

## AN INVESTIGATIONAL STUDY ON STRESS MANAGEMENT DURING EXAMINATIONS AMONG UNDER GRADUATE STUDENTS

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### ABSTRACT

*A condition of fear or mental pressure triggered by a hard-hitting state of affairs, is called as stress. Examination is a difficult situation in students' life. It is normal that with examinations originates stress. The compulsion of getting good marks, ambiguity about forthcoming career and unrestrained expectations from parents weigh substantial on students' minds. However, stress does no good to improve students your performance, it only harms their results. So, it is vital to defeat the stress and appear for examinations in a stress-free and confident manner. This research is undertaken to study about the students suffering from stress during examination or due to examinations. It is conducted to know of students regarding stress management.*

**Keywords:** *Stress, Examination, Stress Management, Students, Studies.*

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### Introduction

Stress among students has become a major concern in this era. Students faces situations which sometimes leads to suicidal attempts. It is mostly seen in university students who faces stress of studies and some of them deals with part time workloads also. All these has a severe impact in one's personal life and also society as whole. Stress is most common spectacle that disturbs people of all classes and economic backgrounds. Stress is an organic answer to any demand or danger that causes the body's "fight or flight" response. The response releases stress hormones such as cortisol, adrenaline, and noradrenaline, which prepare the body for an apparent threat. While stress can be helpful in minor amounts, long-lasting stress can lead to physical and mental health issues such as high blood pressure, anxiety, depression, and even heart disease. Management of stress is, therefore, an essential aspect of promoting health and wellbeing.

To understand student behaviour during stress and how they tackle those situations this research has been conducted. The survey simply highlights students' stress during exams or prior exams. This research aims at following objectives.

### Objectives of the Study

- To understand student's psychological and physical behaviour of student during stress.
- To know common aids taken by students as stress buster.
- To understand student's mentorship better.
- To know volume of students dealing with stress
- To find out solutions regarding the problem.

### Literature Review

**Jain Geeta and Singhai Manisha (2018)** explained that it is important to know the root cause of the stress so that solution can be derived. The growth in the workshops for Stress Management, numerous articles being published, research reports etc. is a sign that stress linked cases are on rise in past few years. This research analyses basis of stress, causes of stress amongst students and the ways to manage stress.

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**Reddy Jayasankara K, et al (2018).** Students have to deal with multiples of inner and outdoor scenarios. Stress has developed vital portion of students' academic life due to the. Understanding the sources of stress would facilitate the development of effective counselling modules and intervention strategies by school psychologists and counsellors in order to help students alleviate stress.

### Hypothesis

**H-1:** Students are able to manage stress due examinations.

**H-2:** Students are not able to manage stress due examinations and leads to severe adversity.

### Statement of the Problem

Examination is a tough situation in students' life. At times because of internal and external pressures students are unable to manage stress. This makes them to take extreme irreversible steps which leads to even spoil their careers. Hence to understand student's psychological and physical behaviour of student during stress and to give some solution to the never-ending problem of stress this research is undertaken.

### Limitations of Study

This research is limited to response of students of Maharashtra college of Arts, Science and Commerce, Mumbai 400 008.

### Region of Research

The geographical location for study is Maharashtra college of Arts, Science and Commerce located in central Mumbai, Maharashtra, India.

### Population and Sampling

The population of study was undergraduate students of Maharashtra college of Arts, Science and Commerce.

In total 201 students submitted their responses.

### Collection of Data

The data was collected by questionnaires responses in the form of Google forms. The collection of data consists of only Primary data. Primary data was collected from students of Maharashtra college by forwarding the questionnaires to their WhatsApp group.

### Processing of Data

The questionnaire was edited and coded and recorded in the Google form. After getting the response the data automatically classified in Google forms itself.

### Statistical Method

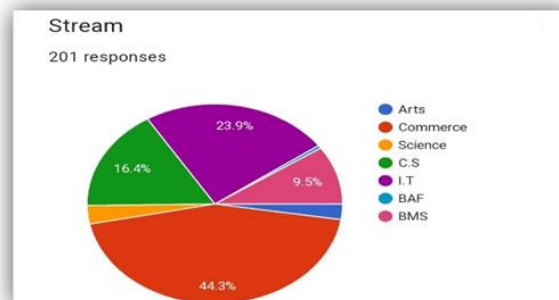
Data were subjected to the statistical method of Google sheets were adopted for interpretation of the data.

### Methods of Reporting

The research reporting consists of pie diagram for providing the efficient information.

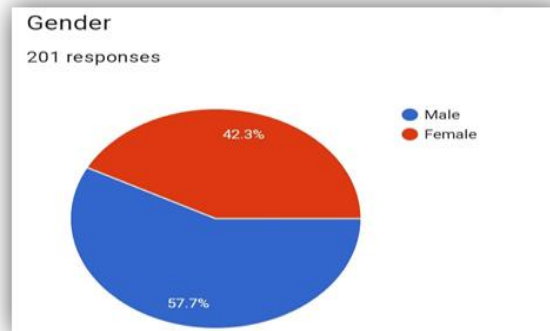
### Data Analysis and Interpretations

- **Which stream do you belong?**



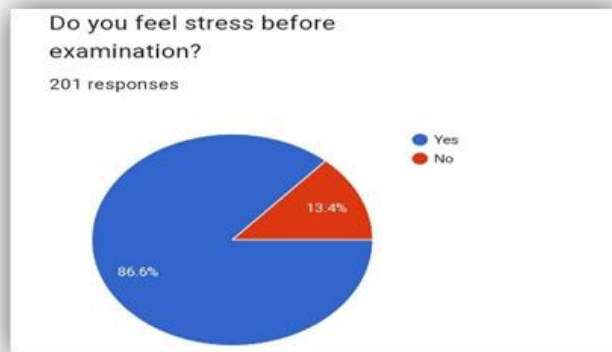
Out of 201 responses the major respondents are from Commerce field (44.3%) and then I.T field with 23.9% rest of the response from BMS, BAF etc.

- **Please mention your gender**



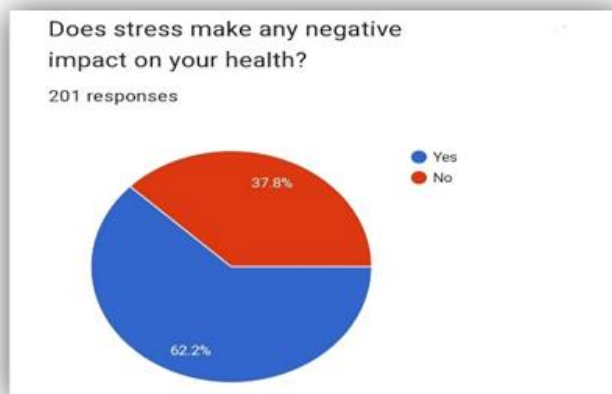
Out of 201 responses the most response is from Males (57.7%) than following female with 42.3%.

- **Do you feel stressed out before examinations?**



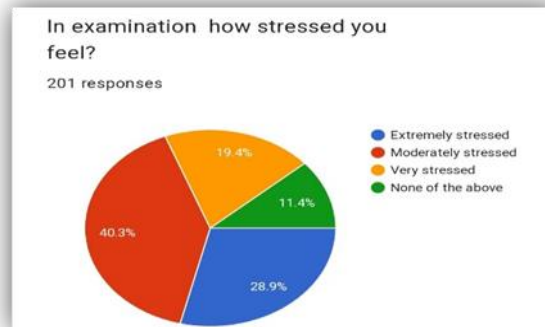
Out of 201 responses 86.6% says that they feel stressed before examinations, only 13.4% don't feel the stressed during exam.

- **Does stress make any negative impact on your health?**



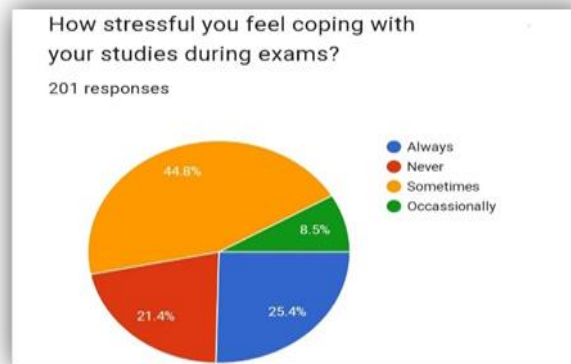
Out of 201 responses, 62.2% faces negative impact on their health and 37.8% are free from such impacts.

- **In examination how stressed you feel?**



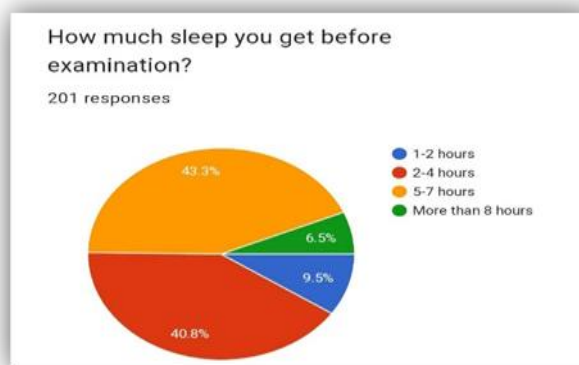
40.3% of respondents feel moderately stressed during the examination, 28.9% respondents go through extremely stressed situation. Having only 11.4% respondents who don't feel any on the above.

- **How stressful you feel coping with your studies during exams?**



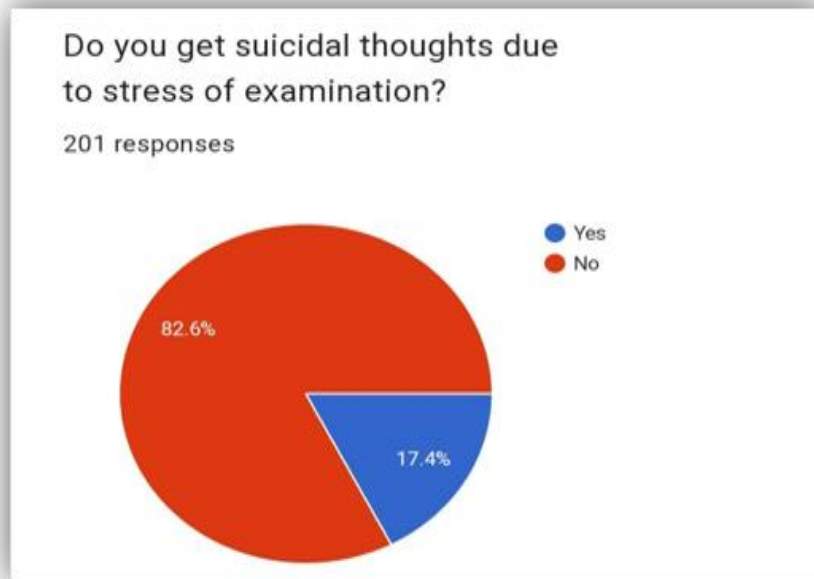
Out of total response 44.8% feels stress sometimes, 25.4% always have to go through it while 21.4% are luckiest as they never feel stress and 8.5% occasionally feel stress.

- **How much sleep you get before examination?**



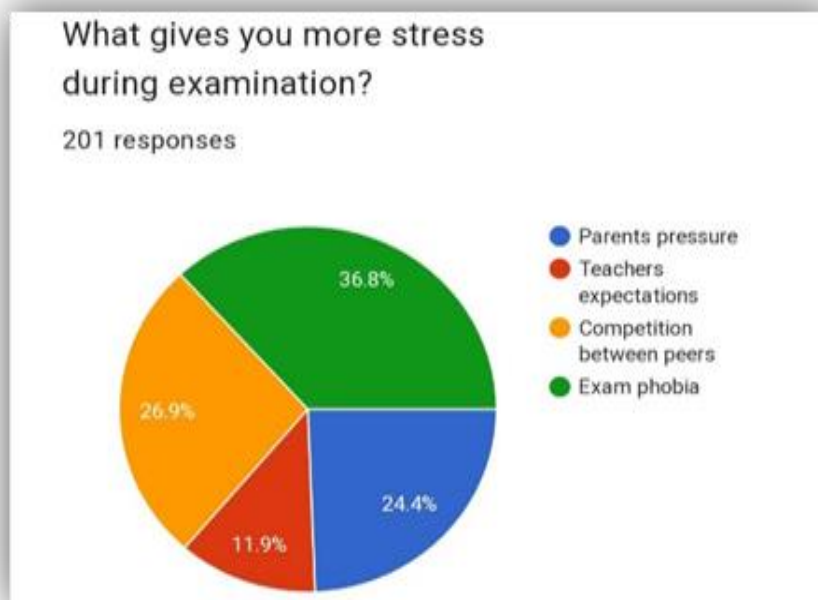
Above diagram displays that 43.3% students get enough sleep before examination and the students who get least sleep that is 9.5%.

- **Do you get suicidal thoughts due to stress of examination?**



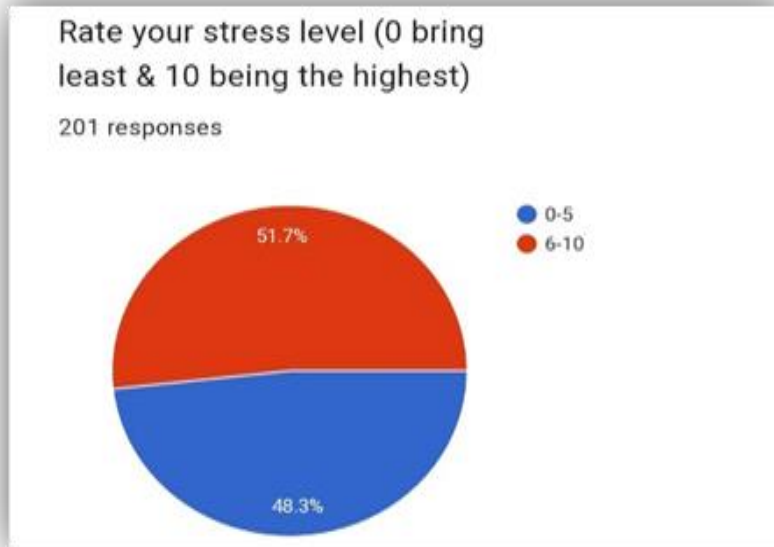
82.6% students face suicidal thoughts where 17.4% are free from such thoughts.

- **What gives you more stress during examination?**



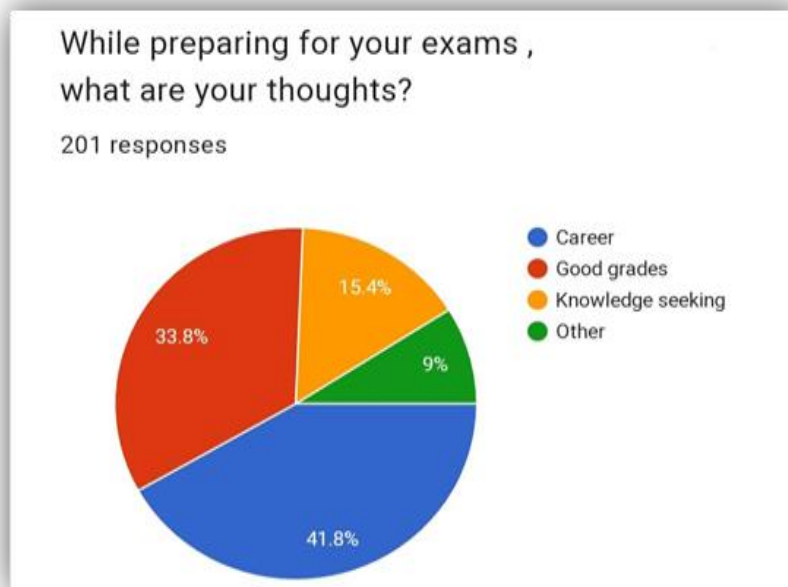
Above Pie chart shows that 36.6% students are stressed due to exam phobias. Rest 26.9% faces competition, 24.4% have to deal with parents' expectations and 11.9% has to cope with teachers' expectations.

- **Rate your stress level (0 bring least & 10 being the highest)**



It seems that majority of students are stressed as 51.7% has rated their stress level between 6-10 and 48.3% rated between 0-5.

- **While preparing for your exams, what are your thoughts?**



Above diagram shows that many students are career oriented as 41.8% have those thoughts during studies while 33.8% aims at good grades, 15.4% are knowledge seeker and rest 9% have other thoughts.

- **Have you ever attended any stress management workshop?**



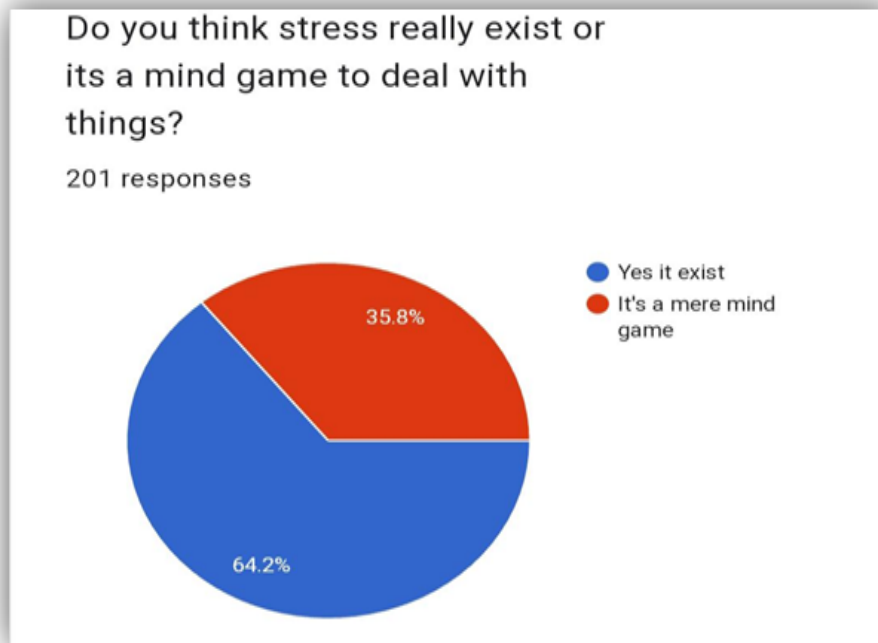
90% of haven't attended any stress management workshop and 10% fortunately attended so.

- **What do you look for your stress buster?**



Hanging out has become a good stress buster as 38.8% students prefer that at the same time 28.4% prefer passing time while 13.4% do snacking and 10.4% do meditation.

- **Do you think stress really exist or it's a mind game to deal with things?**



64.2% students believe that stress really exists while 35.8% says it's a just mind game to deal.

- **Do you have a mentor with whom you discuss your problems?**



62.2% do not have any mentors and 37.8% are fortunate that they have.



### Results and Discussions

The above analysis shows that many students really face stress during examinations and even they are stressed whole preparing for it. The good part is there is only 17.4% of students who go through suicidal thoughts and 86.2% does not face such thoughts. But concern doesn't end here. Still there are students who face such unfortunate situations.

35.8% students responded that it's just a mere concept of mind while 64.4% feels that stress really exist. This shows that students among 35.8% are mentally strong enough to deal with challenges faced during examinations.

Based on the above discussions the researcher has come to conclusion to **reject** Null Hypothesis (H<sub>0</sub>), so Students are not able to manage stress due examinations and leads to severe adversity.

### Conclusion

As per responses majority of students need a stress management workshop or a mentor with whom they can be at their own pace. This can help to reduce their stress level which in turn boosts their ambitious personality. Several stress management approaches have been established and executed to help persons to decrease their levels of stress. These approaches comprises relaxation practices like mediation, Zumba, yoga, tai-chi and deep breath exercises. These approaches bring down stress levels and augments over-all comfort in persons.

### Recommendations

Researcher after doing the research and also understanding the responses given by the respondent's students on stress levels during examinations recommend few bullet points which are as follows.

- There should be interval between subsequent exam papers.
- Pressure for good marks from teachers and family should not be too excessive.
- College should conduct the Stress management workshop in colleges before examination.

### References

1. Jain Geeta and Singhai Manisha (2018). Academic stress amongst students: a review of Literature. Prestige e-Journal of Management and Research, Volume 4 Issue 2 (October, 2017).
2. Reddy Jayasankara K, et al (2018). Academic Stress and its Sources among University Students, Biomedical & Pharmacology Journal Vol. 11(1), Pg No. 531-537.

