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Research Paper

A study on stress management strategies of students

Dr. G. Anandhi*
*Assistant Professor, Department of Commerce Bharath Institute of Higher Education and Research Chennai, India.

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ABSTRACT

Background: Adolescents undergo substantial life changes and face considerable pressure while adapting to new environments, relationships, and expectations, making effective stress management important for healthy development.
Objective: To examine stressors and stress management strategies among adolescents and college students, and their relationship to academic performance and overall well-being.
Methods: Descriptive study using a questionnaire to collect data on sociodemographic characteristics, stressors, and coping mechanisms among students.
Results: Stress was strongly correlated with academic testing and career exploration and was found to frequently contribute to behavioral, physical, and psychological problems, including associations with conditions such as heart disease, obesity, and depression. Effective stress management was identified as central to students' ability to concentrate, retain information, and perform academically.
Conclusion: Stress substantially affects students' academic, physical, and psychological outcomes, and awareness of common stressors can help reduce persistent or excessive stress. Findings are intended to inform students, researchers, educators, and counseling services in developing effective stress management approaches.

Corresponding Author:
Dr. G. Anandhi
Assistant Professor, Department of Commerce Bharath Institute of Higher Education and Research Chennai, India.
Email: anandhi5679@gmail.com

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1. INTRODUCTION

Stress is a state of mental or physical tension. Anything that aggravates, enrages, or frightens you can cause it. Stress is your body's reaction to a task or request. When it helps you avoid risk or meet a

deadline, for example, stress might be beneficial for a brief period of time [1]. But if stress lasts a long time, it might be bad for your fitness. Identifying specific stressors and adopting preventative measures to decrease their impact are two ways that stress management helps people deal with stress in their life more successfully. Stress, according to Palmer (1989), is the "mental, physiological, and behavioral reaction by way of an individual when they understand a lack of equilibrium between the needs imposed upon them and their capacity to meet those needs, which, over time, results in ill-fitness." Stress is a typical feeling. There are numerous primary types of pressure: acute stress. This is a brief stress that dissipates quickly. When you hit the brakes hard [2], dispute with a friend, or ski down a difficult hill, you can feel it. You can deal with risky situations more easily as a result. It also happens if you try something interesting or unusual. Everyone occasionally feels really tight pressure. stress that is ongoing. This particular strain persists for a longer time. If you are struggling with money, are in a bad marriage, or are having problems at work, you may also experience chronic stress. Persistent strain is any type of pressure that lasts for several weeks or months. You may become accustomed to constant stress to the point where you fail to perceive its negative effects. Health problems may result from stress if you do not learn how to control it [3].

1.1 Health Issues Brought on by Stress

1.1.1 Heart Disease

It has long been believed by scientists that the type A, stressed-out personality is more prone to high blood pressure and heart issues. Really, I'm not sure why. Stress increases coronary heart rate and blood flow by causing the production of ldl cholesterol and triglycerides into the circulation. Additionally, stress may be related to other conditions, such as a higher propensity for smoking or obesity, which both indirectly raise the risk of coronary heart disease. Doctors are aware that serious cardiac diseases can result from rapid emotional stress, thus they advise people with active coronary heart disease to avoid sudden pressure [4].

1.1.2 Asthma

Numerous studies have shown that stress can make bronchial asthma worse. Some research suggests that a parent's continual stress may actually raise their child's likelihood of developing asthma. One study examined the impact of parental pressure on the prevalence of bronchial asthma in kids who were also exposed to air pollution or whose mothers had smoked while pregnant. The likelihood of having allergies was considerably higher in children whose parents were unsure [5].

1.1.3 Obesity

Even though carrying extra weight in that area tends to pose greater fitness problems than fat on the legs or hips, persons who are under a lot of stress frequently do so. Winner explains that stress increases the cortisol level in the body, which she thinks increases the amount of fat stored in the stomach.

1.1.4 Diabetes

Stress can exacerbate diabetes in two different ways. First of all, it increases the likelihood of harmful behaviors including poor and excessive consumption. Second, it appears that stress directly raises [6].

1.1.5 Tension and Depression

It is not surprising that chronic stress is linked to higher incidence of tension and depression. A recent study found that persons who suffer work-related stress, such as challenging duties with few rewards, are 80% more likely than those who don't to experience depression within a few years.

1.1.6 Issues with the Stomach

What stress doesn't do is this: Ulcers are not brought on by it. However, it can worsen their situation. Winner claims that a number of GI disorders, including irritable bowel syndrome (IBS) and chronic heartburn (commonly known as GERD), can be impacted by stress. the Alzheimer's condition. According to a study done on animals, stress may make Alzheimer's worse by accelerating the development of brain lesions. Some research suggests that reducing the pressure may be able to slow the condition's progression. Being older more rapidly. In fact, there is evidence to suggest that stress may slow down aging. One study compared the DNA of girls who were not under a lot of stress with mothers who were at the time taking care of a youngster who had a chronic illness. Researchers found evidence of accelerated aging in a particular chromosomal region. Stress is predicted to shorten life expectancy by nine to seventeen years.

1.1.7 An Early Death

The effects of stress on health were examined in a study that focused on elderly spouse caregivers' people who are undoubtedly under a tremendous deal of pressure. It was discovered that those who were carers had a mortality risk that was 63% greater than those of their age who were not.

1.1.8 Stress Symptoms

Despite the fact that everyone experiences stress differently, some typical signs include gloomy, angry, and easily enraged.

- Rapid-fire speaking
- Nailing biting
- Worrying
- Lack of confidence
- Easily getting confused
- Anxiety
- Uncertainty
- Health issues

1.1.9 Tips for Managing Stress

- Buddhism and yoga
- Physical exercise
- Leisure-time
- Lack of a tough environment
- Sleep
- Talking to people who share your opinions
- Playing with animals
- begging
- Medications
- Being considerate
- Time management
- Tour
- Checking and posting on social media in an emotional state

2. RELATED WORK

Dr. A. Jayakumar and K. Sumathi's article was published in the 2014 International Journal of New Advances in Agency Behavior and Decision Science. Estimating the level of stress experienced by better secondary students studying in the Salem District is important in order to determine the effectiveness of strain management applications and to determine the shift in mindset following pressure management applications. It is also important to become aware of various strategies for reducing pressure. They have

found that the Higher Secondary School student body uses a few good stress-reduction techniques, such as choosing inferior approaches to avoid failing, establishing unattainable daily goals, etc. A study by Muzammil Nisa, Quadir Bukhsh, and Abid Shahzad was According to the study, the vast majority of participants reported feeling exhausted or worn out under stress, having problems concentrating, and finding that watching TV or movies or participating in other fun activities can help them unwind. 2018 saw the publication of a piece by Hemant Trivedi and Dr. Deepthi Bhargara in the International Journal of Control and Social Technology. Researchers found that having personal and professional goals helps children manage their time and stay on top of their schoolwork, participate in a variety of sports, and manage their emotions. This conclusion was reached after studying the signs of stress in children, assessing the severity of stress in adolescents, and learning how children can deal with stressors. keep in touch with their family and speak with others about their worries and issues and have a positive outlook An essay on how academic pressure influenced MBA students' general performance and intellectual fitness was published in the journal of Arts, Science, and Commerce in 2007 by Dr. Bhanin U. Pandya, Ms. Revathi C. Deshpande, and Ms. Anushree Karani. and found that pressure on academic institutions can have both positive and bad consequences if it is not well managed. Additionally, one can suppose that pressure on these institutions is distinct in terms of its sources, symptoms, and effects because educational institutions work in different surroundings than non-instructional ones. Henry. D. Mason (2017) examined academic stress, coping strategies, psychological strain, and qualitative research in the Journal of Students Affairs in Africa and discovered different types of stressors, coping methods, and coping strategies' results.

3. METHODOLOGY

The research study is a descriptive one, and students' responses to a questionnaire were used to gather the data. Sociodemographic characteristics, stressors, and coping mechanisms are the factors that were used.

4. CONCLUSION

Stress is the body's normal reaction to difficult situations. A student who is under a lot of strain or persistent stress may find it challenging to concentrate, retain information, and get the marks she deserves, regardless of her age or grade. Her physical, mental, and emotional health may also be negatively impacted. By becoming aware of common sources of stress, one can reduce unpleasant or persistent stress in a child's life. Pressure has developed into a crucial aspect of contemporary life as a result of the many elements that act as triggers for increased pressure. Stress is having a greater influence on children in institutions of all ages, despite the fact that it primarily affects adults. Effective stress management is almost impossible since parents don't have the time to give their kids the care they need. In general, people think that stress is good because of sad situations. However, the reality is that stress can occasionally result from a pleasant event. There are many things that might cause stress in a student's life, particularly for college students. How well college and university students handle their stress determines whether they succeed or fail. In order to make learning successful, this essay tries to explain how pressure affects college students and the need to manage it.

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Author Contributions Statement

Name of Author	C	M	So	Va	Fo	I	R	D	O	E	Vi	Su	P	Fu
Dr. G. Anandhi	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓

C : **C**onceptualization
M : **M**ethodology
So : **So**ftware
Va : **Va**lidation
Fo : **Fo**rmal analysis
I : **I**nvestigation
R : **R**esources
D : **D**ata Curation
O : Writing - **O**riginal Draft
E : Writing - Review & **E**diting
Vi : **Vi**sualization
Su : **Su**pervision
P : **P**roject administration
Fu : **Fu**nding acquisition

Conflict of Interest Statement

The authors declare that there are no conflicts of interest regarding the publication of this paper.

Informed Consent

All participants were informed about the purpose of the study, and their voluntary consent was obtained prior to data collection.

Ethical Approval

Not Applicable.

Data Availability

The data that support the findings of this study are available from the corresponding author upon reasonable request.

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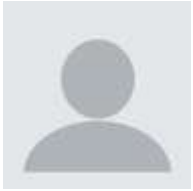
BIOGRAPHIE OF AUTHOR



Dr. G. Anandhi, works as an Assistant Professor in the Department of Commerce at Bharath Institute of Higher Education and Research (BIHER). BIHER is a deemed university and holds a NAAC A-Grade accreditation. The campus is in Chennai, Tamil Nadu, India. The institute offers studies in commerce, management, and related fields. Email: anandhi5679@gmail.com