

# Stress among Students: A Literature Review

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## Abstract

Stress was born along with human. We cannot separate human being and stress. The level of stress is noticeable in all the life events. Good stress and coping makes achievements. But some disagreement is present in human behaviour and stress. The culture, society, moral has important role in stress. By considering them, the gender difference is needed to highlight in stress. This article reviewed the some studies which mainly focused on gender difference and stress among students. There are n number of studies regarding assessment of stress and hundreds of studies that assessing stress among students after global pandemic. The few examples studies revelled that students are in moderate to severe level of stress regardless of course studying, demographic background. But it is demonstrated that, gender difference presence still. It is need to highlight in order to avoid unhealthy future. The respective persons like parents and teachers, need to focused. paying attention equally to their child, observing their social media activities, assessing the signs mental illness, identify the vulnerable can avoid mental illness due to stress.

**Keywords:** Stress; Students; Gender.

## INTRODUCTION

Stress was born along with human. We cannot separate human being and stress. The level of stress is noticeable in all the life events. Good stress and coping makes achievements. But some disagreement is present in human behaviour and stress. The culture, society, moral has important

role in stress. By considering them, the gender difference is needed to highlight in stress. This article reviewed the some studies which mainly focused on gender difference and stress among students.

*Aastha jain et al., (2018)<sup>1</sup>* conducted a quantitative research with the objectives to assess the gender difference in perception of the stress among different situation in UG students. The research design adopted for the study is comparative research design with the sample size of 200 college students. The tools are perceived stress scale. The result shows that<sup>6</sup> descriptive statistics for males (M=18.77, SD=4.74) and females (M=20.89,SD=5.89) t ratio was found to be 2.99 (p<0.01). The study concluded that female students scored higher on perceived stress in comparison to male students.

*Deepika sheron et al., (2020)<sup>2</sup>* assessed the

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perceived stress and coping strategies of the B.Sc (n) students to covid-19 lockdown. The research design adopted for the study is cross sectional descriptive study with the sample size of 427 nursing students. The tool used for the study is modified brief perceived stress scale and modified brief coping strategies scale. The result shows that high perceived stress scale score was seen in 13.35% and while 82.67% of the participants experienced moderate perceived stress. The study concluded that maladaptive coping strategy being the highest in the participants.

*Bhavani nivetha et al., (2018)*<sup>3</sup> did a quantitative research with the objectives to estimate the prevalence of stress among undergraduate medical students. The research design is cross sectional study with the sample size of 303 students. The tool used for the study is perceived stress scale 10. The result shows that out of 303 students 70% experienced moderate stress and only 6% experienced severe stress. The study concluded that majority of the students were stressed 80% only 6% were severely stressed.

*Deeman a. Et al., (2020)*<sup>4</sup> explored the perceived stress level among students during the coronavirus outbreak and suspension of in person teaching in Saudi Arabia. The research design adopted for the study is cross sectional study with sample size of 367 students living in Saudi Arabia. The tool used for the study is perceived stress scale. The result shows that most participants were female (74.7%) more than half of participants showed moderate level of stress (55%) while (30.2%) registered high level. The study concluded that moderate to high level of stress among student in ICSA at the start of covid 19 outbreak. The integration of online counselling and stress management program would help to mitigate the stress of students during distance learning.

*Rintu thomas (2018)*<sup>5</sup> determined level of perceived stress and eating behaviour among undergraduate students in selected professional and non-professional college. The research design adopted for the study is comparative survey design with the sample size of 304 students. The tool used for the study is perceived stress scale and tfeq 21. The result shows that significant difference was found in the perceived stress of professional and non-professional students ( $t=162$ ;  $p=0.02$ ) and non-professional students ( $t=183$ ;  $p=0.09$ ). The study concluded that the perceived stress of professional undergraduate students are more compared to non-professional undergraduate students.

*Azza ali taha et. al., (2017)*<sup>6</sup> examined a quantitative research the objectives to evaluate

the level of perceived stress among female faculty students at Taif University. The research design adopted for the study is cross sectional study sample size of 530 female students. The tool used for the study is perceived stress scale 10. The result shows that 84% of students suffered from significant stress 75.5% suffered moderate stress. The study concluded that there was a significant relation between mothers education and the perceived stress among students ( $p<0.001$ ) stress mean score significantly higher among students of illiterate mother (20.46  $\pm$  5.47) other factors seen as mothers job, fathers job, and fathers education were insignificant factors determining the mean of perceived stress.

*Bijoy chhetri et al., (2021)*<sup>7</sup> conducted a quantitative research the objectives of understanding the stress levels of Indian students, any psychological imbalances and their major hurdles during covid 19 lockdown. The research design adopted for the study is cross sectional prevalence study using a simple and convenient snowball sampling method. The sample here is 1012 samples. The tool was performed a structured online questionnaire based on perceived stress scale. The result shows that females (mean=3.03) were more stressed than males (mean=2.61) as they were constantly under pressure because of stressful life events. The study concluded that prevalence of stress among students due to closure of educational institutions and prolonged online teaching and learning. The study found that female students are more concerned about their academic activities and that students aged 18 to 25 years are more vulnerable to the impact of lockdown.

*Sonali channawar et al. (2018)*<sup>8</sup> examined the comparative study with objectives to assess the prevalence of stress among adolescents. The design adopted for the study is descriptive survey method. The sample size of 1200. The tool used in the study is stress inventory. The study concluded that girls have high stress compared to boys because they have a culture where females are under pressure of expectation and demands of society.

*Jelena kostic et al., (2021)*<sup>9</sup> conducted a quantitative research with the objectives to analyse the psychological response to the covid 19 outbreaks in terms of perceived stress and its related factors among university students in South East Serbia. The sample size is 434 students and tool used for the study is 10, GHQ and coping strategy indicator (CSI). The result shows that the female perceived stress scale respondents (335 i.e. 78.27%) in comparison to the male respondents ( $p<0.001$ ) and the age

was  $23.81 \pm 5.25$  (range=19 to 25) out 324 (75.50%) of lives their parents. The study concluded that female respondents had high scores on anxiety, insomnia and depression. Subscales on ghq 28 and that avoidance coping was strongly associated perceived stress. To determine the effects of the pandemic on the mental health of students in the later stages of a health crisis.

*Shilpa khullar et al., (2022)<sup>10</sup>* did a quantitative research the objectives of aimed to assess perceived stress among 1st year MBBS students during Covid 19 induced lockdown. The result design adopted for the study is cross section the sample size of 108 students. The tool used for the students is perceived stress scale. The result shows that the medical students were subjected to the stress of undergoing medical training in online mode apart from coping the impact of Covid 19 pandemic lockdown were found to be moderately (63%) and highly (4%) stressed. There is significant influence of gender of the subjects was seen on the study outcome.

*Vidya.d.c et al (2017)<sup>11</sup>* conducted a quantitative research with a an objectives to estimate the overall prevalence and to compare the perceived stress and to know associated factor influencing stress among medical and engineering student. The research design adopted for the study cross sectional with the sample size of 560 students. The tool used for the study is perceived stress scale. The result show that 135 (24.2%) had low stress, 390 (69.6%) had moderate stress and 35 (6.2%) severe stress. The study concludes that the prevalence of perceived stress among medical students was 76.8% has compared to 75% engineering students. Among medical and engineering students stress was associated with personal problem, sleep disturbance and difficulty in time management.

*Ms. Balari dkhar (2022)<sup>12</sup>* conducted a quantitative research worth objectives to assess the perceived stress level among 1st year b.sc nursing students the research design for this study cross sectional descriptive research design with sample size of 59 students. The tool used for the study is perceived stress scale. The result shows that majority 64.4% of respondents have moderate perceived stress level 15.3% were mild perceived stress level and 20.3% have severe perceived stress level. However perceived stress level have no significant association with the gender, parents occupation and family income. The stress concludes that majority of the participants experience a moderate perceived stress level. Seminar, workshop, webinar can be conducted on the topic to develop the skills of stress management.

*Samina rafiquea et al (2019)<sup>13</sup>* performed a quantitative research with an objectives to determine the incidence of stress among undergraduate students. The research design adopted for the study is cross sectional research design with the sample size of 306 students. The tool used for the study is medical student stress questionnaire (MSSQ) and the Kessler psychological distress scale. The result shows that total of 254 students out of 306 students responded with the response rate of 87% where female (n=162) and males (n=92). Average stress score of k10 scale remained 23.2 amongst males and 20.79 amongst female students. Among these 49 (37.4%) had severe 36 (27.4%) perceives moderate while 44 (35.1%) has mild level of stress. The study concluded that more than half of the students were found to under psychological distress, preventive mental health services. Therefore, should be made an essential part of regular clinical services for medical students.

*Hukum chand saini et.al., (2021)<sup>14</sup>* did a study on quantitative research with the objectives of investigated the effect of yoga on perceived stress level of college students. The research design used for the study is pre post experimental design with the sample size of 70 college students. The tool used for the study is perceived stress scale. The result shows that the significant difference of mean of control group in pre-test and post-test situations. The mean score and sigma of perceived stress scale in pre-test and post-test situations were 27.6, 27.86 and 4.82, 4.26 respectively. The obtained "t" value was 1.02 which is not significant at 0.05 level of significance. The study concluded that reduction in stress level with daily practice of yogic intervention: pranayama and meditation. It concludes that the practice of yoga have positive effect on stress level of college students.

*Sayyad usmal et al (2019)<sup>15</sup>* researched to compare the stress level of medical students with that of other professional course. The research design used for the study is cross sectional design with sample size of 300 students. The tool used for the study is cohen's stress scale. The result shows that stress level were found to be significantly higher in medical students. The prevalence stress among medical student was 91% (67.7%) moderate stress (23.3%) severe stress as compared to 82% of other professional course students (70% moderate stress and 12% severe stress) the study concluded that stress among medical students is more that professional students. The medical students need regular counselling session, recreational and

physical activities to overcome the stress.

## CONCLUSION

There are a number of studies regarding assessment of stress and hundreds of studies that assessing stress among students after global pandemic. The few examples studies revealed that students are in moderate to severe level of stress regardless of course studying, demographic background. But it is demonstrated that, gender difference presence still. It is need to highlight in order to avoid unhealthy future. The respective persons like parents and teachers, need to focused. paying attention equally to their child, observing their social media activities, assessing the signs mental illness, identify the vulnerable can avoid mental illness due to stress.

*Conflict of Interest:* Nil

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