

# An Analytical Report on Measuring the Level of Stress & Anxiety among College Level Students

Deepika Chaudhary, Nishu Bali, Amandeep Bhavra, Jaiteg Singh



**Abstract:** *There are few scenarios in one's life when we feel that "my life is out of Control". These feelings are at the extreme when we are a student especially a college level. A college level student is forced to decide the course of their life and career during their stay at campus. Therefore they are left battling with so many emotional, career and social feelings which unknowingly pushes the student towards adverse situations. These mixed feeling and situations are a main reason behind stress and anxiety among students. In order to identify the factors which are associated with the level of stress especially among students a study (Online Survey) was conducted among various college level students studying in the geographical area of Punjab (Banur). In this study a few factors have been highlighted which although are very insignificant but can be a major cause behind creation of feelings which leads to stress and anxiety. Four categories of academic stressor (i.e. personal frustration, learning hours, financial issues, and health related issues) and four categories describing reactions to these stressors (i.e. Behavioral, Psychological, Social and Cognitive effects) were examined. The online survey sample consisted of 158 students studying in four different colleges falling in the geographical area of Punjab region. The findings emphasized on various factors like pressure of studies, poor knowledge on how to live a balanced life etc. The findings of this study can further be used by various researchers and motivational speakers who are working on designing of certain program along with workshops on how to live a balanced life which is healthy, happy and successful.*

**Keywords:** Stress Management, Survey, Typeform, Student life

## I. INTRODUCTION

The major cause of stress in society today is because of a fast pace life with high competition and an information overflow. Richard S Lazarus defined stress as "Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize". In other words, stress is a feeling which comes in our mind when we think like we have lost control over our

life. In contrary to this however it has been stated that a certain amount of stress is highly required as in absence of stress, the human body would become lethargic and it would be difficult for us to carry our basic duties effectively. It is the stress that activates, rejuvenates us and helps us to achieve best results. This type of stress which is beneficial to us all is called Eustress or good stress. It is only when the stress exceeds the tolerance level of an individual, his physical and mental life gets effected which is usually a bad stress. It is only the bad stress which needs to be managed. This study is not only to

find the various factors which create stress among our youth but also to give some helpful tips to avoid stress and take the charge back of our thoughts, emotions and ultimately our life. College students, our youth is especially very prone to stress (D'Zurilla & Sheedy, 1991) it is because of various transformation which are taking place in their mind. This is the stage where they have to be away from their homes for the very first time along with this have also to maintain a high level of academic achievement. Along with this they also carry a pressure of finding a good job and also a potential life partner. These stressors do not alone cause anxiety or tension by themselves but it is the reaction of the person towards this stressor's (Romano 1992). The amount of stress felt by anyone is directly proportional to his ability of how he copes with such stressful situations. However to design an effective strategy to cope with stress level it is highly recommended to know the various factors which create stress among the students (Wright, 1967). The problems faced by the college students are different from the non peer student group (Hirsch & Ellis, 1996). Although every sphere of society may it be corporate sector, armed forces, government organisation healthcare everywhere there are situations which lead to stress but the scope of this study is to understand various factors which causes stress among Educational Institutions. As if we are able to control stress at this level we may be successful in creating youth which is not only physically strong but also is emotionally, socially and intellectually strong.

Although assessment of stress levels in college student is a topic which is very often examined by the researchers but this study focuses primarily on educational institutions primarily established in geographical area of Punjab especially the institutions which are located on Banur having coordinates (30.5596° N, 76.6982° E).

## II. METHODOLOGY

### Participants

The students who participated in the study were all a mix of undergraduates and post graduates, the sample was collected from a mix of male and females which were selected from various engineering colleges across this belt.

Revised Manuscript Received on October 30, 2019.

\* Correspondence Author

**Deepika Chaudhary**, Chitkara University Institute of Engineering & Technology, Chitkara University, Punjab, India. Email: [Deepika.chaudhary@chitkara.edu.in](mailto:Deepika.chaudhary@chitkara.edu.in)

**Nishu Bali**, Chitkara University Institute of Engineering & Technology, Chitkara University, Punjab, India. Email: [nishu.bali@chitkara.edu.in](mailto:nishu.bali@chitkara.edu.in)

**Amandeep Bhavra**, Chitkara University Institute of Engineering & Technology, Chitkara University, Punjab, India. Email: [amandeep.bhavra@chitkara.edu.in](mailto:amandeep.bhavra@chitkara.edu.in)

**Jaiteg Singh**, Chitkara University Institute of Engineering & Technology, Chitkara University, Punjab, India. Email: [jaiteg.singh@chitkara.edu.in](mailto:jaiteg.singh@chitkara.edu.in)

© The Authors. Published by Blue Eyes Intelligence Engineering and Sciences Publication (BEIESP). This is an [open access](https://creativecommons.org/licenses/by-nc-nd/4.0/) article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>)

**Design of Questionnaire**

The questionnaire for this study was designed after understanding the student stress level ( Insel & Roth,1985) and careful understanding of all the recommendations given by researchers’ in this field.

Four categories of academic stressor (i.e. personal frustration, learning hours, financial issues, and health related issues) and four categories describing reactions to these stressors (i.e. Behavioural, Psychological, Social and Cognitive effects) were examined. The online survey sample consisted of 158 students studying in four different colleges falling in the geographical area of Punjab region.

**Survey Development Tool**

Typeform survey development tool was used for programming of the survey. This tool is a freeware and was founded by Robert Munoz and David Okuniev in year 2013. This tool presents questions which slide down one after another showing only one question at a time to keep users engaged and can include images, GIF and videos. Figure 1.1 displays the screenshot of the survey as depicted using typeform.

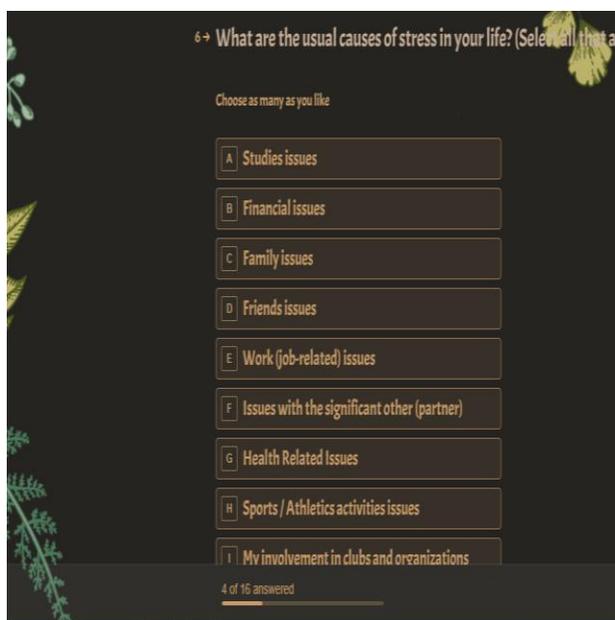


Figure 1: Survey Form

**III. RESULT AND DISCUSSION**

Table 1 presents some of the top observations which states that the major cause of stress among students is issues with their significant partners and then comes the studies and work related issues.

**Table 1: Top Responses / Observations causing Stress**

Factors	Ranked 1st	Ranked 2nd	Ranked 3rd
Select the factors which usually causes stress in your life (Select all which applies)	Issues with significant partner. (31.2% of total responses)	Project related issues. (25% of the total responses)	Studies related Issues (19% of the total responses)
Select all the Behavioral effects of stress you have observed.	Irritability, outbursts of anger, frequent arguments (29.3% of total responses)	Inability to relax, let down, rest, (26.8% of the total responses)	Change in activity levels (19.1% of the total responses)

	total responses)		
Specify the Psychological or Emotional effects of stress you have observed.	Restlessness (26.5% of total responses)	Irritability or anger (20.6%) Sadness	Moodiness, grief or depression (19.4%)
What other usual Physical effects of stress you have observed?	Increased or decreased appetite (22.4% of total responses)	Sweating or Chills (16% of total responses)	Tremors or muscle twitching(14.7% of total responses)
What are the various COGNITIVE effects of stress you have observed?	Difficulty calculating, setting priorities (23.6%)	Difficulty in Concentration (21% of total response)	Confusion (20% of total response)
What other SOCIAL effects of stress you have observed?	Blaming (20.4% of the total responses)	Intolerance of group process (18.5% of total responses)	Criticizing (16% of total responses)
What are the other personal methods you adopt to relieve stress?	Computer Games (17.2% of total responses)	Sleeping (17.2% of total responses)	Talking with someone (16.6% of total responses)
Select the other most pressing stress factors in your current academic context?	Study Workload (23%)	Relationships with few of faculty members (21.7%)	Work and study – Life balance (19.7%)

In the below mentioned graph the top ranked causes of stress are mentioned along with percentages.

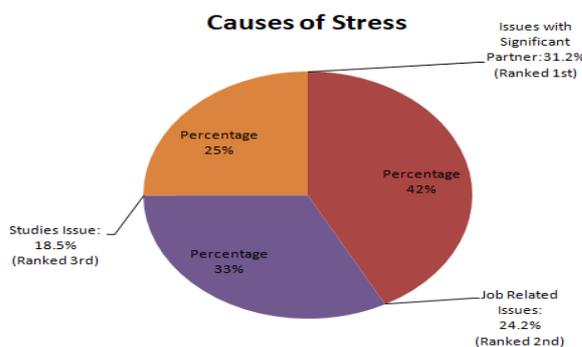


Figure 2: Top 3 factors causing stress

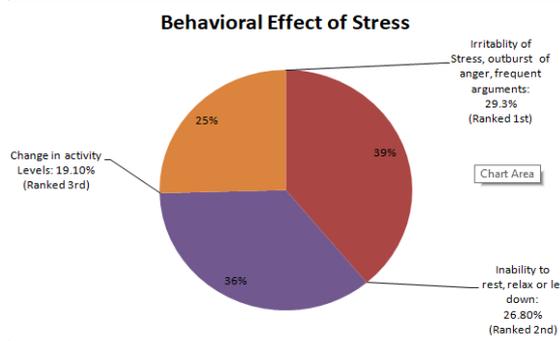
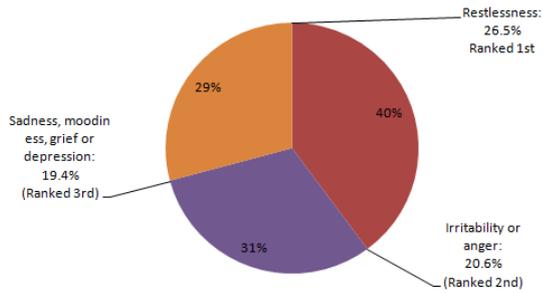


Figure 3: Top 3 Behavioral effects of stress

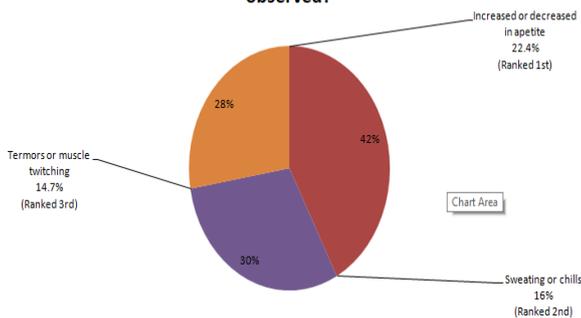


**Psychological Effect of Stress**



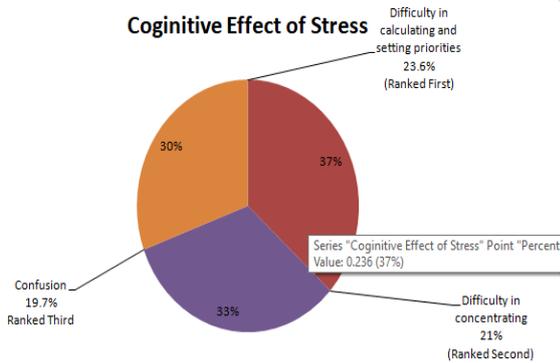
**Figure 4: Top Ranked Psychological Effects of Stress**

**What other usual Physical effects of stress you have observed?**



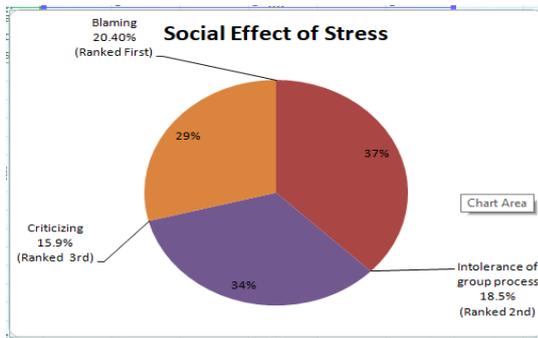
**Figure 5: Top Ranked Physical Effects of Stress**

**Cognitive Effect of Stress**



**Figure 6 Cognitive Effects of stress**

**Social Effect of Stress**



**Figure 7: Social Effect of Stress**

Other insignificant factors that usually cause stress among students are listed below.

**Table 2: Other Insignificant factor Causing Stress**

Factors	Insignificant factors
Select the factors which usually causes stress in your life (Select all which applies)	Friends Issues:11.8% Health related Issues: 10% Financial Issues: 4% Family and other issues:
Select all the Behavioral effects of stress you have observed.	Increased sense of humour: 14.6% Decrease in efficiency & effectiveness:11.5% Difficulty in Communicating: 11.5% Change in eating habits: 10.8% Others:20%
Specify the Psychological or Emotional effects of stress you have observed.	Distressing in dreams:13.5% Feeling heroic, euphoric:11% Anxiety or fear:9.7% Others: 16%
What other usual Physical effects of stress you have observed?	Increased heart rate and respirations:13.5% Muffle hearing:10.9% Headaches: 10.3% Increased Blood Pressure:9.6% Others:14%
What are the various COGNITIVE effects of stress you have observed?	Slowness in thinking: 19% Forgetfulness & memory problem: 11% Limited attention span:10.8% Inability to stop thinking about disaster:9.6% Others: 29%
What other SOCIAL effects of stress you have observed?	Difficulty engaging in mutual problem solving: 14% Difficulty in giving or accepting support or help: 14% Withdrawing or associating from people: 11.5% Difficulty in sharing ideas: 10.8% Others:14%
What are the personal methods you adopt to relieve stress?	Sports/Exercise: 14.6% Shopping: 14% Drugs:12.7% Drinking: 10.8% Others:25%
Select the other most pressing stress factors in your current academic context?	Grades: 17.2% Relationships: 17.2% Financial Pressure: 15.3% Campus & Social life: 10.8% Other:6%

When the students was asked that what activities they usually do when they feel stressed the response were

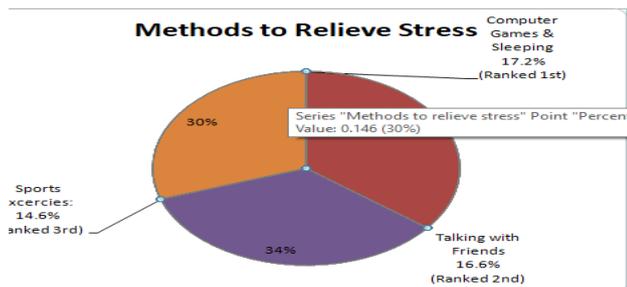


Figure 8: Methods adopted to relieve stress

#### IV. CONCLUSION

After an in-depth analysis of the feelings among students it can be concluded that

##### Conclusion Drawn

Meditation and yoga are said to be the best medicine for stress.

Colleges must strictly adhere to Anti Ragging Rules.

Students should avoid over thinking as this can lead to high stress levels.

Youth should avoid controlling the uncontrollable.

Involve yourself in activities which you love to do.

Learn to forgive and share your feelings.

Students must express their feeling instead of keeping them.

Few tips to groom your personality, aura and charm:

#### 1) Accept the fact that you have weakness (Everyone has it)

Before you ever develop your strengths it is strongly recommended that you should acknowledge your weakness first. For this one should prepare a chart focusing on the strengths and weakness and try to improve the on the strengths and find the techniques to make their weakness as their strengths.

#### 2) Positive Thinking

It is suggested to think in a positive manner. The things are definitely going to change. Whatever is your current scenario it is going to improve in future? Always have a positive attitude in mind.

#### 3) Appearance

By dressing properly one can attract more positive attention from others. Take good care of your health, dress well and have a cheerful disposition.

#### 4) Optimistic Approach

Keep yourself away from the people who have negative vibes, criticize all the time and generally do not have good words to say. Instead enjoy the company of those who makes you laugh. Rejoice with others in good times. Always show appreciation to others. People get naturally attracted to those who are pleasurable and happy.

#### 5) Politeness Pays

Being polite always works in ones favor. Showing that you are powerful along with harsh words creates a bad impact. Try to be polite in every situation and you will be able to steal other one's heart.

#### 6) Enjoy the work you do

The mantra behind being successful is that one should enjoy his work. Otherwise it is going to be the major cause of stress in someone's life.

#### 7) Spare time for Social Service

Take some time to work for society. The more we do the more we stay connected.

#### 8) Practice Meditation and Yoga

By doing this we get a chance to develop inner peace and harmony.

#### 9) Participate in Social Gatherings

By participating in social gatherings can help you increase your circle of friends, share your feelings and gain from other experiences. Which can further reduce your stress level?

#### 10) Avoid Gossips

It is advisable to always mind your own business and do not interfere in the business of others.

Following these tips will help in reducing the stress level of students which will make them more strong human beings who can face the challenges of life and can be a successful person therefore.

#### REFERENCES

1. D'Zurilla, T. J., & Sheedy, C. F. (1991). Relation between social problem-solving ability and subsequent level of psychological stress in college students. *Journal of personality and social psychology*, 61(5), 841.
2. Hirsch, J. K., & Ellis, J. B. (1996). Differences in life stress and reasons for living among college suicide ideators and non-ideators. *College student journal*.
3. Romano, J. L. (1992). Psychoeducational interventions for stress management and well-being. *Journal of counseling & development*, 71(2), 199-202.
4. Wright, J. J. (1967). Reported personal stress sources and adjustment of entering freshmen. *Journal of Counseling Psychology*, 14(4), 371.
5. <http://www.typeform.com>

#### AUTHORS PROFILE



Quality.

**Dr. Deepika Chaudhary** is working as an associate professor at Department of Computer Applications, CUIET, Chitkara University Punjab. She is a Phd in Computer Science has more than 20 years of teaching experience. Her area of Interest includes Data Mining, Business Intelligence, Software Engineering and



**Nishu** is presently working as Associate Professor at Chitkara University, Punjab, India. Her main areas of interest in the field of Computer Science are Data structures, Computer Graphics, machine learning. She is also pursuing her PhD in the field of machine learning at Chitkara University, Punjab, India.



**Amandeep Bhavera** is Assistant Professor at Chitkara University, Punjab India. She has a teaching experience of 9 years. Her main areas of interest include operation research, data structure, and programming languages.





**Dr. Jaiteg Singh** is a Phd in Computer Science with 14 years of experience in Research, development and training, academics at Institute of Higher Technical Education. Areas of expertise are Software Engineering, Business Intelligence, data and opinion mining, cartography, curriculum design, pedagogical Innovation and management. Areas of Interest includes sustainable software engineering, Education Technology, offline education system and cloud computing