

# Study and Analyse the Stress and Anxiety of Post Graduate Students

Dr. Vinod Waiker<sup>1</sup>, Rucha Lohi<sup>2</sup>

Assistant Professor, MBA, Datta Meghe Institute of Management Studies, Nagpur, Maharashtra, India<sup>1</sup>

Assistant Professor, MBA, Datta Meghe Institute of Management Studies, Nagpur, Maharashtra, India<sup>2</sup>

**ABSTRACT:** This is the very common psychological trends of stress and anxiety among all college students of higher studies. This paper examine and verify the fact and the reason for the factors contributing to stress, anxiety and depression of post graduate students and the probable remedies for the same. Study the common factors, environment, root cause and its effect along with understanding the peer pressure, work pressure, social pressure for the professional career. Studied and analyses some cases for the better management of anxiety and stress along with probable remedies for student of higher studies.

**KEYWORDS:** Stress, Anxiety, Student's psychology, Peer Pressure, Higher study stress.

## I. INTRODUCTION

The numerous challenges faced by students while their study in different continental, but the common problem among all is the anxiety and stress which is increasing as we are advancing in the future ready professional. Due to the literacy rate increased globally [2] and customer awareness about the product and services the global competition has reached the next level. The Service provider has improved their services to cater the needs of the customer and so the performance does matter of organization in general and individual in particular.

## II. RELATED WORK

As per Sandeep et al., students are exposed to stress due to academic, personal, social and other surroundings along with some other factors. These factors play important role in the development of stress from trivial to severe intensity. The absence of effective workshop and formal course related to stress management augment to next level and leads to increase in the dropout ratio and personal problems too.

As per the SyedaRazia et al., stress, anxiety and depression are negatively correlated with life satisfaction in university students. Their finding says that the socioeconomic factors also influence the stress level and students coming from joint family is having less stress than the student who is coming from the nuclear family. Postgraduates also have pressure due to high expectation from parents, friends and society to perform better and get a good startup job for the future career path.

As per the NuranBayram et al, this high rate of depression due to stress and anxiety not only have the adverse effect on student's health but also have an influence on personal life. Student's mental health is a global issue irrespective of caste, creed, community or any geographical area.

As per Abdalla A. M. Hamid obsessive-compulsive disorder is problematic and influences the academic as well as the daily life that needs to be addressed with a proper psychological assistant.

# International Journal of Innovative Research in Science, Engineering and Technology

(A High Impact Factor, Monthly, Peer Reviewed Journal)

Visit: [www.ijirset.com](http://www.ijirset.com)

Vol. 7, Issue 2, February 2018

As per Dalia Saleh et al., the perceived stress of student is correlated with four personality factors names Extraversion, Agreeableness, Conscientiousness and Neuroticism.

As per the Ratanasiri pong, P et al., the biofeedback program also helps students to better manage their stress and anxiety with the help of setting up small units like Health Center, Counselling Center, Health Education Unit, Wellness center, Academic advising area or Sharing Point etc. This biofeedback program includes how to get relieved from muscle tension, blood pressure, breathing, heart rate, brain wave states, skin temperature, and skin conductance etc. This is more cost-effective and returns on investment for the students.

As per the Misra, R. et al, emotional and cognitive factors are more contributing to stressors and is occurred more frequently than behavioral and physiological factors to the stressor. Females are exposed to more physiological and higher self- imposed stressed than the male counterpart. Moreover, the females are efficiently managing time, set prioritize goal and had a structured handling of time task and workplace.

A Cross-cultural study of Ben-Zur and Zeidner (1988) says that the higher anxiety levels among females than males counterpart and concluded that females are more vulnerable to stress and anxiety, regardless of cultural differences. In similar stress situations, women seem to be more prone than men to manifest stress symptoms. Further, this study says that irrespective to country, region or religion the females were significantly higher on both stress and anxiety

### III. OBJECTIVES

- To study and analyse the situation of stress and anxiety among students of higher study
- To study the remedies for the stress and anxiety among students of higher study.
- To study the role of social media for stress and anxiety among students of higher study.
- 

### IV. EXPERIMENTAL RESULTS

As per Deziel et al. identify the sign of concern in students which shows some symptoms of stress and anxiety like poor self-esteem, hopelessness, loneliness, feeling tired more frequently, rapid grade drops, impulsive behavior, chronic pain, thought of talking about death or suicide.

Following are some of the parenting techniques which stated by PR, N. et al. helps to relieve the stress and anxiety up to some extent like Giving more responsibility, learn how to criticize, limiting the use of electronic gadgets, being consistent in discipline, avoiding the entitlement trap, teaching essential life skills, lowering stress and preventing burnout among many more.

In today's scenario, the physical activity will help to relieve the stress up to a greater extent. Meditation along with positive thoughts also helps to convert the negative waves to the positive direction. Thought analysis with proper justification for the cause and effect will lead to

Technology and social media can mean that students are constantly connected with others, but also that they're not getting as many meaningful, interpersonal communications that often help one learn or develop.

The web-based venue for peer-generated experience sharing like blogs, chat and what's up, are some of the places where one can engage and cope with stress and anxiety. Study-related stress can also be relieved by sharing some of the text, reading material, lecture video and handouts for the students who are feeling stress due to study related issues.

Social media now has clearly changed the way people interact with their friends, read the news and stay connected with information and data in their day-to-day lives. This dependency on data and social media is creating constant

# International Journal of Innovative Research in Science, Engineering and Technology

(A High Impact Factor, Monthly, Peer Reviewed Journal)

Visit: [www.ijirset.com](http://www.ijirset.com)

Vol. 7, Issue 2, February 2018

pressure to stay connect and may be taking a toll on the human psyche, research suggests. Some of the findings recent studies have linked more frequent Facebook use to poorer physical and mental health, plus diminished life satisfaction.

As per the independent.co.uk website even if you are connected to your near and dear one 24/7 but it also makes you lonelier. Another study found that the more time people spent on social media per day, the more likely they were to have symptoms of anxiety. If you spend two hours daily on these platforms, your chances of feeling isolated are twice as high. That may be because like Instagram make it easy to compare yourself with others, and news-heavy sites like Facebook and Twitter expose you to disturbing headlines and upsetting opinions.

What to do? Trimming your social habit to just one platform may lighten your load. And taking even a short break has been shown to improve mood. According to findings in a study published last year, people who quit Facebook for a week had big jumps in life satisfaction and positive emotions, compared with those who kept using Facebook as usual. And the more a person had used Facebook before taking a break, the greater their happiness boost after giving it up

## V. CONCLUSION

The students of higher studies are prone to get stress due to the number of reasons like study, peer pressure, social pressure, job pressure, performance, self-esteem and so on. The physical exercise may be running, walking, water aerobics, swimming, any indoor or outdoor game along with yoga helps in relieving stress and anxiety. For water aerobics, pre-anxiety scores were high. The study reveals that students may have been more anxious and fear of water, water aerobics reduced anxiety more than any exercise modes.

College should have enough infrastructure for the exercise, recreation facility along with free access to the counselor so that they can share the issues with somebody. It is not necessary to counsel them but at least the places where they can release the stress and feel better. The Counsellor will better convert his/her negative thoughts into a positive direction.

As per Bing Wei et. al., Colleges and universities are supposed to encourage and evaluate their existing resources and priorities with regards to creating a campus that supports healthy behaviors and lifestyles. The college should also have the blend of both academic and extracurricular activities in the program so that it promotes healthy lifestyles that emphasize physical fitness and stress management. There should be some mechanism where case-based study with moral science with business ethics should also be included to learn how to react and behave in specified situations. This helps in relieving the stress and anxiety for college students of higher studies.

## REFERENCES

- [1] Dalia Saleh, Lucia Romo, Nathalie Camart, Is Perceived Stress of French University Students Related to Personality Traits? , Psychology Research, Vol. 7, No. 1, 42-49, January 2017.
- [2] Mr. Sandeep Kumar Sharma<sup>1</sup>, Dr. Sweta Sinha, Psycho-Analytical Investigation of Stress among Students of Higher Technical Education in India: A Case Study, The International Journal of Indian Psychology ISSN 2348-5396 (e) | ISSN: 2349-3429 (p) Volume 4, Issue 2, No. 93, DIP: 18.01.135/20170402, January-March 2017
- [3] SyedaRaziaBhukari, Farhana Saba, Depresssion, anxiety and stress as negative predictors of life satisfaction in university students, Rawal Medical Journal Vol 42, No-02, April June 2017.
- [4] Alexandra H. Bettis, Mary Jo Coiro, Jessica England, Lexa K. Murphy, Rachel L. Zerkowitz, Leandra DeJardins, Rachel Eskridge, Laura HieberAdery, Janet Yarboi, Daniel Pardo & Bruce E. Compas, Comparison of two approaches to prevention of mental health problems in college students: Enhancing coping and executive function skills, , JOURNAL OF AMERICAN COLLEGE HEALTH, VOL. 65, NO. 5, 313–322, 2017.
- [5] Khalid I. Khoshhal, Gamal A. Khairy, Salman Y. Guraya&Shaista S. Guraya : Exam anxiety in the undergraduate medical students of Taibah University, Medical Teacher, DOI: 10.1080/0142159X.2016.1254749, 2017.
- [6] Abdalla A. M. Hamid, The Relationship between Compulsions, Worry, and Academic Performance among United Arab Emirates University Students Horizons in Humanities and Social Sciences: An International Refereed JournalHSS-CHSS-UAEU, ISSN 2413-6301, 2017
- [7] Deziel, S., Big brains, big danger. Maclean's, 124(43), 86, 2011.

## International Journal of Innovative Research in Science, Engineering and Technology

*(A High Impact Factor, Monthly, Peer Reviewed Journal)*

Visit: [www.ijirset.com](http://www.ijirset.com)

**Vol. 7, Issue 2, February 2018**

- [8] EARNEST, D. R., & DWYER, W. O, IN THEIR OWN WORDS: AN ONLINE STRATEGY FOR INCREASING STRESS-COPING SKILLS AMONG COLLEGE FRESHMEN. *College Student Journal*, 44(4), 888-900, 2010.
- [9] Ratanasiripong, P., Sverduk, K., Hayashino, D., & Prince, J.. SETTING UP THE NEXT GENERATION BIOFEEDBACK PROGRAM FOR STRESS AND ANXIETY MANAGEMENT FOR COLLEGE STUDENTS: A SIMPLE AND COST-EFFECTIVE APPROACH. *College Student Journal*, 44(1), 97-100, 2010
- [10] NuranBayram, NazanBilgel, The prevalence and socio-demographic correlations of depression, anxiety and stress among a group of university students, *Soc Psychiatry PsychiatrEpidemiol* 43:667–672, 2008.
- [11] Baloğlu, M., Abbasi, A., & Masten, W. G., A CROSS-CULTURAL COMPARISON OF ANXIETY AMONG COLLEGE STUDENTS. *College Student Journal*, 41(4), 977-984, 2007.
- [12] Bing Wei1, Kilpatrick, Marcus1, *American Journal of Health Studies.*, Vol. 21 Issue 3/4, p142-147. 6p,2006.
- [13] Misra, R., & McKean, M., COLLEGE STUDENTS' ACADEMIC STRESS AND ITS RELATION TO THEIR ANXIETY, TIME MANAGEMENT, AND LEISURE SATISFACTION. *American Journal Of Health Studies*, 16(1), 41, 2000.
- [14] Literacy [Online] <https://ourworldindata.org/literacy/>
- [15] PR, N. Parenting Coach Sounds the Alarm in New Book that Parents May be Setting Kids Up for Failure. *PR Newswire US*, 2013