



Research Paper

A study of stress management and its impact among students

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Received: 06/03/2025

Revised: 12/03/2025

Accepted: 20/03/2025

Abstract: Stress is a severe problem that is closely related to a variety of physical and mental health issues. Some of the health issues linked to stress include cardiovascular disease, diabetes, obesity, depression, anxiety, sleep issues, and immune system suppression. Stress is a feeling of emotional strain and pressure. In a psychological relational context, stress is that which affects health due to mental discomfort. In other words, “stress is a state of worry or mental tension in routine life. In general, stress is the wear and tear condition in our minds and bodies experience as we attempt to cope with our continually changing environment. It is a state that occurs mainly when the pressure is greater than the resource. Stress condition is generated on how we perceive life, whether an event makes us feel threatened or stimulated, encouraged or discouraged, happy or sad, depends to a large extent on how we perceive the situation.

The present study tries to understand what stress is and how stress is managed, especially in students.

Keywords: Stress management; Cardiovascular disease, emotional stress; stress condition.

Introduction:

Stress is defined as a person's physical, mental, and emotional reaction to certain stimuli, often known as a “Stressor.” Stress is our body's way of responding to any type of demand (Pearlin et. al., 1981). A stimulus is responsible that creates stress is referred to as a stressor. The feeling is first affected by stress, which leads to psychological disorders. There are some early signs of stress like anxiety, excessive worry, changes in sleep patterns, anger, intolerance sadness. Another example of stress creation is the thought of harming oneself or others and internal pressure (Yaribeygi et al., 2017).

According to Selye 1956, stress is defined as any external event or any internal drive that threatens to upset the organism's equilibrium. In other words, stress is a condition or feeling experienced when a person perceives that the demands exceed their personal and social resources. Eusthenia, distress, acute stress, and chronic stress are some

categories of stress. Our bodies respond to stress by going into fight or flight mode (Dhabhar, 2018). Stress is a person's physiological and psychological response to the perception of a demand or any type of challenge. It is well known that due to their academic and personal life, students are most frequently affected by stress.

In a disturbed routine life, students face various challenges, difficulties, and a lot of pressure in their surrounding atmosphere in a competitive world. In other words, stress is the process by which an individual or a person reacts when exposed to external or internal problems, and how these challenges are faced in the routine of life, especially in teenagers.

According to a physiological point of view, "any organism having numerous systems to coordinate such adaptive responses both at systemic as well as cellular levels." Thus, stress has a direct effect on the brain and the whole physiology of the body. In this situation body as such failure to adapt to a stressful condition can result in neurological and physiological problems and also causes many areas of psychological challenge in the form of anxiety, depression, pain, and other disorders. Agarwal and Chahar, 2007; Keinan and Perlberg, 1986.

According to Koolhaas et al. (2011), the body's reaction to any changes that require adjustment, in psychological terms known as response to stress, in this situation body reacts to his change with physical, mental, and emotional responses. Stress is always present in our surroundings, such as the environment, the body, and thoughts. Several studies state that stress can affect one's body, thoughts, feelings, emotions, and behavior. All factors may lead to serious health problems such as obesity, heart

disease, and diabetes. The human body produces a large quantity of hormones like adrenaline, noradrenaline, and cortisol. These endochronological factors of the body and in the environment may trigger this reaction. The stress level is determined by the environment or situation, which we face and feel in many routine life. There are different types of stress, such as acute stress, episodic stress, and chronic stress. Acute type of stress is a common short-term stress that occurs and is caused by keep thinking about the pressures of current or future situations. Ranabir and Reetu, 2011; Hammen et al., 2009.

Type of stress:

There are two types of stress –

1. Eustress – It is the good or positive stress that occurs in pleasurable settings (Kupriyanov and Zhdanov 2014)
2. Distress – Distress is the negative or bad form of stress that arises when you consider something to be hazardous, like being jobless, the death of a loved one, long-term illness, etc Holland et. al, 2013.

The Effect of Stress on the Human Body:

According to endocrinologists, the human body produces stress hormones when you are stressed. Those hormones are released through endocrine glands, these endocrine glands secrete several hormones in the body. The over secretion and deficiency of these hormones cause various physiological effects in human beings. Pituitary, adrenal, pineal, thymus, thyroid, parathyroid, and pancreas are the various endocrine as well as exocrine glands that are situated in various positions in the human body. Infection and disease may be exacerbated by stress and the accumulation of stress hormones

over time Yaribeygi et. al., 2017. The following diseases are caused due to stress-

Asthma (Sandberg et al., 2000); Obesity, Diabetes (Survit et al., 1992); Headaches, Anxiety, depression, Alzheimer's disease, and reproductive problems, etc. (Martin, 2016).

Causes of Stress:

Social Stressor – The presence of various social positions, such as parent, spouse, caretaker, and employee, might cause us to feel several stressors. Ozbay et al., 2007.

The environment can present you with competing demands against adverse conditions to adjust, noise, weather, pollution, traffic, crowding, crime, etc., (A) are examples of environmental stressors. (Guskii, 2001).

Thoughts – Our mind interprets and copes with situations like stressful, (B) painful, challenging or enjoyable (Schneider et al., 2005).

There are many types of stressors, which are classified and grouped by psychologists into many categories. (Monroe, 2001).

There are many causes of stress in daily life. The important thing that you have to identify is what type of stress you are facing and what the causes of stress are. (D) Finally, you should identify how to manage stress. The events that provoke stress are called stressors, and they can cover the whole range of situations. Some of the main stressors among students are:-

Academics – the worry about academic performance can cause stress symptoms such as insomnia, anxiety, loss of appetite, etc.

Career: Stress is a chronic disease among the youth that negatively affects individuals' performance in their careers.

Finances: All young people feel stressed about money, as they are facing lots of problems to maintain their lifestyle. If they fail to fulfill the requirement, then it creates stress.

Relationships are another big aspect to stress. If a person finds that making friends is a bit harder than he/she had expected, this causes stress.

Time management – A lack of time management causes stress in students

Stress management:

To manage stress, s type to adopt one thing in routine life, worry less, and do more. The A's mold is given to cope with stress are Avoid, Alter, Adopt, and Accept.

Avoid – Say no to unnecessary stressors and delegate tasks. This practice is very important to prioritize and organize to reduce stress.

Alter – Change your approach by communicating needs. It is a very important method for which problems should be solved to break tasks into manageable steps and solving complex problems.

Adopt – Adjust expectations and focus on what you can control. In such a type of management, reframe problems positively and practice gratitude.

Acceptance – Acceptance is the most important management. First, you have to accept what you cannot change and forgive. After acceptance, you should find meaning in challenges and focus on growth.

The 4A model of stress management, a well-known approach, suggests managing stress by avoiding stressors, altering those you can. Accepting those you cannot change, and adapting to them for successful management of stress.

Practices to less stress levels:

Six practices in your daily life can reduce stress.

4-7-8 breathing techniques – Inhale for 4 seconds, hold for 7, exhale for 8 to calm the nervous system.

Progressive muscle relaxation – Tense and then slowly release each muscle group in the body.

Mel Robbins 5 Second rule - Count back words from 5 to 1 and take action. This helps overcome hesitation.

Digital Detox – Actively block time off to avoid looking at screens, especially in the evening. Such action frees up our mental storage.

ACB Technique – Analyse stress with activating events, beliefs about the event, and consequences after that change irritational beliefs.

Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds. Repeat until your heart rate is controlled.

Conclusion: It is noted that students are stressed to a very high level. The symptoms, which are especially identified, are depression, anxiety, and headaches are more common among students. It is identified and concluded that among all factors, the main causes of stress among youth are financial, psychological, job security, and relationship stress. Another important stress is to maintain social relationships and career-related ones. The students have a fear of job opportunities and how they will survive in the competitive environment.

It is observed that due to the increase use of social media, the young generation becomes self-centered and only connects with multimedia technology. Such activities reduce the physical movement of the body and spending time with relatives and friends. All these factors create stress, which increases the risk of desperation and suicide. In this situation,

it is necessary and suggested to the young generation that they set some objectives, they should suggest using technology within limits, and share their emotions with their loved ones only.

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