



Stress - A Major Problem of Today's Youth

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Abstract: *Stress is a state of mental pressure for particular individual caused by psychological, physical and behavioral problems. In today's competitive world young generation are facing stress reflected in the form of depression, attempt to suicide and many other psychological disorders. Adolescence is the period of stress and storm where young generation experience confusion related to role-playing. Youth are facing lots of challenges to get adjusted in the society. College environment, interpersonal relation, social acceptance, examinations and emotional adjustment are few factors that affect the level of stress experienced by the young generation. Thus, understanding the causes of stress and providing measures to reduce stress in the youth is very important. The objective of this study is to find out the level of stress and its causes among college going youth in Jabalpur. The data was collected through survey method. 'Perceived Stress Scale' by Sheldon Cohen was used as a tool to measure the stress level and a self-made questionnaire was developed to find out the causes of stress among youth. 150 students were selected for the study by random sampling technique. The study reveals the facts that college students are highly stressed due to number of reasons but the main cause of stress among college students is relationship problems. The result of the study can be very important for giving suggestions to the students, teachers, principal, parents and society who can contribute for reducing stress of the youth.*

Keywords: *Stress, Psychological problems, Behavioral problems, Depression, Interpersonal relation, Social acceptance, Emotional adjustment*

I. INTRODUCTION

Stress in simple term is a feeling an individual have when they are overloaded and struggling to cope with the demands that can be related to work, finance, relationship or any other situations which is a threat to a person's well-being. Stress has become an inevitable word in today's fast moving technical world. Stress is been experienced by almost everyone around irrespective of the age they are in. The word stress which was considered threatening earlier has now been accepted as normal part of life. This acceptance about stress has come on experiencing some of the positive effects of stress which serves as a motivating factor for achievements. But when the stress level increases unmanageably it turns into distress which depletes the energy of the person and pushes him towards a variety of psychological & sociological imbalance. Adolescence is a period when individuals start becoming independent from their parents. The period of adolescence is recognized as a period of 'stress and storm' as during this period one has to undergo a lot of physical and mental changes. Psychologists refer adolescence as Transition period as this is the period from where the adolescents transform from a child to an adult. When students enter into college life, a drastic change in their life style is observed. College environment, curriculum design, examinations, peer group relationship and other changes in their social world definitely would influence the level of stress experienced by the youth.

Adolescence is a dangerous period of time where young people experience confusion due to number of responsibility given to them. For them, stress mainly comes from academic choices, relationship problems, financial, time-management and career exploration. Such stress may usually cause psychological, physical, and behavioral problems. Taking all these factors into account an effort is made to understand the existing level of stress and its causes so that suggestions can be provided to them which may lead to better adjustment and academic performance of the youth.

All stress are not bad as it prepares you for making less mistakes while performing any task where as long term stress can harm your health. It may cause many problems like headache, poor digestion, sleeplessness, sadness, anger, irritability etc. long term strain to your body due to stress may also contribute to serious health problems such as heart disease, high blood pressure, diabetes, mental illness etc. The events that provoke stress are called stressors. Some of the main stressor among youth is:

- **Relationships** – Relationships are a big aspect of stress. Everyone wants to have friends, whether they are close friends or just acquaintances. If a person finds that making friends is a bit harder than he/ she had expected, stress is present here as well.
- **Academics**-The worry about academic performance can cause stress symptoms such as anxiety, insomnia or changes in your appetite and overall mood. Youth have poor study habits and cram last minute studying in the night before exams. The fear of exams and workload create stress among students. Another cause of stress among university students is a lot of assignments.
- **Finances** – All young people feel stress about money. Most young people do not have jobs, or the jobs that they do have don't pay as much as they would like for them to. They want to maintain the lifestyle and fulfill the demand of articles like mobile, bikes and cars etc. If they fail to fulfill the requirement then it creates a stress.
- **Career**- Job Stress is a chronic disease caused among the current youth that negatively affect an individual's performance and/or overall well-being of his body and mind. The high competition, an inconsiderate work colleague, a lack of job security, there are many causes of job stress. The students have fear of not getting the job opportunity and competition in the market.
- **Time Management**-A lack of time management also causes stress on youth, whether secondary or tertiary. Balancing academics, peer activities, and home life can be difficult.

II. REVIEW OF LITERATURE

Joseph E. Agolla and Henry Ongori, (2009), *An assessment of academic stress among undergraduate students: The case of University of Botswana*, Educational Research and Review Vol. 4 (2), pp. 063-070, February 2009

This research finding is based on the responses obtained from the undergraduate students at a higher learning institution (University) in Botswana. This paper investigated the stressors, symptoms and effects that are likely to be experienced by the undergraduate students in higher institutions (Universities). Stressors related to time, academic pressure, and academic environments were explored. A total of 320 students participated in this study. Data was collected through self-administered questionnaires that were randomly distributed to the students during lecture time. Data obtained was analyzed using descriptive statistics and Tables. The open ended question was thematically analyzed. It was found out that, academic workload, inadequate resources, low motivation, poor performance in academic, continuous poor performance in academic, overcrowded lecture halls, and uncertainty of getting job after graduating from the university lead to stress among students.

Kai-wen C,(2010) *A study of stress sources among college students in Taiwan*, Journal of Academic and Business Ethics, 2(1), 2010, 35-41.

This paper was to investigate the sources of stress among college students in Taiwan. A questionnaire survey was conducted to collect research data. A total of 230 questionnaires were distributed, and 201 valid responses were obtained. Research findings suggested that male students feel stronger stress from family factor than female ones; students in higher grades feel more stress from physical/mental, school, and emotional factors; students who take a student loan also feel more stress from physical/mental, school, and emotional factors than those who do not.

Rebellow M. Reena & Dr. Asir Sam Deva, *Stress among School Going Adolescents*, IOSR Journal Of Humanities And Social Science (IOSR-JHSS) e-ISSN: 2279-0837, p-ISSN: 2279-0845. PP 77-79, www.iosrjournals.org

The objective of the study is to find the level of stress experienced by the school going adolescents and to find the associated variables that contribute towards their stress level. This study is descriptive in nature. The data was collected from 50 adolescent school students using random sampling technique in a private school located at Tiruchirappalli district, Tamil Nadu. Students Stress Rating Scale developed by Dr. M. Balamurugan and Dr. D. Kumaran, University of Madras, was utilized to elicit the level of stress among the respondents. The study reveals that most of the students are experiencing stress and the study also suggests some of the suitable measures to reduce the level of stress among the school going adolescents.

Tung, S. and Chahal, N,(2005), *Relationship between stress and adjustment adolescents females; a causal study*, Journal of Personality study and Group Behavior, 25, 2005, 19-31.

The study investigates the educational choice in relation to academic stress, achievement motivation and academic self-concept among the adolescents of the intermediate or plus two stage in their academic career. Random sampling procedure was used to select the sample. One hundred and fifty students studying in the second year colleges of Trichy formed the sample. They were from four educational streams viz., Biology, Mathematics, commerce and humanities. There were 60 boys and 60 girls varying in age from 17 to 19 years. The results revealed that subjects from Biology stream had significantly more academic stress and commerce subjects exhibited low academic stress. In Biology group the interpersonal difficulties were found to be the major source of their academic stress. The medical stream also had a high need to achieve while the commerce grouped showed least achievement motivation. The four educational stream subjects did not vary in academic self-concept. No Significant gender differences were found in academic self-concept in the subjects of four educational streams.

Objectives of the Study:

- To study the level of stress in College going girls and boys in Jabalpur.
- To find out the causes of stress among the College going youth in Jabalpur.

Hypothesis:

There is no difference in the stress level of college going girls and boys.

III. RESEARCH DESIGN

Survey method was employed to conduct the study. Primary data was collected before COVID-19

3.1 Population & Sample

The sample was selected by random sampling technique. The sample consists of 150 students including both boys and girls studying in different private and government colleges of Jabalpur district.

3.2 Data & Sources of Data

Primary and secondary data is used in the present study for the analysis of level of stress in the college going girls and boys of Jabalpur district.

3.3 Theoretical Framework

Tools are used to perceive the stress level of college going students and causes of stress. The questionnaires used by the researcher is the independent variable whereas the response given by the students are dependent variables which are also affected by the intervening variables which includes their peer group, family environment, college environment.

3.4 Tools Used in the Study:

1. 'Perceived Stress Scale' by Sheldon Cohen.
2. A self-made questionnaire having 20 statements to identify causes of stress.

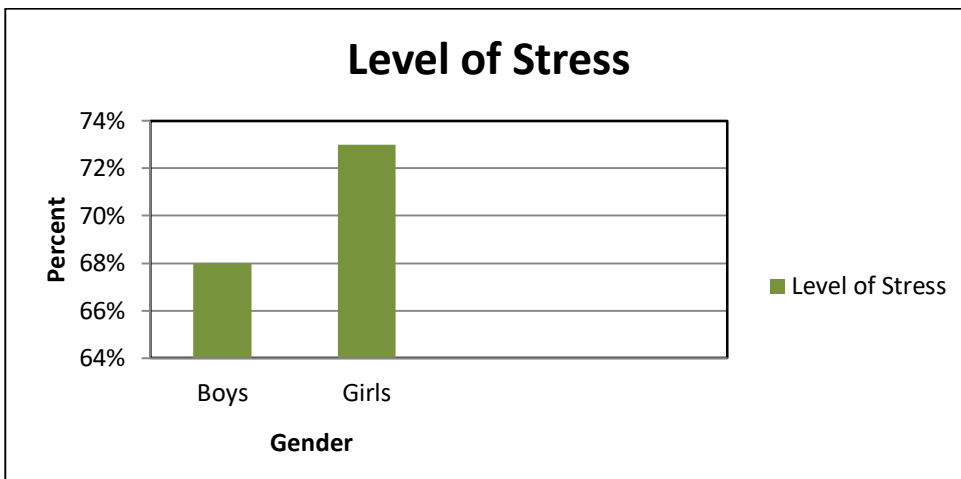
IV. DATA ANALYSIS AND INTERPRETATION:

The respondents are from the different Colleges of Jabalpur (M.P.). The total numbers of respondent were 150. The maximum respondent belongs from the age group 21-25 years. The male respondents are 95 and female are 55. Maximum respondent are from the environment where single parent working.

Note: Primary data was collected before COVID-19

Table 4.1: Level of stress According to Gender

Gender	N	Level of Stress
Boys	95	68%
Girls	55	73%

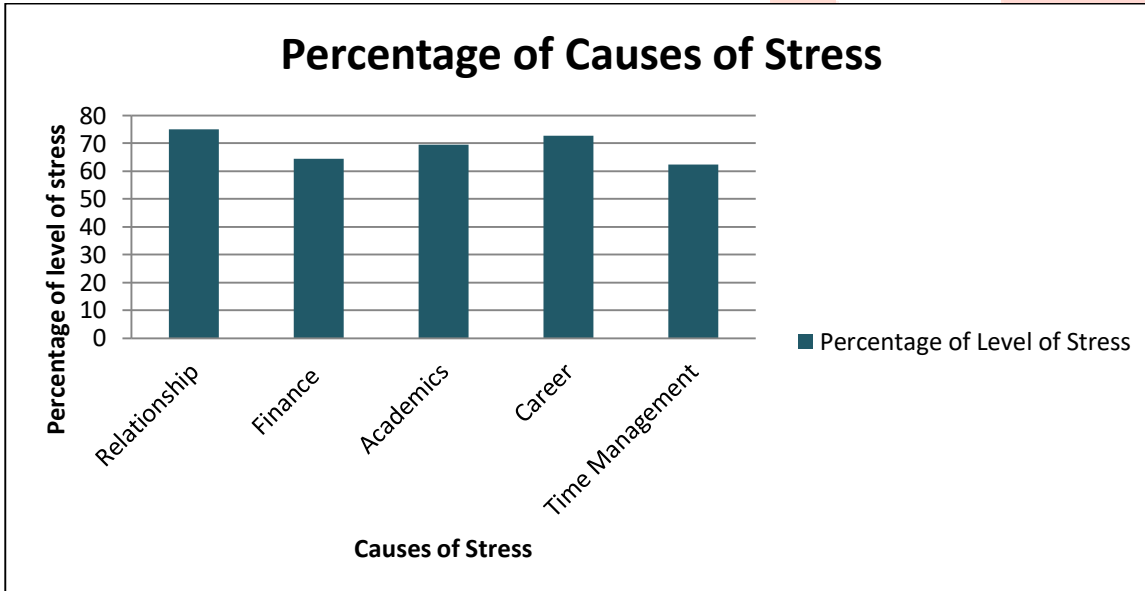


Graph 4.1: level of stress in girls and boys

The **table 4.1 and graph 4.1** shows that the level of stress seen in the college going girls (73%) is slightly more than level of stress faced by the college going boys (68%).

Table 4.2: Causes of Stress and its Effect

Causes Of Stress	Percentage of Level of Stress	Position
Relationship	75.12	I
Finance	64.53	IV
Academics	69.40	III
Career	72.81	II
Time Management	62.42	V



Graph 4.2 - Percentage of causes of Stress

The **table 4.2 and graph 4.2** shows that the highest level of stress in college going students generates due to relationship problems (75.12%). This problem is identified mainly due to the increasing use of social media and living life in virtual world. The other causes of stress include career (72.81%), academics (69.40%), finance (64.53%) and Time Management (62.42%).

V. CONCLUSION

From the findings, the results clearly show that youth are highly stressed. It is identified that among all factors, the main causes of stress among youth is relationship stress, academics and career stress. The main cause behind this is they are spending maximum time on social websites which make them detached from their relatives and peer group. Poor study habits due to much use of technology leads to their poor performance in

academics and so they have fear for getting job opportunity and for their survival in the competitive environment. The others causes of stress identified in youth are stress due to finance and time management.

SUGGESTIONS

From the above study it can be concluded that today's youth is facing stress because of many reason. As the youth are the building blocks of our society, it is important to identify the causes of their stress and try to eradicate those causes with the help of teachers and their parents. Following suggestions are given to reduce stress in youth-

For Teachers

- Organize workshop to make students aware of the means through which stress can be reduced.
- Arrange for motivational lecture by inviting dynamic person who can inspire students to live healthy and happy life.
- Make meditation as an important part of curriculum to increase the concentration of students and helping them in reducing stress.
- Use methodology that helps to understand the concept and discourage rote memorization
- Provide various opportunities in the form of co-curricular activities to show their inner talent.
- Don't force them to do the things that are not of their interest.
- Provide them Life-skills training which could help them to face the real world challenges.

For Parents

- Provide them motivation to face challenges of their life.
- Appreciate them for their right decision.
- Build healthy relationship with them so that they can share their feelings with you.
- Support them when they need you to face the world.
- Don't scold them for their failure.

For Youth

- **Be observant.** Recognize the symptom's your body shows such as sleeplessness, increased use of alcohol and drugs, short temperedness, depression, and feeling low.
- **Consult counselor.** Don't wait for someone asking you about your stress. Take initiative to discuss about your problems to your counselor.
- **Do physical exercise.** Just 30 minutes per day of walking can help boost your mood and improve your health.
- **Explore relaxing activity.** Practice meditation, muscle relaxation, or breathing exercises for mental relaxation.
- **Plan goals and set priorities.** Plan for your goals and set priorities to achieve your goal. Don't get discourage if planning fails.
- **Share problems.** Keep in touch with people who can provide emotional support and practical help. To reduce stress, share your problems with your friends, family or relatives.

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Note: The primary data for the research was collected before COVID-19

