

## STRESS AMONG COLLEGE STUDENTS OF IMPHAL CITY

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### ABSTRACT

Stressors are defined as circumstances that disrupt, or threaten to disrupt, individuals' daily functioning and cause people to make adjustments. Stress is perceived in different ways and may mean different thing to different individuals. Aim: This study was conducted with the aim to find the prevalence of stress among college students in Imphal City. Methods: It was a cross sectional study conducted among the college students of the government colleges located within the Imphal city area. Respondents were asked to provide certain socio-demographic variables. The Depression Anxiety Stress Scale was used to measure stress. Results: The age of the participants ranged from 17 years to 28 years with a mean of 22.5 (SD=1.6). The prevalence of stress was found to be 30.80% in this study. Conclusion: Support and mentoring are required so that stress can be identified early and dealt with appropriately. Further studies are recommended to find out the factors leading to mental disorders in students.

**Keywords:** Stress, depression, Anxiety, DASS 42, tension, father's education, mother's education.

### INTRODUCTION

Stress is viewed as a negative emotional, cognitive, behavioural and physiological process that occurs as a person tries to adjust to or deal with stressors (Bernstein, et al 2008). Stressors are defined as circumstances that disrupt, or threaten to disrupt, individuals' daily functioning and cause people to make adjustments (Auerbach & Grambling 1998). Auerbach and Grambling (1998) regard stress as an unpleasant state of Emotional and physiological arousal that individuals experience in situations that they perceive as dangerous or threatening to their well-being. However, stress is perceived in different ways and may mean different thing to different individuals. It is perceived as events or situations that cause individuals to feel, pressure, or negative emotions including anxiety and anger. Moreover, other people define stress as the response to existing situations, which includes physiological changes (increased heart rate, and muscle tension), emotional and behavioural changes (Bernstein, et al 2008). This study was conducted with the aim to find the prevalence of stress among college students in Imphal City.

### REVIEW OF LITERATURE

Kaur (2014) acknowledged that mental health of teenagers gets affected due to the academic stress. Girls with academic stress were found to have poor mental health as compared to the boys. This was accounted on the study that parents at times put pressure and strain on students that leads to deteriorated mental health.

Deb et al. (2014), studied on 400 male students from five private secondary schools in Kolkata who were studying in grades 10 and 12. 35 percent students were found to have high academic

stress and 37 percent were found to have high anxiety levels. Students with marginal grades were said to have higher level of stress as compared to students with better grades. Also, students involved with extra-curricular activities were noted to be more stressed as related to those students who were not involved with it.

## MATERIALS AND METHODS

It was a cross sectional study conducted among the college students of the government colleges located within the Imphal city area. Two-stage sampling method was adopted in the present study. In the first stage simple random sampling was used to select eight (8) colleges out of the thirteen (13) government colleges. The sample size was calculated as 261 according to the prevalence formula taking prevalence of stress as 29.2% (Manap R et al, 2019)

Semi-structured proforma scale was used for collecting the socio-demographic variables of the respondents. Respondents was asked to provide details of their age, gender, religion, history of consuming tobacco, father's education and mother's education.

The Depression Anxiety Stress Scale was used to measure stress. It is a 42 item self-report inventory that yields three factors: Depression, Anxiety and Stress. This screening and outcome measure reflects the past 7 days Depression Anxiety Stress coefficients that represent the loading of each scale on the overall factor (total score) are .71 for depression, .86 for anxiety, and .88 for stress. One would expect anxiety and stress to load higher than depression on the common factor as they are more highly correlated and, therefore, dominate the definition of this common factor (Lovibond and Lovibond, 1995). Reliability of the three scales is considered adequate and test-retest reliability is likewise considered adequate with .71 for depression, .79 for anxiety and .81 for stress (Brown et al., 1997). Exploratory and confirmatory factor analyses have sustained the proposition of the three factors ( $p < .05$ ; Brown et al., 1997). The DASS anxiety scale correlates .81 with the Beck Anxiety Inventory (BAI), and the DASS Depression scale correlates .74 with the Beck Depression Scale (BDI).

## RESULTS

The age of the participants ranged from 17 years to 28 years with a mean of 22.5 (SD=1.6). The age distribution is as shown in Fig 1. Females were more (56.3%) as compared to males (43,7%) in this study (shown in Fig. 2). The educational status of the parents are given in Fig. 3 and Fig. 4. The religions of the participants is shown in Fig 5. The participants consuming tobacco is 36% (shown in Fig 6). The prevalence of stress was found to be 30.80% (Fig. 7) in this study.

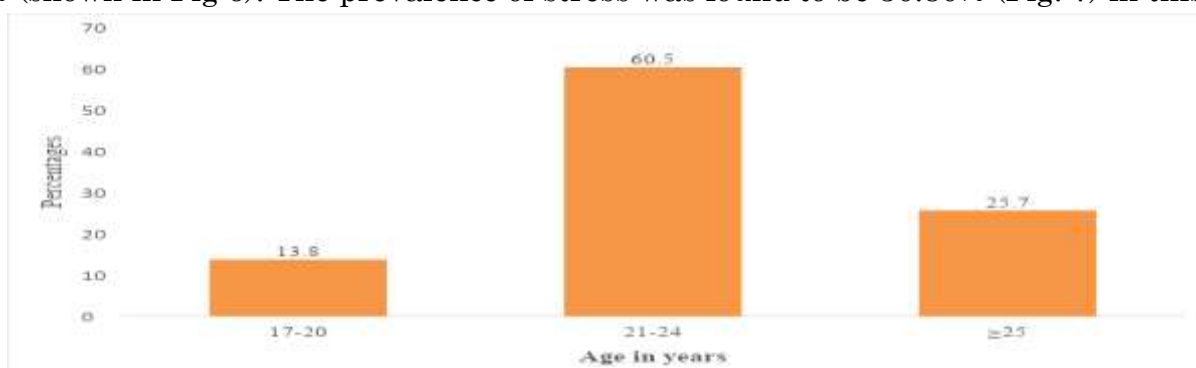


Fig 1: Distribution of participants according to age in completed years (N=261)

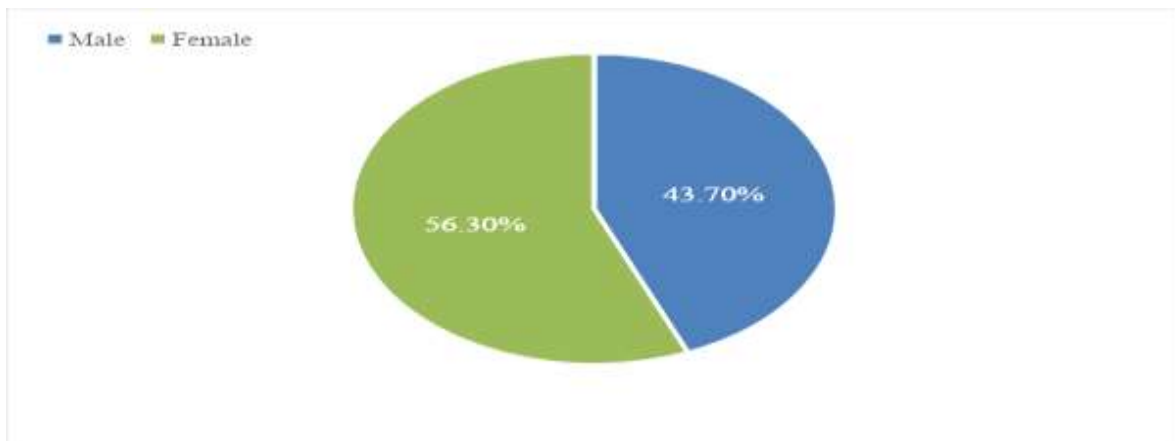


Fig 2: Distribution of participants according to gender (N=261, m=114, f=147)

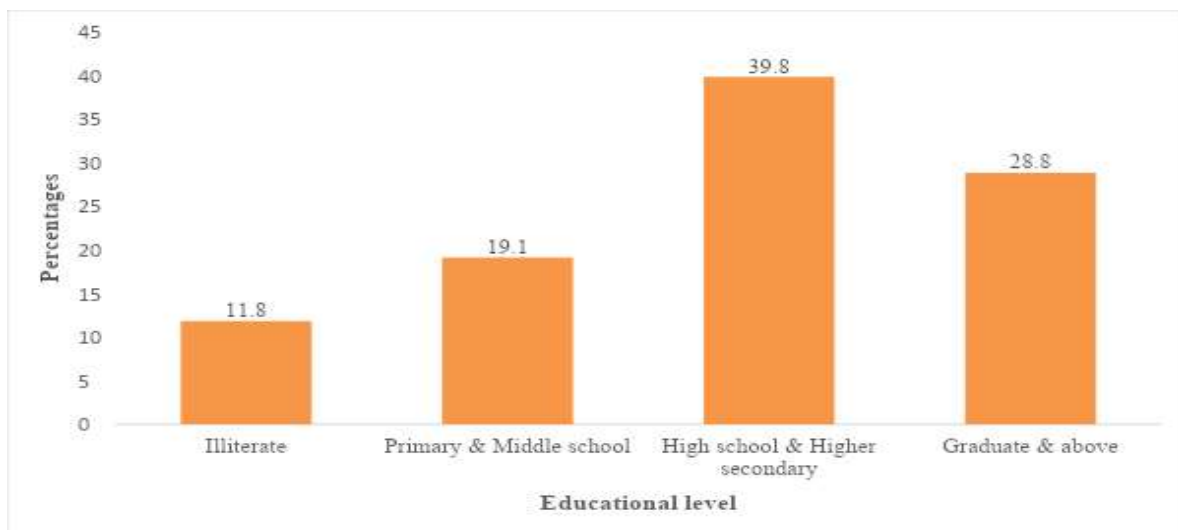


Fig 3: Distribution of participants according to Father's educational level (N=261)

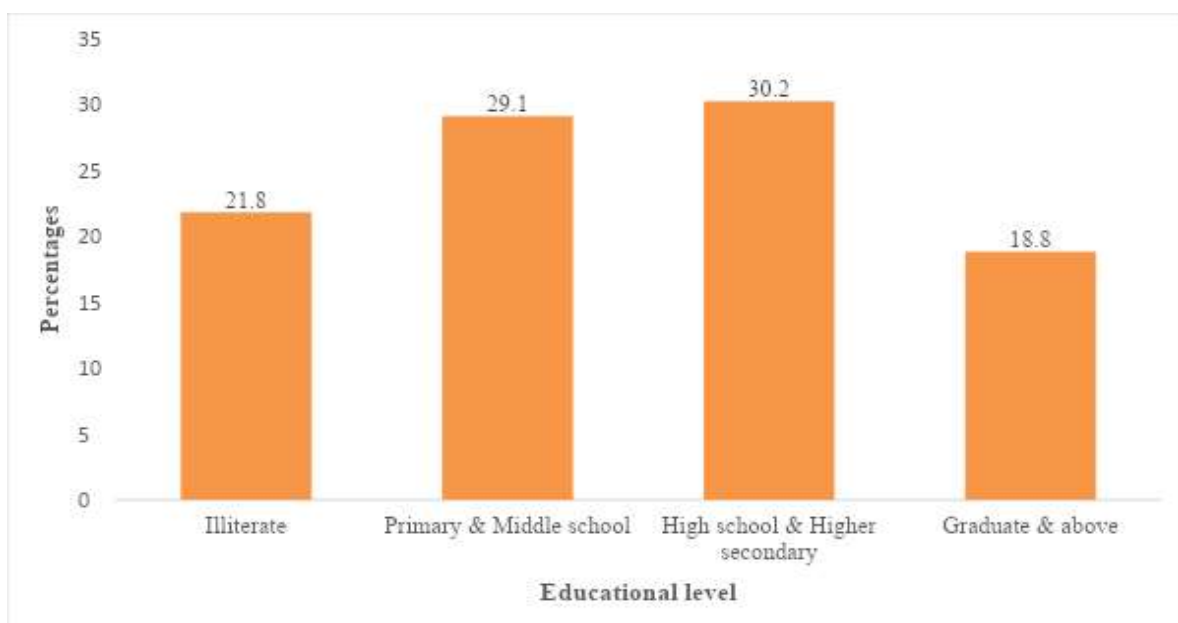


Fig 4: Distribution of participants according to Mother's educational level (N=261)

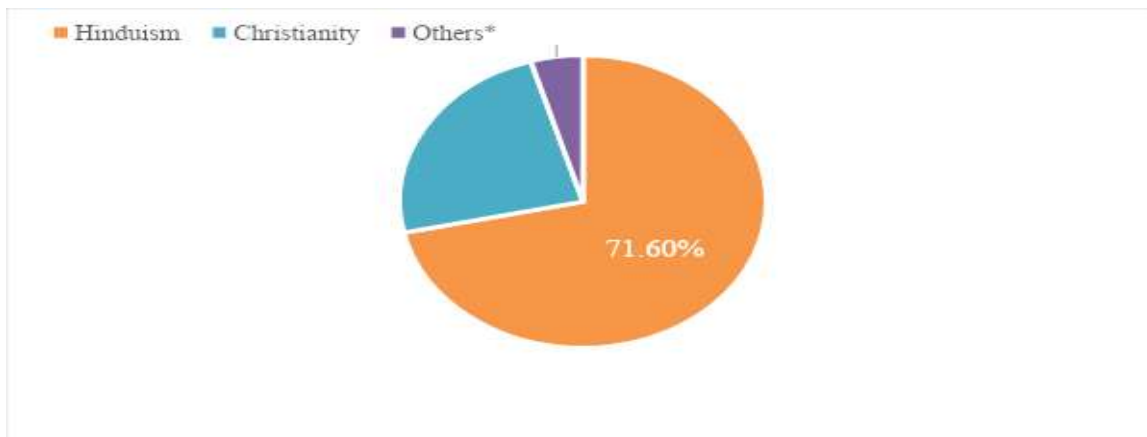


Fig 5: Distribution of participants according to religion (N=261)  
\*includes Islam & Sanamahism

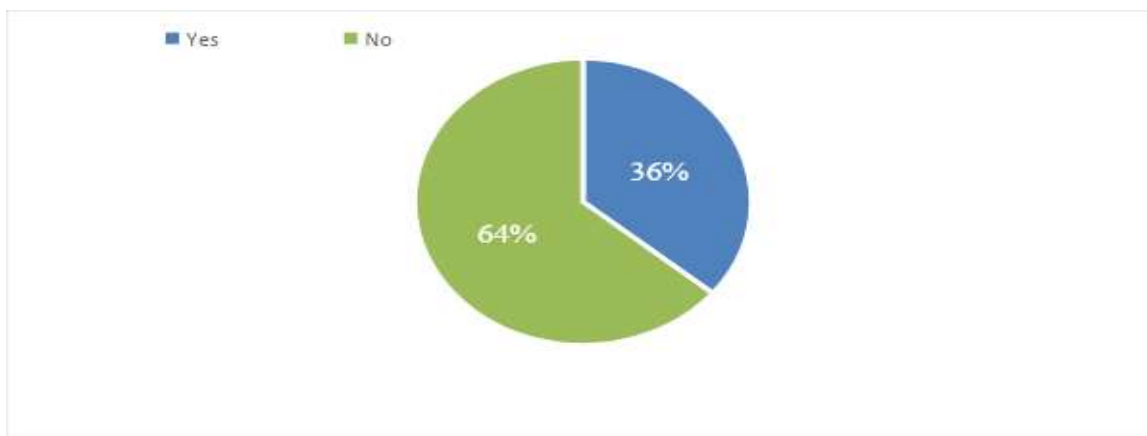


Fig 6: Distribution of participants according to history of tobacco use (N=261)

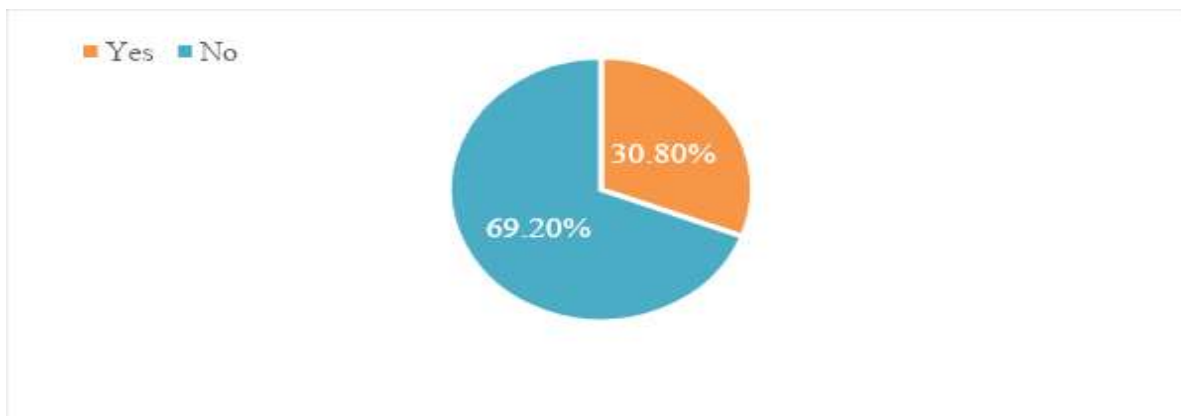


Fig 7: Distribution of participants according to presence of Stress (N=261)

### DISCUSSION

Females were more (56.3%) as compared to males (43.7%) in this study as compared to 37 males and 111 females in the study by Othman N et al (2019). The prevalence of stress was found to be 30.8% (Fig. 7) in this study. In a study conducted by Singh, M et al (2017) among the students of the Punjab University, the prevalence of stress was found to be 52.7% which used DASS-21

to find the prevalence of DAS. In a study conducted by Basudan S et al (2017) in undergraduate dental students the prevalence of stress was 54.7% whereas in a study conducted by Bayram, N., & Bilgel, N. (2008) among a group of Turkish university students using DASS-42 the prevalence of stress was found to be 27%, which is comparable to this study.

### CONCLUSION

This study is designed to help students to improve their lifestyles. With the propensity for mental health issues to hinder the success of students, it is vital that school and colleges continually evaluate the mental health of their students and tailor treatment programs to specifically target their needs. Support and mentoring are required so that stress can be identified early and dealt with appropriately. Further studies are recommended to find out the factors leading to mental disorders in students.

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