



A STUDY TO ASSESS THE LEVEL OF ACADEMIC STRESS, ITS PHYSICAL AND PSYCHOLOGICAL HEALTH PROBLEMS AND COPING STRATEGIES AMONG DEGREE STUDENTS IN SELECTED COLLEGES AT BANGLORE.

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ABSTRACT

Examination stress within the student community is a real cause for worry. We need to and are taking a critical look at it. It is more common than most people realize and is an issue that needs to be addressed urgently," said B.S. Baswan, secretary, secondary and higher education in the Union HRD ministry. College life is full of new experiences, challenges, and a lot of anxieties. Going to college might be very exciting; making new friends and being independent is the best part. On the other hand, it is time to get adjusted to a new lifestyle, with responsibilities and pressures. All of this creates might create stress. The stress seems to be very common in college student's life. They have to survive academically and to prepare themselves for further graduate or professional trainings. Teenagers have to deal with the idea of becoming adults, deciding on career alternatives, and developing relationships.

A Report by CNN-IBN dated on Jan 13 2010 showed, the study (conducted 10 years back) had found that 16 per cent of Mumbai students were depressed – that is 2 per cent more than the students in Boston. It also found that 8 percent of these were suicidal. After 10 years later, things could be worse. Statistics show that India has the highest suicide rate in the world, marginally behind China, but ahead of the west. 95-100 people commit suicide in India every day and of these a whopping 40% are in the adolescent age group.

This study conducted to assess the level of academic stress, its physical and psychological health problems and coping strategies among degree students in selected colleges at Bangalore.

Keywords: Academic Stress, Degree Students, Psychological Health, Physical Health Problems, Coping Strategies

INTRODUCTION

People all over the world experience one form of stress or the other irrespective of their race, colour and ethnicity, professional or academic background. Stress as an inescapable part of life generally touches a wide range of groups of population with no regard to their age, gender, educational status or socioeconomic status. Despite this fact, stress, depression and anxiety are prevailing mental health problems among college students. College students undergo numerous educational, social, environmental and psychological adjustment difficulties in the new campus atmosphere which may affect their psychosocial well-being and learning outcomes. These happen because the new tertiary educational system has a big difference in its methods of teaching, academic requirements, type of relations between faculties and even relations among students themselves. In short, stress seems to be very common in college students' life because college students need to ensure their academic survival and prepare themselves for the further



career. It is not a surprise that much of the academic stress at the college level is associated with what students learn and how they learn it¹.

MATERIALS & METHOD:

This was A Non-Experimental Descriptive research design. A total 100 College students were selected through a non-probability purposive sampling technique and colleges were selected through a simple random sampling technique through the lottery method. Data was collected by Structured knowledge questionnaires, a stress scale, Data collected under the 3 sections (socio-demographic data, Modified knowledge questionnaires in Stress scale. The reliability of the tool was established by the test-retest method formula. The reliability result was $r = 0.82$. The data was analyzed by using descriptive statistics and inferential statistics in terms of frequency, percentage, mean, standard deviation, and Chi-square values.

H1: More than 50 per cent degree students will have academic stress with selected physical and psychological health problems

H2: There will be significant relationship between academic stress regarding physical and psychological health problems and its coping strategies and their selected socio-demographic variables.

CRITERIA FOR SAMPLING:

Inclusion criteria:

- Available at the time of data collection,
- Willing to participate,
- Able to cooperate throughout the period of the data collection

Exclusion criteria:

- Sick at the time of data collection,
- Not able to cooperate during the time of data collection

RESEARERCH VARIABLES:

Age, Gender, Educational Status, Family Income, Type of Family, Religion, Duration of illness, Source of Information.

RESULT:

Result indicates that those students who have stress, about 82 of them were having moderate stress (44 of them were females and 38 of them were males) followed by 17 respondents with high stress (13 of them were females and 4 of them were males) and 3 respondents with low stress (1 male and 2 females). Therefore **H1:** More than 50 per cent degree students will have academic stress with selected physical and psychological health problems **accepted**. The majority 73% had good quality of life, 24% had fair quality of life, and 3% had very good quality of life with an average mean and SD was 58.76 ± 10.36 .

As per psychological domain, majority 55% had good quality of life, 40% had fair quality of life, and 5% had very good quality of life with an average mean and SD was 56.12 ± 13.61 .

Findings on quality of life of degree Student stress among majority students are 61% had good quality of life, 25% had fair quality of life, and 14% had very good quality of life with an average mean and SD was 240.67 ± 55.25 . The results revealed that majority 72% of Degree Student had good coping, 19% of Degree Student had very good coping and 9% of Degree Student had average coping with obtained minimum score was 20 and maximum score was 49 with score range of 29 and an average mean score was 34.22 and SD=6.227. Therefore, the research hypothesis **H2:** There will be significant relationship between physical and psychological health problems coping strategies and their selected socio-demographic variables was accepted.

Table 1: Description of Physical and psychological health problems of degree students N=100

Quality of Life	Physical Health Domain	Psychological Domain	Overall Quality of life
	f (%)	f (%)	f (%)
Poor	0	0	0
Fair	24	40	25
Good	73	55	61
Very Good	3	5	14
Score Range	50 (31-81)	68 (13-81)	256 (106-362)
Mean± SD	58.76 ± 10.36	56.12 ± 13.61	240.67 ± 55.25

Table 2: Frequency and percentage distribution of demographic variables of Degree Students. N=100

Demographic Variables	Categories	Frequency (f)	Percentage (%)
Age in years	19 years	8	8 %
	20 Years	34	34 %
	21 Years	23	23 %
	22 Years	20	20 %



	23years	10	10 %
	24 years	5	5 %
Gender	Male	63	63 %
	Female	37	37 %
Religion	Hindu	95	95 %
	Muslim	4	4 %
	Christian	1	1 %
Occupation of parents	Housewife	23	23 %
	Farmer	29	29 %
	Business	7	7 %
	Job	29	29 %
	Student	12	12 %
Family monthly income	Rs < 10000	31	31 %
	Rs 10001-20000	55	55 %
	Rs 20001-30000	8	8 %
	Rs >30000	6	6 %
Type of family	Nuclear family	66	66 %
	Joint family	34	34 %
	Single parents	--	--
Duration of illness	5 months and below	61	61 %
	6 months to 1 year	31	31 %
	Above 1 year	8	8 %
Any associated illness	Diabetes	21	21 %
	Hypertension	18	18 %
	HIV	--	-- %
	No any other disease	61	61 %
Source of information	No information	--	--
	Mass media	56	56 %
	Family and friends	9	9 %
	Health personnel	35	35 %
Total		100	100 %

Table 3: Reveals Association between the Coping Strategies of coping strategies followed and selected demographic variables among degree students with selected Demographic variable n=100

Demographic Variables	Categories	Coping strategies			χ^2 value	df	p value
		Average	Good	Very Good			
Age in years	< 20 years	8	0	0	16.66	10	0.001*
	21-30 years	1	33	0			
	31-40 years	0	23	0			
	41-50 years	0	16	4			
	51-60 years	0	0	10			
	>60 years	0	0	5			
Gender	Male	5	45	13	0.461	2	0.794 ^{NS}
	Female	4	27	6			
Religion	Hindu	9	68	18	0.856	4	0.931 ^{NS}
	Muslim	0	3	1			
	Christian	0	1	0			
Occupation of parents	Housewife	3	15	5	3.178	8	0.923 ^{NS}
	Farmer	3	21	5			
	Business	0	6	1			
	Job	2	20	7			
	Student	1	10	1			
Family monthly income	Rs < 10000	9	22	0	89.92	6	0.001*
	Rs 10001-20000	0	50	5			
	Rs 20001-30000	0	0	8			
	Rs >30000	0	0	6			
Type of family	Nuclear family	4	50	12	2.313	2	0.315 ^{NS}



	Joint family	5	22	7			
	Single parents	--	--	--			
Duration of illness	5 months and below	1	47	13	21.66	4	0.001*
	6 months to 1 year	4	21	6			
	Above 1 year	4	4	0			
Any associated illness	Diabetes	2	16	3	1.419	4	0.841 ^{NS}
	Hypertension	1	12	5			
	HIV	--	--	--			
	No any other disease	6	44	11			
Source of information	No information	--	--	--	15.77	4	0.003*
	Mass media	4	44	8			
	Family and friends	1	2	6			
	Health personnel	4	26	5			

Table 4: Coping strategies of Degree Student with academic stress. N=100

Coping strategies	f (%)	Score Range	Mean	SD
Poor coping	0	29 (20-49)	34.22	6.227
Average coping	9			
Good coping	72			
Very good coping	19			

DISCUSSION

There is clear evidence that to Physical and psychological health problems of degree students. Level of academic stress with selected physical and psychological health problems of degree students and to correlate the level of academic stress with coping strategies followed by degree students.

The present study was designed to assess the level of academic stress, its Physical and psychological health problems and coping strategies among degree students in selected colleges at Bangalore. The data findings have been organized and discussed based on the study objectives.

The domain wise Quality of life among Degree Student undergoing opioids substitution therapy reveals that in physical health domain majority 73% had good quality of life, 24% had fair quality of life, and 3% had very good quality of life with an average mean and SD was 58.76±10.36.

As per psychological domain, majority 55% had good quality of life, 40% had fair quality of life, and 5% had very good quality of life with an average mean and SD was 56.12±13.61.

Findings on quality of life of Degree Student stress among majority students are 61% had good quality of life, 25% had fair quality of life, and 14% had very good quality of life with an average mean and SD was 240.67±55.25.

The coping strategies of Degree Student with academic Stress. Results revealed that majority 72% of Degree Student had good coping, 19% of Degree Student had very good coping and 9% of Degree Student had average coping with obtained minimum score was 20 and maximum score was 49 with score range of 29 and an average mean score was 34.22 and SD=6.227.

The correlation analysis shows that stress level has weak relationship with non-productive coping ($r=0.431$), stress level has moderate relationship with productive coping ($r=0.671$), and stress level has strong relationship with reference to others coping ($r=0.773$).

Findings of this study also indicates that the coping strategy most preferred by undergraduates is the reference to others methods of coping (e.g., meeting with friends, asking advice from others, talk to people to get emotional support) followed by productive coping (e.g., play sport to cope, looking on the bright side of things) and the least preferred is the non-productive coping (e.g., avoid being with other people, feel guilty, worry about current situation) when dealing with stress.

The association between the Coping Strategies of coping strategies of degree students with coping strategies. The other demographic variables such as gender, religion, educational status, occupation, type of family and any associated illness were statistically non-significant with coping strategies of Degree Student.

CONCLUSION

The study conclusions are the researcher's attempt to show what knowledge the researcher has gained during the study and also an attempt to generalize the finding.

The focus of this study was to assess the level of academic stress, its Physical and psychological health problems and coping strategies among degree students in selected colleges at Bangalore.

Majority of degree students were willingly participated in the study. The degree students had some knowledge about Physical and psychological health problems and coping strategies. They gave



free and frank responses regarding Physical and psychological health problems and coping strategies.

LIMITATIONS:

1. The study was restricted to Bengaluru city.

2. The sample size was limited to 100 Professional degree students only.
3. The data was collected by convenient non-random sampling.
4. The knowledge, academic stress of degree students was assessed only through modified knowledge structured questionnaire.

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