

STRESS SCENARIO AMONG THE COLLEGE STUDENTS IN CHENNAI CITY

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Abstract

Stress is the general term applied to the pressures people feel in life. Individual differences account for a wide range of reactions to stress- a task viewed as challenging by one person may produce high levels of anxiety in another. Excessive stress is harmful. When stress exceeds a certain level, it can have adverse effect on a person's emotions, mental and physical health. The aim of the study is to identify the stress due to institutional and social environment among the arts college students in Chennai city.

Introduction

Stress is a general term applied to various mental and physiological pressures experienced by people feel in their lives. Stress is not by definition synonymous with nervous tension or anxiety. Stress provides the means to express talents and energies and pursue happiness; it can also cause exhaustion and illness, either physical or psychological, heart attacks or accidents. The results of continuing stress may cause disruption in one or more of the following areas of health: physical, emotional, spiritual and social. Stress may be defined as "a state of psychological or physiological imbalance resulting from the disparity between situational demand and the individual's ability or motivation to meet those demands".

According to Dr. Hans selye , one of the leading authorities on the concept of stress, described stress as "the rate of all wear and tear caused by life".

Types of Stress

1. **Positive stress:** Stress can be positive when the situation offers an opportunity for a person to gain something. It acts as a motivator for peak performance.
2. **Negative stress:** Stress can be negative when a person faces social, physical, organisational and emotional problems.

Stress Challenges among College Students

1. Greater academic demands.
2. Change in family relations and one's social life.
3. Financial responsibilities.
4. Being away from home, often for the first time.
5. Preparing for life after graduation.
6. Being on one's own in a new environment – with new responsibilities.

Objectives of the Study

1. To identify the stress due to institutional environment.
2. To identify the stress due to social environment.

Research Methodology

The aim of the study is to analyse the stress scenario among the college students in Chennai city. The data used in this study involves both primary and secondary data. The research instrument used in this study is questionnaire. It is designed pertaining to the problem and objectives of the study. The questionnaire contains choices in a five point Likert's scale by weighted average score. The sampling unit for the survey is selected by using simple random sampling procedure. The sampling units are the students of various Arts colleges in Chennai city. Sample size for the survey is 50 respondents.

Table 1, Stress due to Institutional Environment (Class, Subject, Examination) in Weighted Average Score Method.

S.NO	PARTICULARS	1 ST YEAR	2 ND YEAR	3 RD YEAR
1.	I cannot pay attention in class	1.17	1.52	1.87
2.	My attendance is poor	1.35	1.29	1.5
3.	I have too many assignments	2	2.29	1.68
4.	I feel insecure because of too much competition in getting good grades	2	1.64	1.93
5.	I feel i have too much pressure because of my studies & examination	2.58	2.76	2.37
6.	I feel there is too much to do with tuition and college homework	1.17	1.76	2.06
7.	I am not sure if i am able to do well in college	1.88	1.47	1.75
8.	I do not understand what my teacher teaches	1.90	1.88	1.68
9.	I am often late for class	1.52	1.29	1.25

Findings Pertaining to Objective 1

It has been observed from the above table through weighted average score of 2.58, 2.76, 2.37 of I year, II year, III year students respectively, face difficulties pertaining to their academic work and examination and this has been revealed by majority of the students.

Table 2, Stress Due to Social Environment (Family And Friends) in Weighted Average Score Method.

S.no	particulars	1 st year	2 nd year	3 rd year
1.	I have no friends/I feel lonely	1.41	1.17	1.31
2.	I have trouble getting along with my family members	1.47	2	1.81
3.	I do not get enough money for my expenses	1.88	2.05	2.25
4.	My parents control how much money I spend	2.47	2.11	1.81
5.	I do not have enough to pay for my basic expenses	1.88	1.41	1.62
6.	I feel nobody care for me	1.82	1.41	1.31

Findings Pertaining to Objective 2

It has been observed from the above table that majority of the students feel stress about their parents not providing them with enough money for their expenses. The study also reveals that the students dislike and feel stressed about their parents controlling their expenditure.

Conclusion

Study concluded that stress among the college students is common and is process oriented. Academic factors are greater perceived cause of stress among the college students in Chennai city. Stress due to family is also found to be significantly more among the students in Chennai city. However stress is not stressor or trait specific. It is also dependent on personal ways of coping strategy and social support. It also suggested need for measures to reduce such stress.

Suggestions

1. Students should get involved with campus activities.
2. Students should also maintain communication with their family members and friends.
3. Students should keep their space and consequently their mind organised.

References

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