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FINDING CAUSES OF STRESS AMONG THE RURAL COLLEGE STUDENTS

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ABSTRACT

Stress is our mind and body's response or reaction to area or imagined threat event or change. Human life has undergone many changes over the past few years and as a matter of fact stress has become part and parcel of this fast and complicated life. People experience stress in the family, society or at their work itself.

KEYWORDS: *Human life , anxiety and tension , reduces physical and emotional health.*

INTRODUCTION

People are suffering from stress and find it difficult to manage it. Stress is unavoidable. It decreases efficiency and performance of individuals. So it is essential that properly framed stress management techniques are to be incorporated so that the harmful effects of stress can be detected on time.

Stress can lead to anxiety and tension. Although stress is a normal part of life, excessive stress interferes with productivity and reduces physical and emotional health.

OBJECTIVES

* To study the degree of perceived stress experienced among college students.
* To study the reasons that cause stress among students
* To identify the major stressors among students
* To share their stress related experience in the recent past
* The methods adopted to overcome stress

CAUSES OF STRESS

✓ Threat A perceived threat will lead a person to feel stressed. This can include physical threats, social threats, and financial threat etc.
✓ Fear threat can lead to fear, which again leads to stress.
✓ Uncertainty when we are not certain, we are unable to predict , and hence feel we are not in control, and hence may feel fear or feel threatened by that which is causing the uncertainty.
✓ Cognitive dissonance when there is a gap between what we do and what we think , then we experience cognitive dissonance, which is felt as stress
✓ Increase in Responsibility
✓ Conflict between friends
✓ The drive for success
✓ Love affairs
✓ Community related
✓ Tough Syllabus

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Selection of sample

The respondents for this paper were students studying under graduation in government colleges of Dindigul District. The total sample size was 300 students who were selected by the random sampling method from the selected colleges.

DATA ANALYSIS
Table 1

The perceived stress scale consisting of 14 statements were given to the respondents and the scores were calculated based on the responses. The scores are classified in 4 categories as normal, minimal stress, moderate stress and severe stress.

Sno	Respondents	Percentage
Normal	9	3
Minimal stress	161	54(53.6)
Moderate stress	126	42
Severe stress	4	1
Total	300	100

It is inferred that 54% of the respondents are experiencing minimal stress, 42% of the students are having moderate stress. 1% of the students are with severe stress.

Table 2
To study the reasons that cause stress among students

In order to identify the causes of stress statement questions were included in the questionnaire. The results are given below.

Sno	Statement	No of students	Percentage
1	Struggling to meet academic standards	54	18
2	Important decisions about your future career	138	46
3	Important decisions about your education	15	5
4	Lower grades than you hoped	28	9
5	Hard effort to get ahead	12	4
6	Lot of responsibilities	16	5
7	To many things to do at once	10	3.3
8	Financial burdens	32	10.5
9	Decisions about intimate relationships	13	4
10	Separation from people you care about	12	4

It is inferred that 46% of the students are struggling to take decisions for their future career followed by 18% are struggling to meet academic standards.

Table 3
To identify the major stressors among students

The students are asked to rank the various factors which cause stress a

In order of preference Based on the responses weighted average method of analysis was followed and the scores were calculated.

Statement	No of respondents	percentage
Financial problem	141	47
Studies related	54	18
Family related	27	9

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Society related	12	4
Community related	21	7
Interpersonal	21	7
Love affairs	21	7
Caste	3	1

From the above table it is inferred that financial problems 46% is found to be the foremost factor contributing to stress among the rural students ,followed by studies related problems 18%,followed by the family related problems with 9%. The 4th major factor is society related with 7% ,followed by the community and interpersonal related problems. The caste factor is found to be the least stressor among the students.

Table 4
Showing the places of stress

Place	No of respondents	percentage
House	84	28
College	63	21
Hostel	45	15
Cinema theatre	24	8
Bus stand	21	7
Tution center	30	10
Bus/street/temple	33	11
Total	**300**	**100**

The above table shows that house is the foremost place of stress with 28% followed by college with 21%. The next place of stress is hostel with 15% followed by bus/ street/ temple.

Table 5

Place/Things that create stress	No of respondents	Percentage
Family members	69	23
Friends	57	19
Neighbours	27	9
Professors	51	17
Love	33	11
Bus missing/bus late	33	11
Money	30	10
Total	**300**	**100**

From the following table shows that family members create stress 23% ,followed by friends 19% and then professors 17%.

Table 6
Methods to overcome stress

Methods	No of respondents	Percentage
silent	66	22
Shouting / angry	39	13
Praying	33	11
Hearing music	33	11
Watching TV	30	10
Alcohol	6	2

Smoking	6	2
Control myself	33	11
Crying	21	7
Sharing with friends	33	11

The above table shows that the students overcome the stress by remaining silent 22%, shouting and getting angry (13%) and 11 % of the students share their stress with their friends and another 11% of the students control their stress. Another 11% of the students overcome the stress by hearing music and watching tv.

CONCLUSION

The college going students having 3 major stressors and it confirms that the foremost factor is financial problems followed by the study related and the third major stressor is family related problems. The causes of stress are identified and to overcome such stressors is also suggested for them. Mostly the students are remaining silent and part of the students share with their friends and part of the students getting angry and remaining are practiced with listening music and watching TV to overcome stress.

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