

Descriptive Study on Sources of Stress [Stressors] and the Effective Stress Management Amongst Youngsters

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Abstract: *Stress is a state of mental strain for a specific person experiencing issues with their social and environmental well-being, which can result in a variety of illnesses. Young age is a crucial stage since it is a time when youth experience many changes in their lives. They are anticipated to be the social elite. Therefore, students should improve their stress-management skills in order to lead a healthy life after they join society. When a child reaches adolescence, they must not only get used to a new lifestyle and setting, but also become acquainted with a wide range of unfamiliar people, occasions, and objects. They are under a great deal of life stress. Therefore, it is crucial to recognise the sources of stress among them as well as coping mechanisms. According to the study, stress is primarily caused by academic assessments, interpersonal interactions, marital issues, life changes, and job exploration. Typically, such stress can result in behavioural, bodily, and psychological issues. This study identifies the factors that lead to youth stress. The researcher then advises that, after identifying the causes, more attention be focused on the child's growth as they approach adolescence. They should be raised in a nurturing environment. The importance of outdoor activities should be increased, and by reducing the negative effects of stresses, a hostile learning environment should be created. The research results will benefit individual students, academics, lecturers, career centres, and counselling services.*

Keywords: Youngsters, Stress, Stressor, and stress management.

I. INTRODUCTION

Stress, according to Selye (1956), is "any external incident or any internal impulse that threatens to alter the organism's homeostasis." When a person believes that demands surpass the amount of personal and social resources they are able to mobilise, they experience stress, which is a condition or feeling.

It has been noted that young people are more stressed in today's competitive world. We learned about sadness, suicide attempts, and other psychiatric signs among young people. We occasionally receive information on youth suicide, attempted suicide, depression, dropout, and other psychological disorders. Now that the situation has changed, the majority of us are aware of the stressors that college students face and work to create an environment that encourages young people to think positively. Individuals and other organisations have also taken action to carry out various activities to lessen stress.

When adolescents struggle with self-organization and role uncertainty, it can be a perilous time. They experience stress mostly as a result of financial difficulties, career exploration, interpersonal conflicts, and academic exams. Typically, such stress can result in behavioural, bodily, and psychological issues. An effort is made to comprehend the stress and emotional adjustments of today's youth taking into account all of these issues. This study's conclusion may help pupils acclimatise better and achieve better academically.

II. REVIEW OF LITERATURE

Numerous studies have found a substantial link between stress and college students (Schafer, 1996; Fisher, 1994; Altmaier, 1983; Greenberg & Valletutti, 1980). Stress, as defined by Lazarus & Folkman (1984), is a mental or physical phenomena that develops as a result of one's interaction with the environment and cognitive appraisal of the stimulation. The presence of the stressor determines whether there is stress. According to Feng (1992) and Volpe (2000), a stressor

is something that tests a person's capacity for adaptation or agitates their physical or mental state. Environmental variables, psychological issues, biological factors, and social aspects can all contribute to stress.

Academic stress among students has long been studied, and stressors include having too many assignments, competing with other students, failing, not having enough pocket money, having bad relationships with other students or lecturers, having a family, or having problems at home (Fairbrother and Warn, 2003). The semester system, crowded lecture halls (Ongori, 2007; Awino and Agolla, 2008), and a lack of resources for academic work are institutional (university) level pressures. According to Erkutlu and Chafra (2006), for example, when these occurrences occur, a person becomes disorganised, disoriented, and less able to manage, which can lead to stress-related health issues. The academic setting is extremely stressful because of the time constraints and pressure to perform well on exams or tests (Erkutlu and Chafra, 2006; Polychronopoulou and Divaris, 2005; Misra and McKean, 2000). Due to the clash with one's social life, this is likely to have an impact on social connections both inside and outside of the University (Fairbrother and Warn, 2004).

Researchers have long recognised that stress symptoms include fatigue, taking over-the-counter medications, high blood pressure, feeling depressed, increased appetite, difficulty concentrating, restlessness, tensions, and anxiety, among others (Malach Pines and Keinan, 2007; Ongori, 2007; Ongori and Agolla, 2008; Agolla, 2009). A person who is going through one of these things is probably going to experience stress. However, how the person views the circumstance and how resilient they are may also play a role in this. Based on their prior experiences with events and their level of resilience, each student's negative impacts of stress may differ significantly from those of another student. According to their research, (Jaramillo et al., 2005; Stevenson and Harper, 2006), the perspective of the person influences whether or not the stressor has a negative effect, i.e., whether it results in the person experiencing physical or psychological signs of stress.

The lack of action on student stress may also be attributed to the fact that enrollment in a school has no bearing on the calibre of the education the student receives. We contend that unless the institution takes proper steps to ensure students' well-being, the students' health may impair their ability to receive the kind of education they are expected to (Daniels and Harris, 2000; Smith et al., 2000; Finlayson, 2003). According to substantial study on stress by Gibbons and Gibbons (2007) and McCarty et al. (2007), stress is related to how people perceive their circumstances and the coping mechanisms they use.

III. CAUSES OF STRESS AMONG YOUNGSTERS [STRESSORS]

The situations that cause stress are known as stressors, and they might include everything from making a class presentation to taking a semester's worth of your most challenging courses. Among the major sources of stress for students are:

Academics: Stress symptoms like anxiety, insomnia, and changes in appetite and general mood might be brought on by worrying about how well you're doing academically. Youth have bad study habits and cram their studies in the night before exams, claims Morehouse State University. Stress among students is caused by workload and exam anxiety. Numerous tasks are the main reason for stress among university students.

All young individuals experience financial difficulty. The majority of young people are unemployed, or the jobs they do have don't pay as well as they would want. They want to maintain their way of life and supply goods like cars, bikes, and mobile phones that are in demand. Stress arises if they are unable to meet the requirement.

Relationships - Relationships play a significant role in stress. Whether they are close pals or merely acquaintances, everyone wants to have friends. Stress is also prevalent if a person discovers that making friends is a little more difficult than anticipated.

Career/Job related stress is a chronic illness that is prevalent among today's youngsters and has a detrimental impact on a person's performance and/or general mental and physical health. There are numerous factors that contribute to workplace stress, including intense competition, an unkind coworker, and a lack of job stability. The pupils are afraid about the market's competition and missing out on a job opportunity.

Time Management: Youth, whether in secondary or tertiary education, experience stress due to poor time management. It might be challenging to balance schoolwork, peer activities, and home life. Add a part-time work, and the difficulty rises.

IV. SUGGESTIONS TO OVERCOME STRESS

It is crucial to understand the origins, manifestations, and effects of stress on students since youth are a country's greatest resource for future leadership. Stress' detrimental effects on young people are likely to present challenges for the person, their coworkers, and society at large (Siegrist, 1998; Cartwright and Boyes, 2000). Stress is a serious threat to young people's quality of life (Danna and Griffin, 1999; Dyck, 2001). Some recommendations for easing juvenile stress include: The academic curriculum now includes lectures encouraging a positive lifestyle as well as workshops to combat stress, inspiring children to lead healthy lives. Workshops are crucial because they enable participants to recognise their own inner strength. Youngsters must -

- Set both personal and professional goals.
- Keep them planned and structured.
- Managing time
- Current course material
- Participate in a variety of activities.
- Keep in touch with your relatives.
- Establish wholesome interactions.
- Share your opinions and issues with someone.
- Get to know your possessions.
- Keep positive outlook

Youngsters should acquire competences (academic, social, and life skills). They should also consume a healthy diet and engage in frequent exercise.

Teenagers should choose interests and take breaks to unwind or engage in recreational activities.

V. CONCLUSION

The findings unmistakably demonstrate that youth experience substantial levels of stress. Students are more likely to experience the symptoms, which include appetite, depression, and headaches. Relationship, financial, and psychological stress are known to be the key drivers of stress among young people across all determinants. They are using technology to expand networking in order to maintain the social network. Their next source of stress is work-related. They worry about getting a job and surviving in a cutthroat environment. Young responders were able to name a few methods for reducing stress, including meditation, getting enough sleep, hanging out with friends, and counselling.

It has been noted that as social media use among young people increases, they become more self-centered and exclusively interact with technology. Spending time with family and friends and moving the body physically are reduced. All of these lead to stress, which raises the risk of suicide and depression. Young people should set goals and follow a plan to achieve them. They should also utilise technology responsibly and express their emotions to those they care about.

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