

Stress: A Review

¹Dr Rashmi Mehrotra, ²Indu Tripathi,

¹ Professor & Principal, FOE, Teerthanker Mahaveer University, Moradabad

² Research Scholar & Assistant Professor, FOE, Teerthanker Mahaveer University, Moradabad

Email - ¹Principal.education@tmu.ac.in, ²Indu.engineering@tmu.ac.in

Abstract: This paper aims to find out the research gaps by reviewing the studies related to stress of the students pursuing different academic programmes. Stress can have both positive and negative consequences if not well managed in the right way. In students' life, they undergo a lot of stress and strain. It is a stage of heightened emotionality. They face several intrinsic and extrinsic anxieties. The studies conducted in academic area since last few years have been reviewed. A research work should have its firm foundation extracted from previous researches done in related field. In this paper, related research objectives along with their research topics and findings have been included to get the finest gaps. Several studies related stress in academic areas, have been conducted in India as well as abroad either on different samples or in different geographical structure. This paper will certainly provide the plain depiction in the relevant area.

Key Words: Stress, reviews, studies, research gaps, findings.

1. INTRODUCTION:

Stress in academic areas can have both positive and negative consequences if not well managed. Academic organizations have different work culture as compared to non-academic, so one should expect the difference in symptoms, causes, and consequences of stress in these two locales. In students' life, they undergo a lot of stress and strain. It is a stage of heightened emotionality. They face several intrinsic and extrinsic anxieties. They not only have to survive academically but also have to prepare themselves for secured future. In this paper, the researcher has taken an attempt to review stress related studies to provide some valuable research gaps.

Literature is the mirror which reflects the past views and presents the future prospective. It is risky and wasteful to precede any study without knowing what has gone before. The previous literature gives a guideline and develops insight into the problem. Hence, an essential aspect of an investigation is the review of the related literature.

Without a review of related literature one cannot lead one's study with concrete ground and validation. This paper aims to find out some research gaps by reviewing some studies since the year 2008, done related to stress. The following are some reviews of studies conducted on stress and an attempt has been taken to drag research gaps.

Table 1. Reviews

S. no	Researcher(s)	Year	Objective	Findings
1	Singh A & Singh S ¹⁶	2008	To compare the stress and emotional adjustment of students of professional courses	The main findings were professional students have more stress. The result also reveals that professional students were not properly emotionally adjusted in comparison to non-professional group.
2	Sharma Nitasha & Kaur Amandeep ¹⁴	2011	To identify the factors contributing to stress among nursing students	The present study represents a first step to know sources of stress in college students. The result of present study reveals that the environmental factors had maximum contribution in causing stress (40%) followed by Intrapersonal factors (30%), Academic factors (19%) and interpersonal factors has least contribution (11%).
3	Behere S P, Yadav Richa & Behere P B ⁴	2011	To compare the Stress among Students of Medicine, Engineering, and Nursing	The findings demonstrate that Engineering and Medical students had severe stress level which requires clinical attention, while none of the nursing students belonged to this category.

4	Bhuvaneshwara n et al. ⁵	2011	To assess the proportion of stress among students of dental and engineering colleges and the association of stress with various social and health-related factors.	The study is concluded with observation that high proportion of severe stress was found in dental students, which is independently associated with increased morbidity leading to reduced performance. The mild stress was present in 13% students, while 77.5% had moderate stress and 9.5% had severe stress. According to the students' field of education, 68.4% dental students, 31.6% engineering students had severe stress. In terms of the student residence, 15.8% urban students had less stress than 84.2% rural students. It means that the students from rural areas had severe stress.
5	Pandya & Deshpande, ¹¹	2012	To explore the components of academic stress among the MBA students of GTU affiliated colleges not only by identifying the stressors which affect the performance of students but also by analysing the curriculum & instruction related components, the assessment related factors, teamwork related aspects, the placement related concerns responsible for stress, and the impact of time management on the stress level of students.	Three major stressors have been identified which affect the performance and three major outcomes of stress. Approximate twelve micro issues have been identified under the curriculum and instruction component while seven sub issues regarding assessment; three stressors were prioritized related to team work and three micro issues under placement components of academic stress.
6	Waghachavare , Dhumale, Kadam, & Gore ¹⁹	2013	To assess stress among students of various professional colleges as well as its association with various academic, social and health-related factors.	Students from all the three fields: dental, medical and engineering were exposed to stress. One of the most important stressors is Academic factor. 24.4% respondents experienced stress. 38.5%, 34.1% and 27.4% were dental, medical and engineering students, respectively. A statistically significant association between stress and the field of education was observed. Stress was observed in 20.4% males and 27.7% females; the association with gender was statistically significant.
7	Das Alaka ⁶	2014	To examine emotional intelligence in relation to creativity stress and academic achievement at B Ed level.	Stress of the B. Ed. students significantly differs by their sex, area, academic background, age and teaching experience. While management of the institution, educational qualifications have no significant impact on it. Emotional intelligence of the B. Ed. students having high and low creativity, high and low stress, good and poor academic achievement differ significantly. The correlation between emotional intelligence and stress show significant negative relationships with all the background variables i.e. sex, area, management, academic background, educational qualification, age, previous teaching experiences. There are significant relationships between emotional intelligence and creativity, emotional intelligence and stress, emotional intelligence and academic achievement of the B. Ed. students.
8	D'Souza & Pal Prashobh ⁷	2015	To explore mental stress and suicidal tendency among the students enrolled in professional and non professional courses	There is significant correlation between mental stress of the students enrolled in professional and non-professional courses. While no significant difference was found between mental stresses of the students enrolled in professional and non-professional courses on the basis of gender and types of family.

9	Asha C M ²	2015	To study coping with stressors among adolescent students	The stressors related to life events and academics are considered as aspects contributing to perceived stress among adolescent students. The study findings reveal that adolescent students suffer from high perceived stress. This study implies potential for stressors to be compounded as they carry over across time and affect the coping of the adolescents in various domains of functioning. Successful coping with stressors is very important for the psychological and social wellbeing of an individual.
10	Baskar D ³	2015	To identify the causes of stress and coping measures to be taken to reduce the stress among the college students.	Basis of stresses among the college students are Inter Personal Stress, Intra Personal Stress, Academic Stress & Environmental Stress. Strategies for coping stress notified are adaption to college life as soon as possible, Observe stress coping measures and Obtain emotional support from the family.
11	Sun Sue Hui & Zorih Aziz ¹⁷	2015	To assess the Stress among Undergraduate Pharmacy Students in University of Malaya	The findings show that the students of pharmacy did not demonstrate significantly higher levels of stress than the general population, even though their perceived stress levels were significantly higher (mean=53.55 ± 7.87; p< 0.001). The academic matters were the most frequently reported stress. Additionally, There was a weak, statistically significant but negative correlation between GPA and stress level indicating that as stress levels increases, students' GPA decreases. The results from this study show that the major source of perceived stress in the student population studied was academic. While other variables were related to perceived stress, academic factors are, to a degree, under the control of the University and it may be possible to vary these to the benefit of student stress levels.
12	Islam Ahlam ¹	2017	To study the Emotional Intelligence of B.Ed. students in Relation to their Stress, Academic Adjustment and Teaching Aptitude	The present study has shown that emotional intelligence is negatively related to stress, positively related to academic adjustment and teaching aptitude among B.Ed. students.
13	S Maheshwari ¹⁰	2017	To study causes and impact of stress and the coping strategies among the college students in Tiruvannamalai district	The present study shows that the students are getting stress mainly from the academic factors. Hence, by adopting meditation and exercise the students can get reduce from the physical impact, mental impact and emotional impact of stress.
14	Sharma & Krishna ¹⁵	2018	To examine the current status of depression, anxiety and stress of different professional students.	There is significant difference in anxiety among physical education and engineering students and among physical education and medical students. Lastly, there is significant difference in stress among physical education, engineering and medical students
15	Yikealo Dawit , Tareke Werede & Karvinen Ikali ²⁰	2018	To investigate the level of stress among the College of Education students in Eritrea Institute of Technology.	The levels of stress on five domains i.e. physiological, social, psychological, academic, and environmental were assessed. The findings show that a moderate level of stress remains among the students. Academic and environmental stressors out of the five domains were found most contributing into the students' level of stress. Besides, the students' levels of stress were noticed to have no any statistically significant associations with their grade point average and their gender.

16	Reddy K J, Menon & Hattil ¹³	2018	To find if there exists academic stress among students and to understand if there is any stream-wise and gender-wise differences in academic stress reported by the participants.	The findings show that there exists no significant difference in total academic stress experienced by males and females. Occurrence of academic stress is not a stream specific situation. High stress levels were reported in both engineering and medical students. Along with significant differences in dimensions with Humanities stream, the Management stream differed significantly in the dimension interpersonal difficulties with Science stream and teacher pupil relationship with Science stream, $p < 0.05$. The Commerce stream differed significantly on the dimension interpersonal difficulties with Science stream and teacher pupil relationship with Science stream. Further analysis also revealed that it was the fear of failure dimension that differed significantly.
17	Khan Asghar et al ⁹	2019	To study the frequency and different stressors among students of different professional colleges in Peshawar	Study results showed that the frequency of stress is high in students of both medical and engineering colleges mainly due to a high load of studies and tight curricular schedule with frequent internal assessments in the professional colleges, hostel problems, financial problem and restrictions from parents. The students of engineering college were found having stress more than the students of the medical college. The effect of stress on social behaviour was found statistically significant. Gender, parent's literacy, and household income did not show any statistical significance with PSS.
18	Mayildurai, Ashokkumar, Karthik, & prakash ¹²	2019	To identify the causes of stress on engineering students	It is inferred that the students of engineering courses are distressed in a significant level. Students with free mind with comfortable atmosphere can get lime light. From the above discussions it is observed that the factors like, societal influence, financial status academic environment are influence students attitude.
19	Swangi ¹⁸	2019	To compare male and female student-teachers on - mental health, stress, teaching aptitude and emotional intelligence	Male and female B.Ed. students experience equal amount of stress. Female B.Ed. students are more emotionally intelligent than male B.Ed. students. Emotional intelligence is positively related to overall mental health among male and female B.Ed. students. The present study has shown that stress is one of the best predictors of cognitive, self-esteem and self-efficacy dimensions of mental health among prospective teachers.
20	Kirubalini J & Vigneswar D ⁸	2020	To undergo an in depth study about the stress among the college students at kanchipuram district by identifying the factor causing stress and the coping strategies to manage stress among college students, by studying about the effect of stress on students.	In the sample for the study, stress related to work pressure were the most common source of stress. The top three sources of status listed by the participants were work pressure sources. The three most frequently stressors were change in sleeping habits, new responsibilities, increased class work load. Financial difficulties and change in social activities were also frequently reported stressors. The least result was that in a college setting, events such as missing too many classes and disagreement with the staff also comprises of minimum stressors.

2. CONCLUSION:

The studies those are related to stress conducted till now are on different samples as on student-teachers, college Students : Non professional courses and professional courses students in term of comparison, Undergraduate and Post graduate students separately, urban and rural students using comparison, management, engineering, medical and nursing students separately and comparatively both. On the basis of above reviews, some apparent research gaps have been observed. In deliberation of these gaps, several research problems can be formulated either by opting missing variables, parameters, different samples or by taking different geographical structures which are still not touched. The attempt

taken by researcher to find out the research gaps in studies related to the stress will be useful in research areas by providing new focus in the relevant area.

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