are preparing for upcoming government jobs declared by central and state government. In this research study, the researchers found that students are affected by self - inflicted, parent inflicted and peer inflicted stress and they also experience a high amount of these stress. The research study also revealed that the higher frequency of these stresses was reported by students.
7. Siti Fatimah Abdullah, norliana Ahmed shah, Rohaiza Mohammad idaris (2020) introduced a research study on “stress and its relationship with the academic performance of higher institutions students”. The major aim of this research study was to identify the cause of stress and the effect on the academic performance of higher education institutions students. The researcher reveals that campus life, financial and relationship significantly effect on the students academic performance. The research study also revealed the result that a significant but weak and negative relationship between higher education institutions students stresses level and academic performance.

NEED FOR THE STUDY

Stress is a mental condition or feelings experienced by an individual perceive that demands exceed the personal and social resources the person is able to mobilize. In the present era it is shows that the young generation has more academic stress. Stress mainly comes from interpersonal relations, academic pressure, financial and career exploration. Such academic stress may cause psychological, behavioural and physical problems. There have been many research studies have reported on stress related problems among the students in West Bengal. But what are the causes and level of impact of stress among the students of higher educational institutions is not yet explore. To achieve these objectives the present study need to explore. The present study will examine the causes of stress among the students of higher educational institutions, the level of impact of of stress among the students and provide probable educational resolution to obstruct such academic stress of the students of higher educational institutions.

STATEMENT OF THE PROBLEM

What are the cause, level of impact and educational resolution of stress of the students of higher educational institutions in Kolkata, West Bengal.

OBJECTIVE OF THE STUDY

1. To identify different cases of stress among the students of higher educational institutions.
2. To find out the level of impact of stress among the students of higher educational institutions.
3. To identify probable educational resolution to obstruct academic stress.

RESEARCH QUESTION

1. What are the different cases of stress among the students of higher educational institutions?
2. What are the level of impact of stress among the students of higher educational institutions?
3. What are probable educational resolution to obstruct academic stress?

HYPOTHESIS

H01: There will be no significant difference between male and female students academic stress.

H02: There will be a significant difference between different causes of stress among the students of higher educational institutions.

RESEARCH METHODOLOGY

Research Design

Survey research method is used in this research study for the purpose of collection, analysis and interpretation of the data.

Population

All the postgraduate and undergraduate college students of different undergraduate and postgraduate colleges of Kolkata and its adjoining areas under the affiliation of University of Calcutta.

Sample

4 undergraduate and postgraduate colleges of Kolkata and its adjoining areas are selected for this present study.

Sample size

In this present study, 336 undergraduate and postgraduate students, 174 male students and 162 female students are chosen for this study as sample.

Sampling technique

To achieve the aim of this present study, here random sampling technique used for selection of 336 samples from different undergraduate and postgraduate colleges of Kolkata and its adjoining areas in West Bengal.

TOOLS OF DATA COLLECTION

To find out different types of cases and level of impact of stress among the students of higher educational institutions, respective data are collected by informal interviews is used to prepare items for the questionnaire. This study was conducted to understand the gender wise differences in academic stress reported by the students. Gender wise differences in academic stress assessed by the academic stress scale. Reliability of the questionnaire is tested by test retest method.

Data collection

In this study, the data was collected from 4 academic schools namely arts, science, commerce and management. For the collection of data, the students were asked to answer the questionnaire in the context of their classroom.

Data analysis

Different types of descriptive data analysis mean, standard deviation, and ANOVA is used for analysis the data.

RESULTS AND DISCUSSION

Table 1 indicates that there was a significant difference between different types of causes among the students of higher educational institutions. It indicates that there was a significant difference in causes of stress ($F = 4.926$, $p < 0.05$) and it represents that the academic stress (Mean - 61.24, SD - 21.34) is the major cause of stress in comparison to the cognitive (Mean - 57.64, SD - 24.27), social (Mean - 49.26, SD - 28.57) and family (Mean - 47.97, SD - 25.28). The results shows that the family related causes of stress has least causes of stress (Mean - 47.97, SD - 25.28) in comparison to the other category of causes of Stress.

Table 1

Category	N	Mean	S.D	'F' ratio
Academics	55	61.24	21.34	4.926
Cognitive	104	57.64	24.27	
Social	84	49.26	28.57	
Family	93	47.97	25.28	

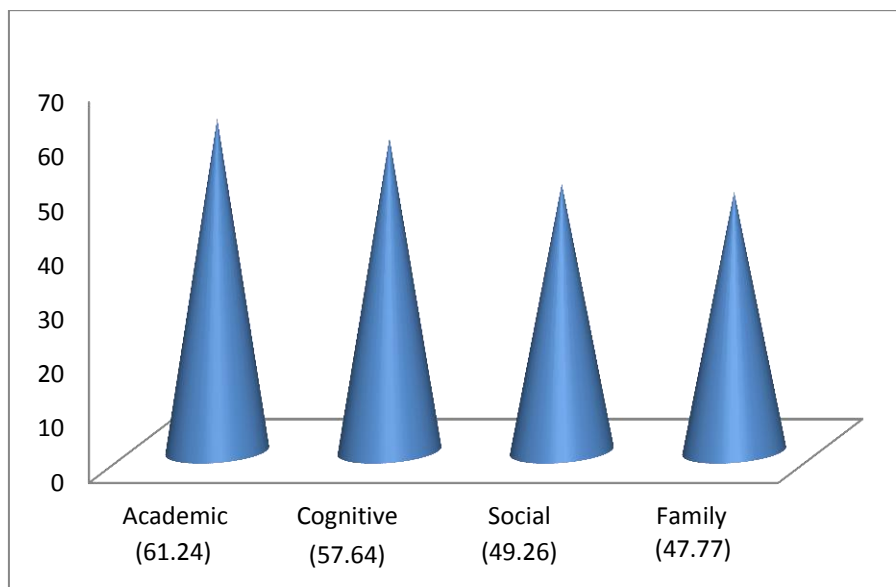


Table 2 Indicates that the total number of students were 336. Number of female students were 162 and male students were 174. The mean score of female students is 53.01 and SD - 26.75. The mean score of male students is 53.87 and SD - 24.75 . So, there are no significant difference in total academic stress experienced by female and male students. But on the basis of their mean score, it can be said that the male students have more academic stress (Mean - 53.87) than the female students.

Table 2

Gender	N	mean	S.D	Sig
Male students	174	53.87	24.75	0.317
Female students	162	53.01	26.75	

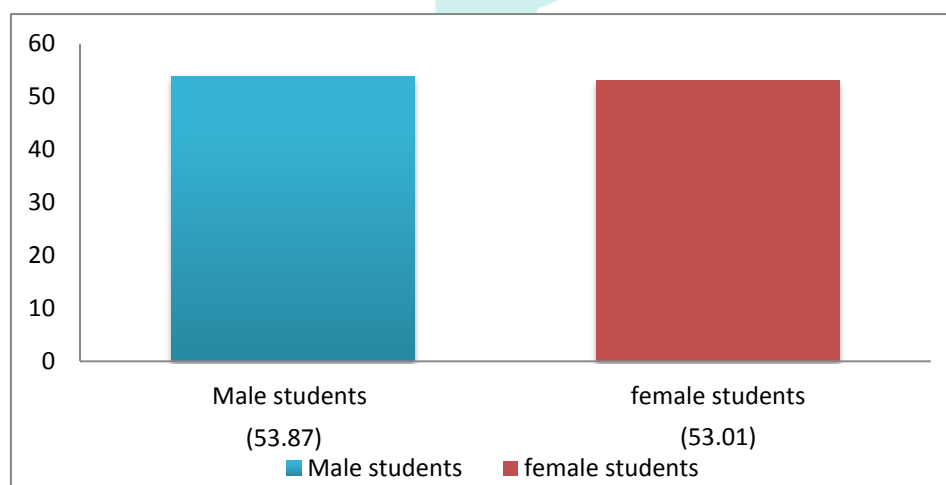
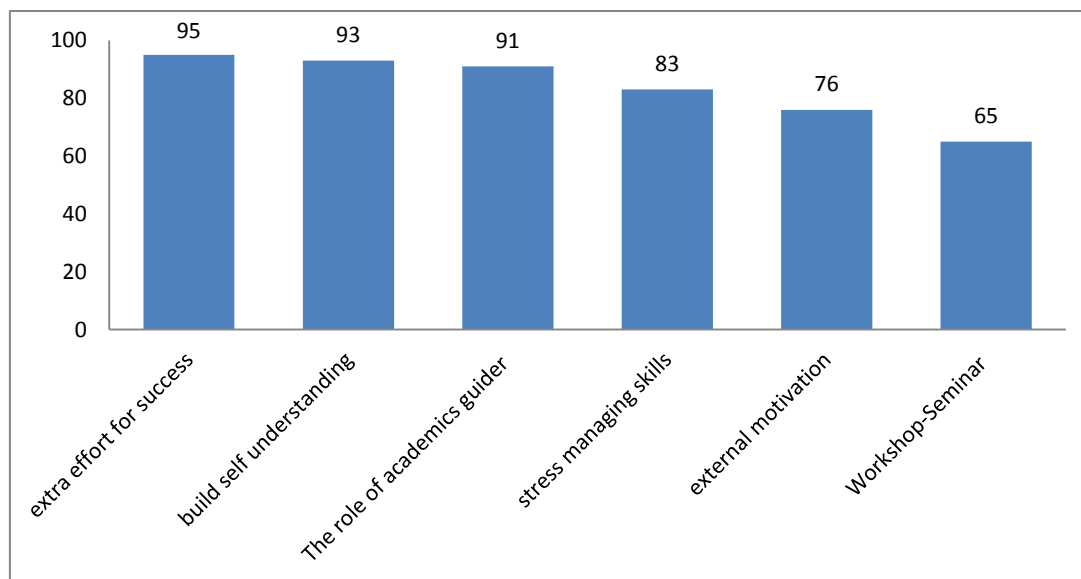


Table 3 indicates that 95% students of higher educational institutions have resolved their academic stress by put extra effort to their study for success so that they can build a strong career for their future life. The students may overcome their academic stress by building self - understanding to avoid and manage stress surrounding their educational environment. The results shows that students overcome their Stressful situations by building self understanding (93%) . In higher educational institutions, the main support system is the teacher or guildler. In this study, the result indicates that the students are deal with their stress by the help of their academic guider (91%) . The role of stress managing skills results successfully. 83% stress managing skills are employed to overcome the academic stress among the students of higher educational institutions. In higher educational environment, the relationship of teacher, student and peer group is essential for a healthy environment. To avoid stress and fruitfully deal with the stressful situations, the teacher or academic guider , parents and peers can motivate them. The results shows 76% role of external motivation employed to overcome the stressful situations. The teacher should provide their students with better learning materials, monitor them, motivate them and assist them to balance their lifestyle easily. The higher educational institutions should provide workshop, seminar, conducive learning environment for those students. In this present study, it also reveal the results that 65% students can overcome or deal with academic stress by attending different types of workshops, seminars organised by higher educational institutions.

Table 3

Educational resolution to obstruct academic stress	NUMBERS	PERCENTAGE
Building self understanding	279	93
The role of academic guider	273	91
External motivation	228	76
Workshop - Seminar	195	65
Stress managing skill	249	83
Extra effort for success	275	95



DELIMITATION OF THE STUDY

1. The present study delimited with only higher educational institutions are chosen for this study.
2. The present study delimited with only undergraduate and postgraduate colleges of Kolkata are selected for this study.
3. The present study delimited with only arts , science, commerce and management academic streams are selected for this study.
4. The present study delimited with only Kolkata and its adjoining areas are selected for this study.
5. The present study delimited with only 336 students are selected for this study.

MAJOR FINDINGS OF THE STUDY

1. In this research study, it is found that there is no significant difference between male and female students of higher educational institutions in total academic stress experienced by them. But based on their mean score it can be said that the male students have more academic stress than the female students of higher educational institutions in Kolkata, West Bengal.
2. In this research study, it is found that there is a significant difference between causes of stress among the students of higher educational institutions. The results represent that the academic stress is the highest cause of stress among the students of higher educational institutions.
3. In this research study, it is found that 95 % of higher educational institutions student have resolved their academic stress by put extra effort in their study for successful results.

CONCLUSION

Stress is a critical situation of psychological, mental and physical condition that has both negative and positive impact depending on its gravity on an individual person. In higher educational institutions excessive academic stress majorly affects the progress of academic achievement of the students. Subsequently students have to identify causes and impact of stress behind their academic stress and applying appropriate educational resolution to obstruct their academic stress. The results of the present study reveals that the male students of higher educational institutions have more academic stress than the female students. The research study also enlightened the field that the academic stress is the highest cause of stress among the students of higher educational institutions in Kolkata, West Bengal. In higher educational institutions there have a only to decrease the stress among the students is to arrange different types of workshop, seminar in related to stress management and engaged them to special type of extra-curricular activities to relief and resolve their stressful situations. In this research study, 95% students of higher educational institutions had resolve their stressful academic problems by put extra effort in their study for successful results.

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