

A Descriptive Study on Sources of Stress and Effective Stress Management Techniques among Youth

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Abstract: *Stress is the condition of psychological tension that arises in an individual due to challenges in their social and environmental welfare, leading to a range of potential ailments. Adolescence is a pivotal period since it encompasses significant transformations in the lives of young individuals. They are expected to belong to the upper echelon of society. Consequently, it is imperative for students to enhance their stress-management abilities in order to maintain a healthy lifestyle once entering society. During adolescence, a child must adapt to a new way of life and environment, while also familiarizing themselves with various unknown individuals, events, and items. They are experiencing significant life stress. Hence, it is vital to identify the origins of stress among individuals, as well as the strategies they employ to manage it. The study indicates that stress is predominantly triggered by academic evaluations, social interactions, marital conflicts, significant life transitions, and career exploration. Generally, this kind of stress can lead to behavioural, physiological, and psychological problems. This study aims to determine the causative elements of adolescent stress. Subsequently, the researcher recommends that once the causes have been identified, greater emphasis should be placed on monitoring the child's development as they enter adolescence. They ought to be brought up in a supportive and caring setting. There is a need to enhance the significance of outdoor activities and establish a supportive learning environment by mitigating the adverse impacts of stress. The research findings will provide advantages to individual students, academics, lecturers, career centers, and counseling services.*

Keywords: Adolescents, Psychological stress, Stressor, and Stress management

I. INTRODUCTION

Stress refers to any external event or internal stimulus that poses a threat to the organism's state of equilibrium. Stress occurs when an individual perceives that the demands placed upon them exceed their available personal and social resources.

There is a recognized observation that young individuals experience higher levels of stress in the contemporary competitive society. We were educated on the topics of melancholy, self-harm incidents, and further indications of mental illness in adolescents. Periodically, we are provided with data regarding juvenile suicide, attempted suicide, depression, dropout rates, and other psychological problems. With the current shift in circumstances, most of us have become cognizant of the various factors that cause stress among college students. Consequently, we strive to establish a conducive atmosphere that fosters a positive mindset among young individuals. Furthermore, both individuals and other organizations have implemented measures to engage in diverse activities aimed at reducing stress.

Adolescence may be a dangerous period when young people face difficulties in managing their responsibilities and figuring out their identity. Their primary sources of stress include financial challenges, career exploration, interpersonal disputes, and academic examinations. Usually, this type of stress can lead to problems related to behavior, physical health, and mental well-being. An endeavor is undertaken to fully understand the stress and emotional adaptations experienced by contemporary young individuals, while considering all of these concerns. The findings of this study could potentially assist students in adapting more effectively and attaining higher academic performance.

II. LITERATURE REVIEW

Multiple research have established a significant correlation between stress and college students (Schafer, 1996; Fisher, 1994; Altmaier, 1983; Greenberg & Valletutti, 1980). Stress, according to Lazarus & Folkman (1984), is a psychological or physiological response that arises from an individual's contact with the surroundings and their cognitive evaluation of the stimuli. Stress is determined by the existence of a stressor. Feng (1992) and Volpe (2000) define a stressor as a factor that challenges an individual's ability to adapt or disrupts their bodily or mental well-being. Stress can be influenced by environmental variables, psychological factors, biological elements, and social features.

Extensive research has been conducted on the topic of academic stress in students. Common stressors identified include an excessive workload, intense competition with peers, academic failure, financial constraints, strained relationships with fellow students or professors, familial responsibilities, and domestic issues (Fairbrother and Warn, 2003). The semester system, large lecture halls (Ongori, 2007; Awino and Agolla, 2008), and insufficient resources for academic activity are pressures at the institutional (university) level. Erkutlu and Chafra (2006) found that when these incidents happen, individuals experience disorganization, disorientation, and reduced ability to cope, which can result in health problems associated to stress.

The academic environment is highly demanding due to the limited time available and the expectation to excel in exams or assessments (Erkutlu and Chafra, 2006; Polychronopoulou and Divaris, 2005; Misra and McKean, 2000). The conflict between one's social life and academic commitments is expected to affect social relationships both within and beyond the University (Fairbrother and Warn, 2004).

It is widely acknowledged by researchers that stress symptoms encompass various indicators such as fatigue, the use of over-the-counter medications, elevated blood pressure, feelings of depression, increased appetite, impaired concentration, restlessness, tension, and anxiety, among other factors (Malach Pines and Keinan, 2007; Ongori, 2007; Ongori and Agolla, 2008; Agolla, 2009). An individual undergoing any of these circumstances is likely to encounter stress. However, the individual's perception of the situation and their level of resilience may also influence the outcome. Each student's negative effects of stress can vary greatly from those of another student, depending on their previous experiences with events and their level of resilience. Based on their research, Jaramillo et al. (2005) and Stevenson and Harper (2006) found that an individual's perspective plays a crucial role in determining whether a stressor has a detrimental impact. This perspective determines whether the person experiences physical or psychological symptoms of stress.

The absence of action regarding student stress may also be ascribed to the fact that the enrollment in a school does not influence the quality of education that the student obtains. We argue that if the institution does not take appropriate measures to protect the well-being of students, their health may hinder their ability to get the intended education (Daniels and Harris, 2000; Smith et al., 2000; Finlayson, 2003). Based on extensive research conducted by Gibbons and Gibbons (2007) and McCarty et al. (2007), stress is influenced by individuals' perception of their circumstances and the strategies they employ to cope with it.

Factors contributing to stress in young individuals [stressors]

Stressors are the specific circumstances that lead to stress, which might range from giving a class presentation to taking a semester's worth of your most difficult courses. Some of the primary causes of stress for students include:

Academic stress can manifest as symptoms such as anxiety, insomnia, hunger changes, and mood fluctuations due to concerns about one's academic performance. According to Morehouse State University, young people possess unfavorable study habits and tend to hastily review their academic material on the night preceding their tests. The presence of stress among students can be attributed to the combination of heavy schoolwork and the anxiety associated with exams. The primary cause of stress among university students is the multitude of chores they are required to complete.

Financial hardship is a common issue among young individuals. A significant proportion of young individuals are either jobless or are engaged in occupations that do not offer satisfactory remuneration. Their objective is to preserve their lifestyle and meet the demand for popular products like as automobiles, bicycles, and mobile phones. Stress occurs when individuals are unable to fulfill the necessary criteria.

Interpersonal connections - Relationships have a substantial impact on stress levels. Regardless of the level of intimacy, whether they are close companions or just acquaintances, everyone desires to have friends. Stress can also be common when an individual realizes that forming friendships is little more challenging than expected.

Occupational stress is a persistent condition that is widespread among the younger generation and has a harmful effect on an individual's performance and overall well-being. Workplace stress can be attributed to various things, such as fierce rivalry, unsupportive colleagues, and job insecurity. The students are apprehensive about the fierce competition in the job market and the potential loss of job prospects.

Time management is a challenge for young people in both secondary and university education, leading to stress. Juggling academic responsibilities, social engagements, and domestic obligations can provide a formidable challenge. Introducing a part-time job increases the level of difficulty.

Strategies to alleviate stress

It is imperative to comprehend the sources, expressions, and consequences of stress on pupils as young people are a nation's most valuable asset for future leadership. The adverse impact of stress on young individuals is expected to pose difficulties for the individual, their colleagues, and society as a whole (Siegrist, 1998; Cartwright and Boyes, 2000). Stress poses a significant risk to the overall well-being of young individuals (Danna and Griffin, 1999; Dyck, 2001). Some suggestions for alleviating adolescent stress include: The academic curriculum now include lectures promoting a positive lifestyle, along with activities aimed at alleviating stress, thereby inspiring children to choose and maintain healthy lifestyles. Workshops are essential as they empower participants to acknowledge and harness their own inherent resilience. Adolescents are required to -

- Establish both personal and professional objectives.
- Ensure that they are organized and well-arranged.
- Time management
- Current curriculum
- Maintain regular communication with your family members.
- Foster positive and healthy interactions.
- Express your viewpoints and concerns with someone.
- Familiarize yourself with your belongings.
- Maintain an optimistic perspective

Young individuals should develop a range of abilities and talents, including those related to academics, social interactions, and practical aspects of life. In addition, it is advisable for individuals to adhere to a nutritious diet and regularly participate in physical activity. Adolescents ought to select hobbies and allocate time for relaxation or participation in leisurely pursuits.

III. CONCLUSION

The findings unequivocally indicate that young people undergo significant amounts of stress. Students are prone to experiencing symptoms such as loss of appetite, sadness, and headaches. The primary factors contributing to stress among young people across all aspects are relationship, financial, and psychological stress. They are utilizing technology to enhance networking in order to sustain the social network. Their subsequent cause of stress pertains to employment. They are concerned about securing employment and navigating a very competitive and ruthless professional atmosphere. Adolescent participants demonstrated knowledge of several stress reduction techniques, such as meditation, ensuring sufficient sleep, socializing with friends, and seeking counselling.

An observed trend indicates that the rise in social media usage among young individuals is correlated with an increase in self-centeredness and a preference for interacting solely with technology. The amount of time spent with family and friends and engaging in physical activity is decreased. Each of these factors contributes to stress, hence increasing the likelihood of suicide and depression. Adolescents ought to establish objectives and adhere to a strategic course of action

in order to accomplish them. Furthermore, individuals should employ technology in a responsible manner and effectively communicate their emotions to their loved ones.

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