COVID 19- STRESS MANAGEMENT AMONG STUDENTS AND ITS IMPACT ON HIGHER EDUCATION

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ABSTRACT

The academic competition among the students has created a lot of stress among the students that adversely affects their academic performance. Stresses among the students have become a common phenomenon due to rapid increment in the cut-throat competition. In the present time, various things put the students under stress such as achieving good marks in their academics as well as they face pressure from their parents, family, and society. It is important to properly manage the stress otherwise it will destroy the future of the students. Academic stress is one of the most common stresses found among students of higher education. Academic stress leads the students into depression and causes anxiety, frustration and sometimes it leads to suicide. In this article, we will discuss the method through which the stress can be managed among the students as well as their consequences on the performance of the students.

Keywords: Academic performance, academic stress, competition, students and higher education

INTRODUCTION

Stress management is important among the students of higher education as it affects their learning ability and hurts their academic performance. Most of the students face academic stress due to several reasons that reduce their concentration from their studies and affect their mental health (Taberner 2018). Overburden of the syllabus, poor designing of the syllabus, and improper infrastructure are some of the factors that create stress upon the students. Family pressure and increasing cutthroat competition is another major reason tatp ut the students under pressure for performing better in their exam. Stress management is important to improve the learning skills of the students as well as allow them to perform in various directions without making the syllabus a burden upon them. Performing exercise, yoga, and meditation reduce stress among the students. The article will cover the need for stress management and how it can be done.

SIGNIFICANCE/PURPOSE OF THE STUDY

 The purpose of the study is to reduce stress among higher education students. In the present time educational competition is increasing day by day and that puts the students under pressure. Stress is good when it is in inevitable amounts as it motivates the students to perform better, however it starts negatively impacting the student's performance when students are taking more stress than required. The purpose of the study is to understand how stress is beneficial and when it harms the student's health and their academic performance (Handel et al. 2020).

Stress management helps the students to show their commitment towards their education and achieve their goals. Family pressure and socio-cultural factors are responsible for putting stress upon the students and it is important to manage that stress to save the students and their

careers. Stress management can be done by providing appropriate guidelines to the students as well as providing the proper infrastructure for their study (Brewer et al. 2019). The purpose of the study is to understand the various ways through which stress can be managed among the students. Excessive stress leads the students to be drug addicts and sometimes it leads to suicide.

OBJECTIVE OF THE STUDY

- To understand the factors responsible for creating stress among the students.
- To understand the need for stress management among the students
- To understand the impact of stress on the academic performance of the students.
- To understand the factors to reduce the stress among the students.

HYPOTHESIS OF THE STUDY

H0: Stress management plays an important role in improving the academic performance of students.

H1: Stress management doesn't play an important role in improving the academic performance of the students.

METHODOLOGY

Methodology plays an important role in the completion of the study. In this study, descriptive research design as well as positivism research philosophy has been used in the study. Descriptive research design helps the researchers to collect the data for analyzing the factors for stress management among the students of higher education (Labrangue et al. 2018). Positivism research philosophy helps the researchers to gather the data in a structured way. In this article-secondary data analysis has been done to manage the stress among the students.

SAMPLING DESIGN

The population is considered as the group or collection of individuals where the study is conducted. The sample is the subpart of the population from which the people or objects are chosen to perform the study (Daunmiller et al. 2020). In this study, a simple random non-probability sampling method has been chosen by the researchers to complete the study.

DATA COLLECTION TECHNIQUES

Data collection methods are used to gather the data to fulfill the objective of the study. Primary and secondary are the two types of data collection methods used in the study. The primary collection of data method involves questionnaires, surveys, and observations whereas secondary collection of data involves journals, pdf, and articles. In this article, secondary collection of data has been used to complete the objective of the study.

RESULTS OF THE DATA TABLES

Table 1: Stress faced by the students

Issues	Percentage
Depression	34%
Frustration	16%
Anxiety	24%
Distraction from the study	26%

(Source; created by author)

Table 2: Factors responsible for increasing stress among the students

Factors	Percentage
Poor designing of the syllabus	12%
Family pressure	15%
Social pressure	18%
Unavailability of the infrastructure	27%
Lack of resources	28%

(Source: created by author)
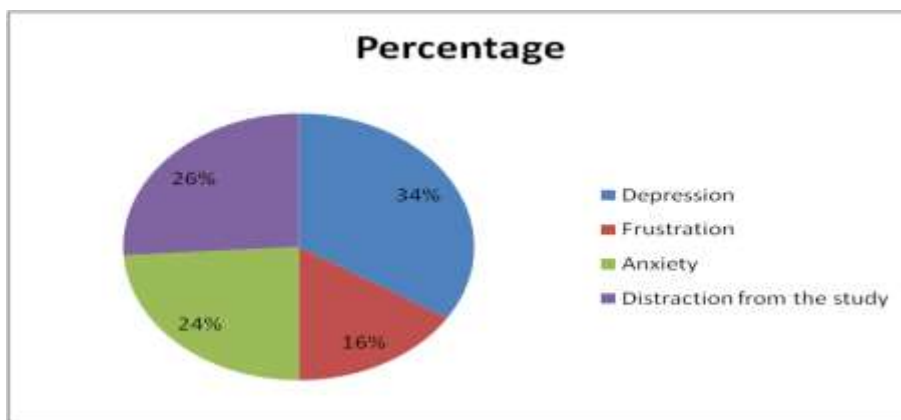
GRAPHICAL REPRESENTATION

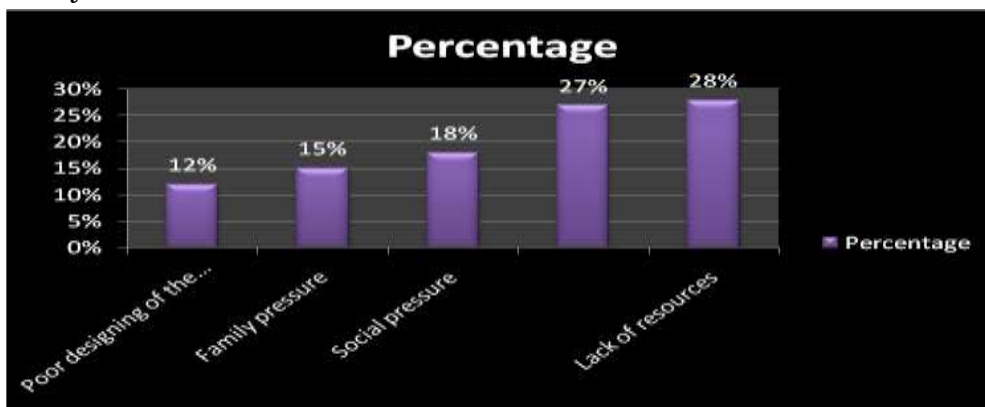Figure 1: Stress faced by the students

(Source; created by author)

Figure 2: Factors responsible for increasing stress among the students

(Source: created by author)

ANALYSIS OF THE DATA

From table 1, it can be seen that most students face depression due to stress as well as 24% of the student's anxiety due to their academic stress. 16% of the students face the challenge of pressure whereas 26% of the students face the challenges of distraction. From the table, it has been clear that most of the students have less concentration of their study due to academic stress. As a result, they started bunking the class, and adversely affected their mental health (Morrish 2019).

From table 2, various factors responsible for stress have been shown. In the table, it can be seen that 12% of the students get stressed due to the poor design of the syllabus whereas 15% of the students get stressed due to family pressure. 128% of the students felt social pressure whereas 27% of the students didn't get appropriate infrastructure that put them under stress and 28% of the students faced the challenges of resources (Chang et al. 2020). it has been clear from the table that family pressure is one of the major reasons that creates pressure among the students to perform better in their academics that put them into depression and anxiety. Most of the students don't get the proper infrastructure to learn.

FINDINGS OF THE STUDY AND RESULTS

From the analysis, it has been found that stress management is needed to reduce academic stress among students. Most of the students face stress due to their family pressure of performing well in their exams. Lack of resources and unavilaikvlty of the infrastructure has made the students less interested in their academics. The syllabus must be revised and redesigned to create interest among the students. The relationship between teachers and students also affects the stress among the students.

DISCUSSION

In the present time stress is increasing among the students due to academic, environmental, social, and health problems. Improving the student's morale and engagement will help in stress management as it provides a healthier and balanced life to the students. Improving the learning environment will also help in reducing the stress among the students and enhance the concentration of the students in learning things. The performance of the students becomes superior by improving the morale of the students. Proper stress management helps in improving the student's performance and it also helps the students to be motivated in their personal life.

CONCLUSION

From the article, it can be concluded that stress management plays an important role in improving the learning capability of the students. It has been clear from the article that most of the students face stress that inversely affects academic performance (Maajida et al. 2018). Frustration, depression, and anxiety are the most common consequences of the stress that make the students mentally ill. Stress management can be done by improving the student's morale and engagement as well as by improving student satisfaction.

RECOMMENDATIONS/SUGGESTIONS

- Students should perform yoga, exercise, and meditation to reduce stress as it will help to improve their concentration upon the learning thing and make them mentally strong.
- It is recommended that parents should stop comparing their children with other children and should not force them to perform better in their academics instead they should support them.
- Relations between teachers and students play an important role in managing the academic stress upon the students. Teachers must teach the things in a more interesting way through which the students can grab the things easily.

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