

STRESS IN THE ACADEMICS: SOURCES, EFFECTS AND SOLUTIONS

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ABSTRACT

Every human being is faced with stress. The stress is unavoidable and it is impossible to remove the stress from our life. So, it requires the ability to cope with stress. It is seen that the stress is common during the student life also. The students have the stress to complete the tasks and assignments, stress of the daily tests, stress of maintaining good performance throughout the year, stress of performing the best in the annual exams, stress of separations from the family and friends, stress of changing physiological condition, etc. Throughout the academic life, a student is faced with several issues that create stress for him/her. The researcher has given tips which will be useful to the students for coping with the stress. In this paper, the researcher has focused on analyzing such issues and has tried to help out from the negative effects of stress.

KEYWORDS: *Stress, Students, Academics, Negative Effects, Strategies.*

Introduction

Experts in the field have written and explained so many aspects about the stress. There has been much focus on stress in the workplace and its effects on the employees. There are lot of discussions about the workplace stress and tips to cope with it. There is another area where ploughing is much less i.e. the Stress in the Academics. During the academics, there are so many factors that are stressors for the students and they create negative effects on the performance of the students. This paper is focused on the sources, effects and solutions for the stress. Every human being is faced with stress. The stress is unavoidable and it is impossible to remove the stress from our life. So, it requires the ability to cope with stress. Throughout the academic life, a student is faced with several issues that create stress for him/her. In this paper, the researcher has focused on analyzing such issues and has tried to help out from the negative effects of stress.

Review of Literature

Following literature on the stress is reviewed for this article:

Nivethitha, P., and Rita, S., (2016),¹ have studied stress management among student community. They say that the students are most frequently affected by the stress due to their academic life. They are faced with challenges to stay up in the competition. They are stressed to keep up their daily performance. They need immediate help to find out the solutions of negative stress.

Bunn, A., Bifulco, A., Lorenc, A. and Robinson, N. (2007),² have offered solutions on stress for teenagers. They have developed various programs, packages and products for helping teenagers to come out of negative stress. They have studied the pros and cons of stress among the teenagers.

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¹ Nivethitha, P., and Rita, S., (2016), "A Study on Stress Management among Student Community", IJESRT, Vol., 5(11), PP. 480-483.

² Bunn, A., Bifulco, A., Lorenc, A. and Robinson, N. (2007), "Solutions on Stress (SOS): programmes, packages and products for helping Teenagers", Young Consumers, Vol. 8 No. 1, pp. 29-35.

Clift, J., C., and Thomas, I. D., (1973),¹ have studied the level of stress among the students due to heavy work load. They have discussed the various reasons of stress among the students of higher education. It involves the reasons such as separation from family and friends, adjusting with new environment, keeping the performance very high, etc. The students need help to come out of the stress.

Objectives of the Study

Following are the objectives of this article:

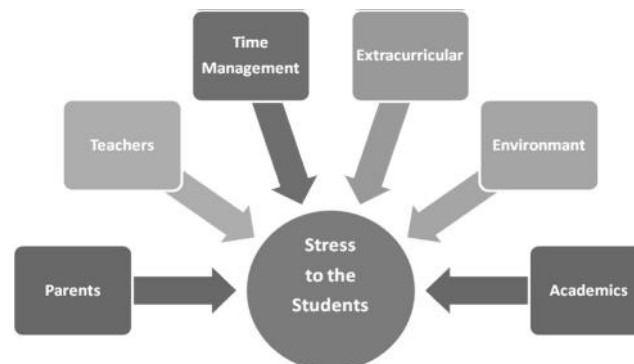
- To know about the stress in Academics.
- To analyze the causes of stress in the academics.
- To identify the effects of stress on the students.
- To give suggestions to remove stress.

Stress in the Academics

In this fast paced life, no one can avoid stress. It is all pervasive. It affects the human being at every stage of life. It is seen that the stress is common during the student life also. The students have the stress to complete the tasks and assignments, stress of the daily tests, stress of maintaining good performance throughout the year, stress of performing the best in the annual exams, stress of separations from the family and friends, stress of changing physiological condition, etc. All these are the examples of academic stress.

Causes of Academic Stress

The students may have several reasons due to which they face stress. It is necessary to identify such stressors and to develop appropriate strategies to cope with stress. Following are the causes of academic stress:



- **Academics:** Academics itself is a source of stress if it is allowed to be so. Constant urge of being the best in the academic record pose the greatest stress for the students. Demand of the best marks in the report card sometimes poses stress for the students. Everyone is in the hurry to be on the top of the school/college performance. This creates stress for the students.
- **Environment:** The environment of the school or college can create stress if it remains unplanned. If there are unplanned activities, long lectures without break, changes in the schedule, boring activities or lecture, etc., these all can create stress for the students.
- **Extracurricular:** Generally, it is seen that the extracurricular activities are stress busters for the students. But at the same time, it is also seen that such activities create stress for the other students. Extracurricular activities carelessly planned can be the cause of stress for the students.
- **Time Management:** Lack of the ability to manage the time can be a stressor for the students. The students who do not have ability to manage the time always lag behind. They are not capable to complete the assignments in time and as a result they feel stressed.

¹ Clift, J.C. and Thomas, I.D. (1973), "Student workloads", Higher Education, Vol. 2, pp. 447-460.

- **Teachers:** The ideal situation is that the teacher should be the stress managers for the students, but sometimes they themselves become source of stress for the students. When teachers give overburden to the students in terms of homework or assignments or they give over challenging targets of performance to the students, they create stress for the students.
- **Parents:** It is unfortunate to say that sometimes parents are also the source of stress for the students. Over expectations from their child in terms of academic performance give stress to the child. Continuous torturing about the best performance in the exams can cause stress to the students.

Effects of Stress

As it is discussed above, there are so many sources that can create stress for the students. Now, here are discussed the effects of stress on the students:

- Due to stress, the students may become forgetful.
- Stress may create behavioral disorder of the students.
- Stress may cause physical disorder of the students.
- Students may develop emotional disorder due to stress.
- Students may fail to achieve the targets due to stress.
- Students may not be able to perform their best if stress is negative.

Solutions to Cope with Stress

Following tips will be helpful for coping with stress:

- Students should learn stress management ability and should learn to find support of the others.
- Students should be mingled with the family, because the family will be the greatest stress buster.
- Students should get involved with the campus activities.
- Students should develop ability to manage the emotions and should develop optimistic attitude towards life.
- The school/college authorities should organize stress management programs at a regular interval.
- Parents should help their child to develop positive attitude toward academics and should help to develop stress management ability.

Conclusion

The above given discussion about the stress in the academics reveals that human being at any stage of life may face stress. The success or failure of an individual depends upon how well he/she manages the stress. The stress can work positively as well as negatively. It is necessary for every human being to develop ability to fight with the negative stress. There are several factors that can create stress for the students. The negative stress creates many adverse effects on the students. The above given tips may be useful to the students for coping with the stress.

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