



# A Research Paper On The Impact Of Various Problems On The Growth, Career And Life Of Students And Holistic Solutions To Solve Student's Problems.

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This study is conducted to find out various causes and effects of problems faced by students in present era such as stress, frustration, peer pressure, parent pressure, exam pressure, suicide attempts and tries to suggest solutions based on responses from more than 80 respondents from Mumbai region. Descriptive and causal comparative research design has been incorporated in this study. Data is collected from primary and secondary sources such as questionnaires, books, articles etc. Reliability test, correlation, regression analysis, hypothesis testing has been done in this research. These all tests helped to see the effect of students' problems, its causes and effects on the students in the Mumbai's region with special reference to college going students in the city.

**Key words** : Students, Learning, Problems, Peer Pressure, Anxiety, Stress, Solution.

## I. INTRODUCTION

**Students:** A student is a person formally engaged in learning, especially one enrolled in a school or college; pupil: a student at S.K. SOMAIYA College. any person who studies, investigates, or examines thoughtfully: a student of human nature. A person who is trying to gain knowledge or skill in something by studying, practicing, or being taught. A student is a person who goes to school to learn something. Students can be children, teenagers, or adults who are going to school, but it may also be other people who are learning, such as in college or university.

**Learning:** Learning is the process of acquiring new understanding, knowledge, behaviors, skills, values, attitudes, and preferences. The ability to learn is possessed by humans, non-human animals, and some machines; there is also evidence for some kind of learning in certain plants. Learning is the lifelong process, both conscious and unconscious, of transforming information and experience into knowledge, skills, behaviors, and attitudes.

### **Problem faced by the students**

More than 700 000 people die due to suicide every year. For every suicide there are many more people who attempt suicide. A prior suicide attempt is an important risk factor for suicide in the general population. Suicide is the fourth leading cause of death among 15–29-year-olds. Seventy-seven per cent of global suicides occur in low- and middle-income countries. Ingestion of pesticide, hanging and firearms are among the most common methods of suicide globally. Here are some statistics to comprehend the severity of this issue. In 2021, over 13,000 students died by suicide in India, a rate of more than 35 per day. This was a 4.5% increase from 2020, when 12,526 students died by suicide. There is a 70% rise in student suicides in a decade between 2011 and 2021 in India. Students face various problems such as

1. Time management
2. Lack of concentration
3. Dealing with homesickness
4. Exam anxiety
5. Financial problems
6. Procrastinating
7. Too much partying
8. Loneliness
9. Lack of sleep
10. Too many distractions
11. Depression

**Peer Pressure:** According to Merriam Webster dictionary Peer pressure is a feeling that one must do the same things as other people of one's age and social group in order to be liked or respected by them. She started drinking in high school because of peer pressure. Peer pressure is when you are influenced by other people (your peers) to act in a certain way. If you're with friends who are doing something that you typically would not do and they convince you to do what they are doing, that is an example of peer pressure.

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**Anxiety:** A feeling of worry or fear, especially about the future, Feelings of fear, dread, and uneasiness that may occur as a reaction to stress. A person with anxiety may sweat, feel restless and tense, and have a rapid heartbeat. People with an anxiety disorder may experience excessive fear or worry about a specific situation (for example, a panic attack or social situation) or, in the case of generalized anxiety disorder, about a broad range of everyday situations. They typically experience these symptoms over an extended period – at least several months. Usually, they avoid the situations that make them anxious.

According to World Health Organisation Other symptoms of anxiety disorders may include trouble concentrating or making decisions, feeling irritable, tense or restless, experiencing nausea or abdominal distress, having heart palpitations, sweating, trembling or shaking, trouble sleeping, having a sense of

impending danger, panic or doom. Anxiety disorders increase the risk for depression and substance use disorders as well as the risk of suicidal thoughts and behaviours.

**Objective of the Research:** Students in the present age face various problems while coping with their studies and career. Many times, such problems leads to extreme consequences such as depression, stress, anxiety and it also leads to suicide among various students. Life is more important than problems and there are solution for every problem in the life of students. The main objective of this study is to find out various problems faced by the students and to suggest solutions to cope with such issues.

**Research question:**

1. What are the problems faced by students?
2. What are the solutions to solve such problems?

**Hypothesis**

- H-1 Students face various problems in their life.
- H-0 Students do not face any problems in their life.
- H-2 Students' problems can be solved through various measures.
- H-0 Students' problems cannot be solved through various measures.

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**I. RESEARCH METHODOLOGY**

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**Research Methodology**

The study is based on primary and secondary data. Primary data is collected from 84 respondents from in and around Mumbai region. Secondary data collected from various research papers and news articles published on the topic. The study used qualitative design. Descriptive and causal comparative research design has been incorporated in this study. The relationship between the problems and their effects is studied to find out the solution to solve such problems.

Descriptive statistics, ANOVA, regression, and Correlation analysis as the major analyses' tools used in this research. The five (5) point's Likert-type rating scale was adopted for the questionnaire responses, and it was of the types, strongly agreed, agree, neutral, disagreed and strongly disagreed. Simple graphs, frequencies and percentages were used. For qualitative analysis, focus group discussion responses were recorded and organized into themes and categories as they emerged during the study.

1. **Time Management**: Students always find it difficult to manage lecture, assignments, balancing social life, When you have less time to deal with what's essential, the stress and anxiety to perform at work can weigh you down,” explained Levendusky(2024). Multi-tasking, though seen as an efficient technique for time management-leads to increased anxiety and mental burnouts. “Those who struggle with time management are more likely to experience stress, sleep issues, anxiety, depression, and other mental health issues. Time management is all about prioritising your routines and doing the right things at the right time and at the right place.

### **Solution**

Priority 1: What’s most urgent and essential? Deal with this immediately.

Priority 2: What’s urgent but necessary? This can be scheduled.

Priority 3: What’s critical and unimportant? This can be delegated or outsourced.

Priority 4: What’s not urgent or important? This should be eliminated.

By laying out what’s most urgent and important, you can start to remove the unimportant things from your life that are zapping your time, energy, and health. Maintaining a planner, calendar or journal can help with efficient stress and time management.

2. **Lack of concentration**: It one of the major problems of the student to focus on their studies and career due to lots of distractions around them in form of social media, game console, Lack of concentration in class can have a negative impact on students' performance . When students are not paying attention, they may find it difficult to absorb the lesson well, leading to a lack of understanding and retention of the material(Elena P. Krasovskaya 2019). Lack of concentration can hinder their ability to perform well in exams and assessments. Concentration is also important for deeper understanding of objects and phenomena, as well as for cognitive and practical activities . (Hu-Cheng Lee1, Chao-Lin Wu, Ling-Jyh Chen 2013). The ever-increasing screen presence and casual social media scrolling further worsen the situation.

### **Solution**

To solve the problem of lack of concentration, students can dedicate their time and energy to the productive and creative work by focusing on their career instead of unproductive activities and restricting screen time. Being focused on life is most important aspect of student’s life.

3. **Dealing with homesickness**: Students staying in hostel or away from their hometown for study purposes always feel homesickness like eating with family, home cooked food, fighting with sibling etc. Homesickness can lead to more serious mental health issues such as depression, so addressing it as soon as possible is important. Remember, it is completely normal to miss familiar surroundings and find it challenging to adapt. Homesickness is not a sign of weakness or something to be ashamed of. There have been sporadic reports of students taking the extreme step of suicide due to homesickness across India. In most of the large universities across the globe, handling of homesickness is an essential service provided to the students by the institutes. But this is not the norm in India.

**CASE STUDY**: 98 student suicide cases reported in past 5 years in IITs, NITs, CUs, IIMs, IISERs: MoS The government revealed that as per the recorded data, 21 students died by suicide in 2018 (who were enrolled in Central universities, IITs, NITs, IIITs, IIMs and IISERs), which decreased to 19 in 2019, 7 in 2020 and 7 in 2021. <https://indianexpress.com/article/education/98-student-suicide-cases-reported-in-past-5-years-in-iits-nits-cus-iims-iisers-mos>

### **Solution**

To solve the problem of homesickness, student can connect with their family members once in a while over phone. Get involved in college activities like sports, cultural, NCC, NSS etc., eat healthy food regular, take proper sleep, exercising regularly, social interaction and making friends etc.

1. **Exam anxiety**: exam fear or exam phobia may cause anxiety among students and can cause nausea, sleepless nights, stress, and anxiety. Exam time can be an anxious, stressful, and potentially overwhelming experience. Also students may face blank periods during the examination.

**CASE STUDY** – Ajay Jangid was found dead at his house in Charkop, Kandivali (West). A 22-year-old MBBS student allegedly died by suicide in Kandivali area of north Mumbai on Friday morning. The youth was depressed over scoring less marks in the exams and this may have triggered him to take the extreme step, the police has said. <https://indianexpress.com/article/cities/mumbai/depressed-over-less-marks-in-exam-medical-student-dies-by-suicide-in-kandivali-9266980/>

Over 35,000 students committed suicide between 2019-21: MoS Social Justice. Over 35,000 students committed suicide in the country between 2019 and 2021, according to data shared by Union Minister Abbaiah Narayanaswamy. The number of student suicides increased from 10,335 in 2019 to 12,526 in 2020 and 13,089 in 2021. <https://timesofindia.indiatimes.com>

### **Solution**

Remember, test taking anxiety is normal, and because anxiety is an emotion it will pass if you give it time. The more you fight it the longer it will last. As the phrase goes, “if you see a wave coming, grab a surfboard”. Staying calm, practicing calming techniques and meditation can help overcome exam anxiety.

2. **Financial Problem**: most of the students from middle- and lower-income group found it difficult to manage their financial needs, the rising cost of education, tuition fees, mobile recharge, and other expenses.

**CASE STUDY** – In Hyderabad, a 20-year-old student Salem Manoj studying in T.Y. Aeronautical Engineering allegedly committed suicide at his own home in Gudimalkapur on Monday, due to game addiction and borrowed money .His family also alleged that he was being harassed by loan app agents. [Times Of India]

[http://timesofindia.indiatimes.com/articleshow/108056394.cms?utm\\_source=contentofinterest&utm\\_medium=text&utm\\_campaign=cpsst](http://timesofindia.indiatimes.com/articleshow/108056394.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cpsst)

### **Solution**

Doing part time job, freelancing, studying hard for scholarship can be best solution to fight the financial problems during student life. According to Mohd Tasleem (January 2024) Students may improve their financial management skills by analyzing their spending patterns, setting up a monthly budget, and identifying fixed and variable costs. Accounting for tuition payments, research fees, and any unforeseen charges should all be a part of financial planning.

3. **Procrastinating**: It is the act of putting off doing something that you should do till another day or time, because you do not want to do it. According to Mind tools Procrastination is an active process – you choose to do something else instead of the task that you know you should be doing. If we procrastinate over a long period of time, we can become demotivated and disillusioned with our work, which can lead to depression and even job loss, in extreme cases.

### **Solution:**

We can break big task into small tasks, even if there is mistake accept it and carry on. Making task enjoyable is another solution to procrastination. Setting deadline and planning in advance will help to reduce procrastination problem.

4. **Too much Partying**: if you are partying too much it can have long term effect, regularly drinking and using of drugs may affect health and cause insomnia, brain damage, hypertension, and stress etc., alcohol can slow down your nervous system and slow down reflexes and trouble thinking. Use of any drug always carries some risk. It can cause visual and auditory hallucinations, confusion and trouble concentrating. using LSD, the following may be experienced insomnia, fatigue, body and muscle aches feeling depressed.

**CASE STUDY MUMBAI:** The phones have been ringing off the hook in the offices of Driver in Mumbai ever since the Janhavi Gadkar drunk-driving mishap shook the nation. The agency is besieged with requests for chauffeurs as the incident appears to have induced partygoers to desist from driving after having one too many. <https://economictimes.indiatimes.com/>

**Solution:**

If you know how to party safely it will help you and your friends stay safe while you're having a good time. Partying safely can help you avoid drinking too much and engaging in risky behaviour such as drink driving and unprotected sex. If you're going partying, plan ahead – arrange to stay close to friends you trust and have a plan for how you're going to get home. Decide on a drinks limit and stick to it. Take condoms with you if you think you might end up having sex. If you plan to take drugs, make sure someone knows what you're taking, in case anything goes wrong. Remember that you don't have to use alcohol or other drugs to have fun.

1. **Loneliness:** Loneliness has been associated with objective social isolation, depression, introversion, or poor social skills. Loneliness is a unique condition in which an individual perceives himself or herself to be socially isolated even when among other people. Furthermore, human longitudinal. Loneliness is the subjective feeling of having inadequate social connections. The notion of loneliness in a crowd is especially prevalent in big cities due to busy lifestyle and no interpersonal connections.

**Solution:** Spending time with peers, participating in college activities and clubs, reconnecting with cousins and old friends can help reduce loneliness. Engaging in hobbies and exploration can help reduce loneliness. Learning to enjoy one's own company will help get rid of loneliness.

2. **Lack of sleep:** Eighty-two percent of college students believe that inadequate sleep and sleepiness impact their school performance. The major cause of sleep deprivation is the time spent studying is usually in later hours for the peace and quiet it provides compared to busy schedules and hustle in the day. Factors like overscheduling, technology, homework, early college times, biological and social factors etc. College students lose the track of time while on social networking sites often staying up late. Binge watching of shows and series contribute further to the problem. As many as 60% of undergraduates have poor sleep quality and 25% experience insomnia symptoms.

**Solution:** Keeping a bedtime routine, reduction in caffeine consumption, winding down with the help of reading or taking a walk and most importantly turning off your screens before bedtime is essential for quality sleep. Beverages like chamomile tea and cashew milk promote better sleep.

3. **Too many distractions:** Distractions in the form of social media, video games, late night partying, distracting friends, frequent outings etc. lead to a shift from studies and productivity. Too many distractions causes anxiety, stress, time management issues etc. lead to procrastination and bouts of laziness and lethargy. It leads to a lack of concentration and focus, often impacting studies.

**Solution:** Building a distraction free environment by blocking unnecessary distractions, setting daily goals, pre-planning of the day, keeping intentional focus help blocking distractions and help focus.

4. **Depression:** Depression is characterized by emotional changes (frustration, feeling of sadness, crying spells, hopelessness etc.) and behavioural changes (social isolation, insomnia, tiredness, restlessness etc.) Common cause of depression among students are stressful life event such as death of a loved one, trauma, divorce, isolation, and lack of support, can trigger depression, an increase in stress and anxiety, creating a state of imbalance that may become depression. People who are depressed are far more likely to have other chronic medical conditions, including cardiovascular disease, back problems, arthritis, diabetes, and high blood pressure, and to have worse outcomes. Untreated depression can even affect your immune response to some vaccines. Depression affects 121 million people worldwide. It can affect a person's ability to work, form relationships, and destroy their quality of life. At its most severe depression can lead to suicide and is responsible for 850,000 deaths every year.

**CASE STUDY** MUMBAI: A 16-year-old boy studying in Class 10 of a posh ICSE school in South Mumbai died by suicide at his home in Grant Road on Monday. He was appearing for his ICSE exams. A police officer said that the boy was depressed and had also undergone counselling. <https://www.hindustantimes.com/cities/mumbai-news/class-10-student-of-posh-sobo-school-dies-by-suicide>

**Solution:** Education, lifestyle changes, social support and psychological therapy are important treatments for depression. People may also require antidepressant medication. Learn to relieve your feelings of depression and overwhelm. Learn simple and powerful spiritual practices to feel better. Develop peace within yourself with the help of Higher Power. Develop calm acceptance of your body type. Experience the Self-Love Meditation.

## **REVIEW OF LITERATURE**

Japhet Kapasa & Other (2015) states that attitudes of students towards learning is very poor. They lack the willingness and readiness to learn. The teaching and learning environment are not conducive. This is in line with lack of infrastructures and basic facilities for teaching and learning.

According to Ozlem Doygun, & Selma Gulec (2012) It can be concluded that 68, 51% of the student group participating in the study live the worries of unemployment and the future. In terms of the requirements by the job which they will do in the future, it is observed more than half of the students are not sure about if the education they take at university will be sufficient in their working lives. To solve this problem, it is necessary to determine the need for workforce correctly and guide students to department needed, rearrange education they take at universities in accordance with qualifications.

Boud & Falchikov (2005) suggested that we need to move from summative assessment that focuses on specifics, standards, and immediate outcomes to more sustainable assessment that can aid students to become more active learners not only in managing their own learning but also assessing themselves beyond the end of the course. They further added that there had been considerable critique on the adequacy of current formative assessment and summative assessment.

Dombeck and Wells-Moran (2006) claim that time management skills boil down to awareness, organization, and commitment. One needs to become aware of and record everything he is doing so that important things will be done on time. One also needs to commit to keep a schedule, and not wandering off when something more momentarily interesting occurs. They emphasized that time management and organization skills are applicable to a wide range of life tasks one might decide to take on. As it will benefit the person broadly in whatever he/she might do.

Vinita Pandey states that Ragging in India is a damaging and detrimental interaction of the seniors in college or school with the juniors, new entrants or first years. It often involves insults (simple or suggestive sexual, sarcastic, and even physical), running errands for seniors, and many other complex activities. It has leading to several complaints of serious injury to the victims. There are stringent laws pertaining to ragging in India.

The book “7 Problems of Student Life: A Solution Inspired by Lord Krishna by Preeti Anjana (Author), Payal Anjana (Author)” is a sweet and concise guide that radiates positivity. Packed with practical advice and empowering insights, it reminds readers to embrace their uniqueness, cultivate self-love, and unlock their full potential.

Challenges faced by students Written by Vanya Varshney states that Challenges are an important part of life and have many benefits, challenges during teenage years prepare a person for the adult world. They foster a belief that obstacles are a normal part of life.

## **Scope of Research**

This research will throw a light on the new dimension of various problem faced by students and its impact on the career and life of the students. It will open new avenues for research scholars to understand and further study on the effect of various problems faced by students and finding out solution. As this research covers only Mumbai region therefore research scholars can explore other cities and countries in the same area.

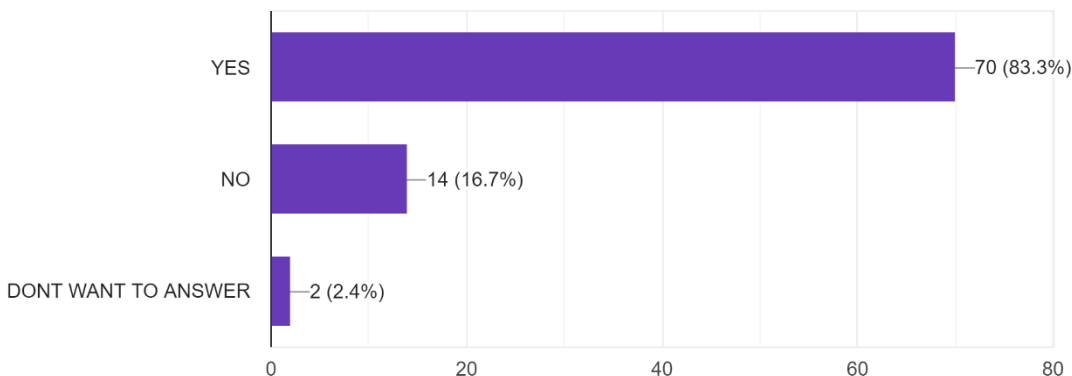
#### IV. RESULTS AND DISCUSSION

##### Findings of the Survey on Students Problems and Solutions.

##### Q. 1) Do you face problems related to Stress, Anxiety, Frustration in your Academic and Personal Life.

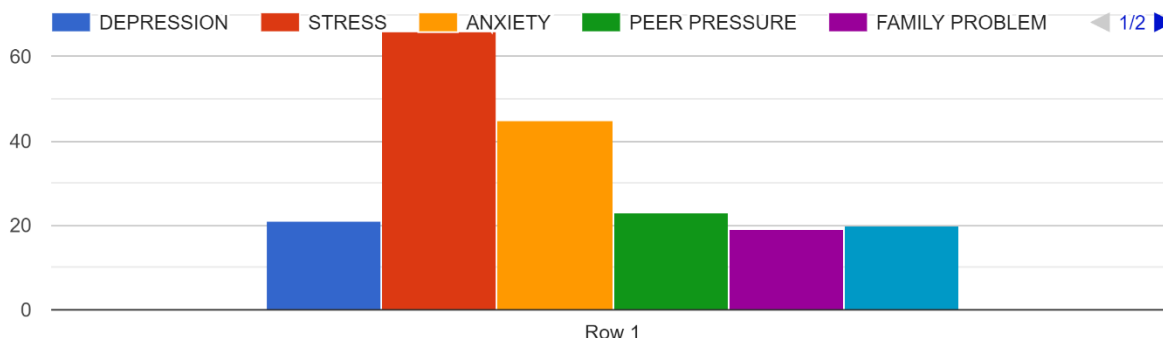
DO YOU FACE PROBLEMS RELATED TO STRESS, ANXIETY, FRUSTRATION IN YOUR ACADEMIC AND PERSONAL LIFE

84 responses



Out of 84 responses 83% of the respondents face problems related to stress, anxiety, frustration in their academic and personal life whereas 2% of respondents don't want to answer about their problems and 17% of respondents do not face problems related to stress, anxiety in their academic & personal life. We can conclude that almost everyone faces problems related to stress, anxiety, frustration in their academic and personal life.

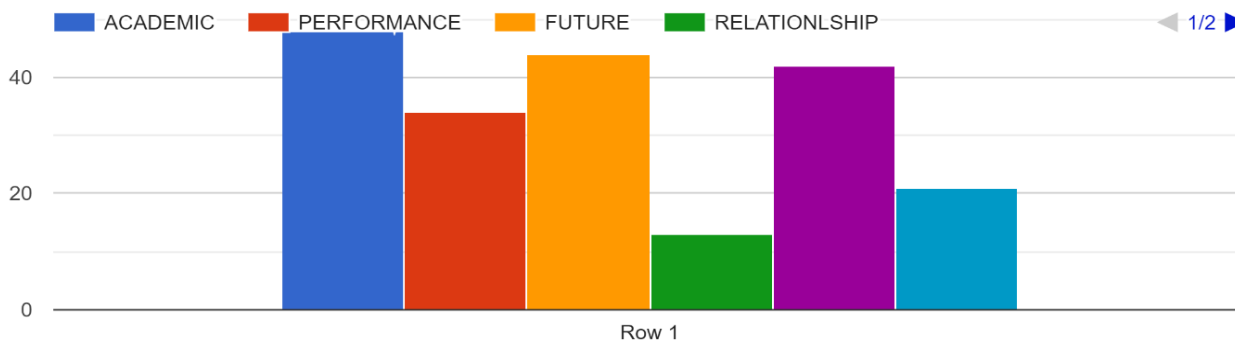
WHAT KIND OF PROBLEM YOU FACED



From above data we can conclude that the stress is the most common problems among students, nearly 60% of respondents feel stress in their academic and personal life and anxiety is the second rank problems followed by depression, peer pressure, family problem, budget issues etc.

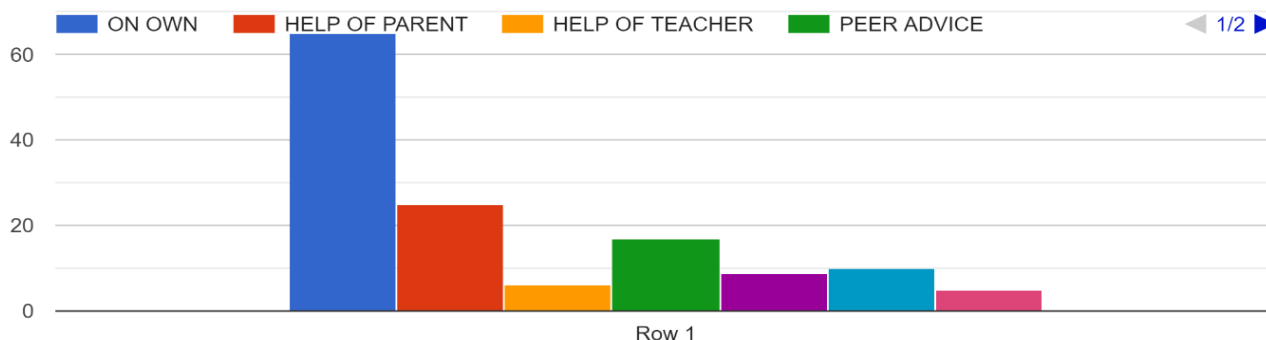


### WHICH PROBLEM TROUBLE YOU MORE



Most of the students faced academic problems, anxiety of future and time management problem even performance related problem is also trouble them lot followed by health-related problems and relationship problems in ascending order.

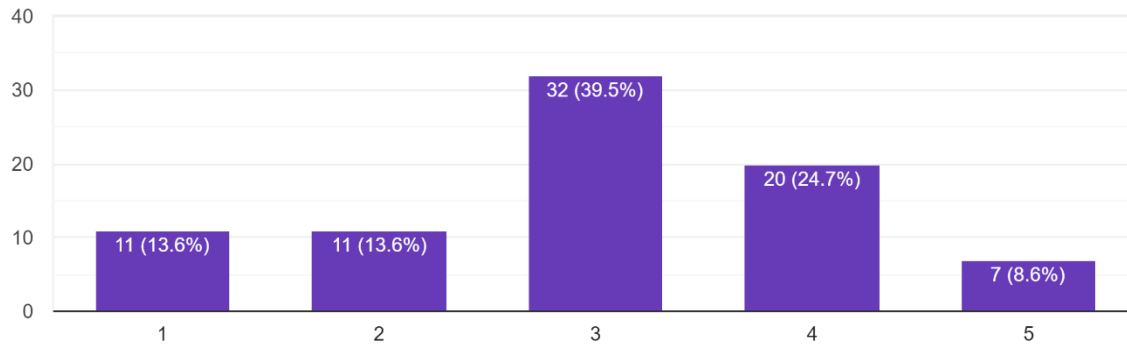
### HOW YOU TRY TO SOLVE YOUR PROBLEM



Most of the respondents tries to solve their academic and personal problems on their own and few of the respondents takes help of their parents, teachers, peer advice, social media, some of them goes to counsellor for advice and some of them takes advice of their mentors.

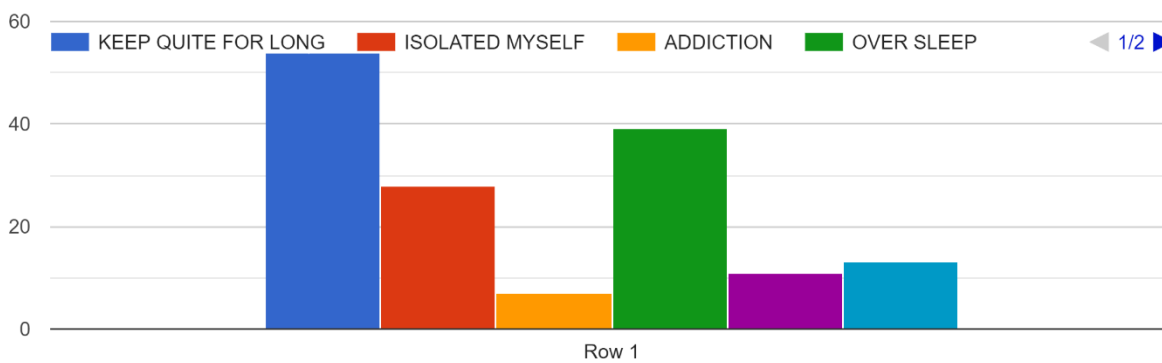
How stressed do you feel on a daily basis during the academic year? (less to more stressful from 1-5)

81 responses



32% of respondents moderately feel stress on daily basis, but 13% of respondents feel more stressed on daily basis and 8% of respondents feel less stressed, we can conclude that most of the students feel stressed on daily basis due to various problems.

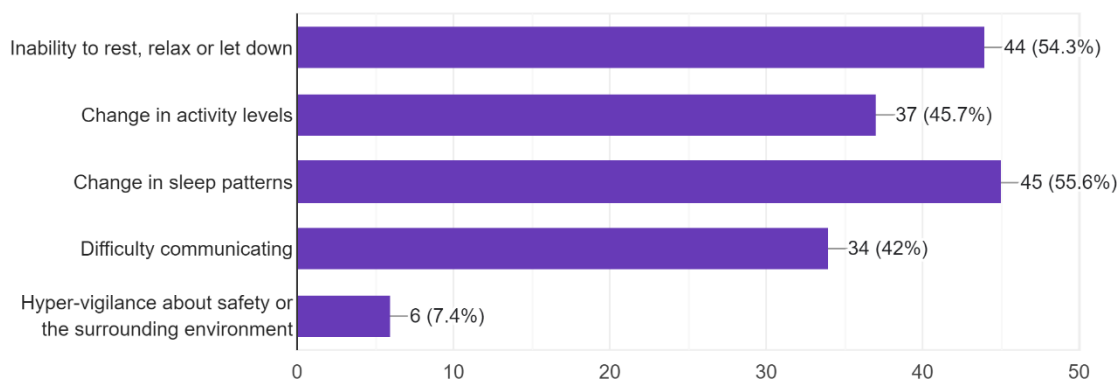
WHAT IF YOU DONT GET SOLUTION FROM YOUR SOURCES



If students do not get solution from various sources for their problems most of them keep quiet for long periods or isolated themselves from others, very few of them become addicted to intoxication, most of them adhering to oversleep, some of them get suicidal thoughts and few of them does overeating.

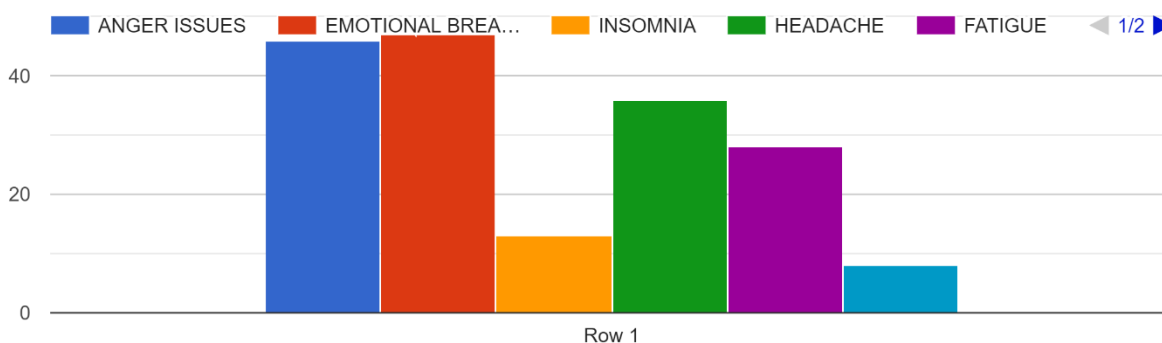
What are the usual BEHAVIORAL effects of stress you've noticed at yourself? (Select all that apply)

81 responses



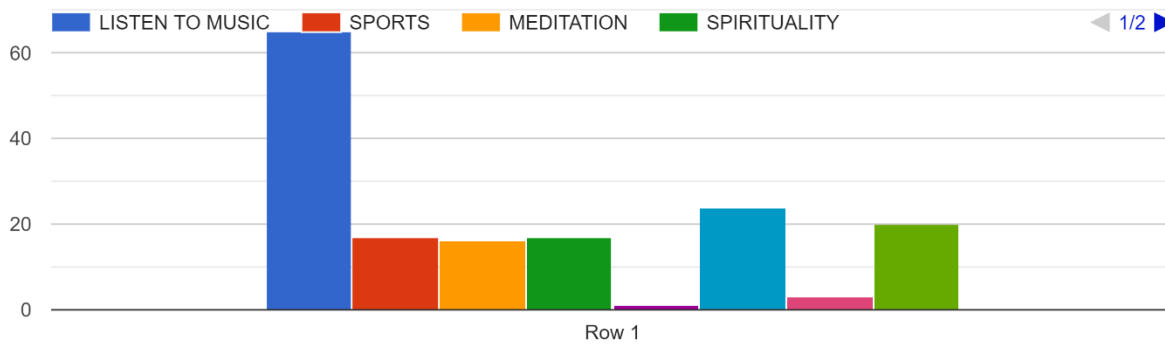
Due to stress most of the respondents i.e., 55% usually found change in sleep patterns, and 54% of respondents fail to rest or relax due to stress. 45% of respondents found a change in their activity levels, 34% of respondents found it difficult to communicate due to stress and 7% of respondents said they become hyper-vigilance about safety or the surrounding environment.

EFFECTS OF STRESS AND ANXIETY ON YOUR PERSONALITY



Most of the respondents said that the result of stress is emotional breakdown or anger issues, it also results in headache among some of the respondents, it also causes fatigue and insomnia, and it also increases blood pressure of few of the respondents. We can conclude from the above data that stress and anxiety results in various problems such as emotional breakdown, anger issues, insomnia, headache, fatigue, and blood pressure issues.

## HOW YOU MANAGE YOUR STRESS



When asked about management of their stress level most of the respondents said they listen to Music to manage their stress and relax, and average respondents prefer sports activities or meditation and spiritual reading to manage their stress, drinking of water is the second major solution to manage stress and doing exercise is rank third in case of solution to manage stress and very few respondents says that they count numbers to reduce stress and very few of them prefer swimming to manage their stress.

## HOW YOU MANAGE YOUR STRESS

For above open-ended question 52 respondents reply in very unique way that how they manage their stress

1. By listening song and sleeping
2. I make checklists, reading books and sleeping.
3. I start to do my hobby And I do write about how I can solve my problem.
4. By doing curricular activities , playing sports , spending time with friends and family
5. Cry it out and think of the solution , talk to friends and family.
6. Try to rationally think and segregate into what I can do about it and what is out of my hands. Make plans to execute what I can through small steps.
7. By taking out time for my hobbies, such as playing instruments or sketching
8. I don't really do much about it. Once I talk to my parents or close friends about it I feel much better and can put that thing behind me.
9. I usually listen to music or talk with my friends that makes me happy.
10. Rant in front of my bestie.
11. Listen to music.
12. By writing it down
13. By watching and playing sports and listening to music.
14. I play Kho-Kho this helps me reduce my stress level.
15. Spirituality.
16. Talking with friends and family.
17. Patience is the key.
18. Music, draw and other related activities.
19. Just by giving more attention to myself and participating in more curricular activities.
20. By sitting at a quiet place.
21. Music.
22. Even in the 1000s of negative thoughts finding that one positive thought as a ray of hope to light the negative thoughts.
23. Music.
24. By keeping positive mindset.
25. Talk to friends and listen to music.
26. Listen to music or dance.

27. I'm still learning to navigate how to deal with stress.
28. Often times I forget how to take control over my mind and have optimistic thoughts when naturally the first thing I think about is something negative.
29. I either sleep it off by taking a nap or just cry and let it all off. I try to write down my feelings and helps alleviate some off the pressure off my chest.
30. I usually lock myself in a room and vent out my frustration and give myself pep talks in front of a mirror. I also write poems and articles related to my pain.
31. By engaging in things I like to do.
32. I don't face any stress related problems.
33. Exercise is the only solution.
34. By keep silent and sleep.
35. Try to stay calm.
36. Talking to God( Allah tala)
37. Mostly I tried to distract myself from the problem and I go to gym for physical fitness which gives me motivation to improve myself in other fields also , also I'm trying to learn some skills like learning MS Excel, Photoshop, basic video editing, etc.
38. Go to sleep.
39. Talking to my favourite person or praying and reciting Qur'an.
40. Nothing just being quiet.
41. I go for a walk alone and listen to music to calm myself.
42. Stay alone and keep quiet.
43. Keeping myself in a way where I can heal myself and try to make things as better.
44. Sleep.
45. Swimming is an escape from reality.
46. Divert my mind in other active and going for outing with my friend.
47. I actually don't.
48. I just do nothing ; I just cry and then make myself calm down and just involve in some other activities to distract my thoughts and overthinking.
49. I tend to write poetry or draw when I feel overwhelmed by emotions.
50. I prefer to stay quite let thing go .
51. By listening to music, You tube videos, reading books, and communication with friends.
52. Indulge in hobbies I like to do.

## **Findings and Conclusions**

From our research we can concluded that students all over the world face various problems in their school or college days, it includes time management, exam related stress, peer, and parent pressure, too many distractions, partying too much, anxiety and stress related problems. We can conclude that almost everyone faces problems related to stress, anxiety, frustration in their academic and personal life.

Stress is the major problem caused by anxiety among students in the present era. Most of the students faced academic problems, anxiety of future and time management problem even performance related problem is also trouble them lot followed by health-related problems and relationship problems in ascending order. Most of the students feel stressed daily due to various problems.

Due to stress most of the respondents i.e., 55% usually found change in sleep patterns, and 54% of respondents fail to rest or relax due to stress. 45% of respondents found a change in their activity levels, 34% of respondents found it difficult to communicate due to stress and 7% of respondents said they become hyper-vigilance about safety or the surrounding environment.

Most of the respondents said that the result of stress is emotional breakdown or anger issues, it also results in headache among some of the respondents, it also causes fatigue and insomnia, and it also increases blood pressure of few of the respondents. We can conclude from the above data that stress and anxiety results in various problems such as emotional breakdown, anger issues, insomnia, headache, fatigue, and blood pressure issues.

Most of the respondents tries to solve their academic and personal problems on their own and few of the respondents takes help of their parents, teachers, peer advice, social media, some of them goes to counsellor for advice and some of them takes advice of their mentors.

If students do not get solution from various sources for their problems most of them keep quiet for long periods or isolated themselves from others, very few of them become addicted to intoxication, most of them adhering to oversleep, some of them get suicidal thoughts and few of them does overeating.

When asked about management of their stress level most of the respondents said they listen to Music to manage their stress and relax, and average respondents prefer sports activities or meditation and spiritual reading to manage their stress, drinking of water is the second major solution to manage stress and doing exercise is rank third in case of solution to manage stress and very few respondents says that they count numbers to reduce stress and very few of them prefer swimming to manage their stress.

From the above statistics we can conclude that problems in students' life is inevitable, but one should not get dejected or demoralized, instead of that one should learn to fight with them and try to generate solutions. Even if there is no solution one should ignore such problems and carry on in their life, after all life is more important than problems.

Meditation, spiritual reading, sports activities. Listening to soft music, hanging around with like-minded people and spending good time with parents and mentors and even if required one can seek help from a counsellor to solve their problems. Human life is very precious and rare, and one should understand its importance before taking any drastic action. Seeking help of elder is always advisable in such situations. Reading motivational books can also help to understand our feelings and emotions.

From above findings it can be proved that students faced various problems i.e. H-1 and further investigation also revealed that problems are not permanent there are solutions to each problem and even if there is no solutions the life never ends there it goes on and on proving our second hypothesis H-2 Students problems can be solved through various measures.

### **Limitations**

This study is confined to youth in the Mumbai region, and this study is conducted for a limited number of youths i.e., only 84 students from in and around Mumbai colleges in the jurisdiction of Mumbai. This research is focused on twelve major problems faced by the students; researchers may work on other problems which are not listed above.

**Appendix:** - <https://forms.gle/E1DtVe8siKBBt6Au5> (Survey Form)

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