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Impact of negative stress in the academic performance of the students

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Abstract

The present study is made to check the level of negative stress among the students of department of Management Studies of Teerthanker Mahaveer University, India. Anything that poses a challenge or a threat to our well-being is a stress. Some stresses get student going and they are good for him - without any stress at all many say their lives would be boring and would probably feel pointless. However, when the stresses undermine both their mental and physical health they are bad. In this project we shall be focusing on stress that is bad for you.

Keywords: The present study is made to check the level of negative stress among the students of department of Management Studies of Teerthanker Mahaveer University, India.

1. Introduction

Stress management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress, especially chronic stress, usually for the purpose of improving everyday functioning. In this context, the term 'stress' refers only to a stress with significant negative consequences, or distress in the terminology advocated by Hans Selye, rather than what he calls eustress, a stress whose consequences are helpful or otherwise positive.

Stress produces numerous physical and mental symptoms which vary according to each individual's situational factors. These can include physical health decline as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. Although life provides numerous demands that can prove difficult to handle, stress management provides a number of ways to manage anxiety and maintain overall well-being. Despite stress often being thought of as a subjective experience, levels of stress are readily measurable, using various physiological tests, similar to those used in polygraphs. Many practical stress management techniques are available, some for use by health professionals and others, for self-help, which may help an individual reduce their levels of stress, provide positive feelings of control over one's life and promote general well-being.

Types of Stress

Acute stress

Acute stress is the most common form of stress among humans worldwide. Acute stress deals with the pressures of the near future or dealing with the very recent past. This type of stress is often misinterpreted for being a negative connotation. While this is the case in some circumstances, it is also a good thing to have some acute stress in life. Running or any other form of exercise is considered an acute stressor. Some exciting or exhilarating experiences such as riding a roller coaster is an acute stress but is usually very fun. Acute stress is a short term stress and in result, does not have enough time to do the damage that long term stress causes.

Chronic stress

Chronic stress is unlike acute stress. It has a wearing effect on people that can become a very serious health risk if it continues over a long period of time. Chronic stress can lead to memory loss, damage special recognition and produce a decreased drive of eating. The severity varies from person to person and also sex difference can be an underlying factor. Women are able to take longer durations of stress than men without showing the same

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maladaptive changes. Men can deal with shorter stress duration better than women can but once males hit a certain threshold, the chances of them developing mental issues increases drastically.

Objectives of the Study

- To study the level of negative Stress in Academic performance of students.
- To examine the main cause and its impact on the health of students and its mental state.

Research Methodology

Survey Area : Department of Management
Sample Size : 60
Sample Unit : Students
Type of Research : Descriptive
Research Tool : Questionnaire
Data Type : Primary & Secondary Data

Data Analysis

Data is collected by sixty students of the department of Management by presenting them a set of questions and getting their responses.

Q.1. How long have you been studying in TMU?

Table No. – 1

S. No.	Options	Percentage
a.	2 Years	66%
b.	3 Years	0%
c.	4 Years	34%
d.	More than 4 Years	0%

Q.2. How many hours do you study in your Institutions?

Table No. – 2

S. No.	Options	Percentage
a.	3-5 Hours	54%
b.	5-7 Hours	44%
c.	7-9 Hours	0%
d.	More than 9 Hours	2%

Q.3. Do your ever feel tired or depressed because of study?

Table No. – 3

S. No.	Options	Percentage
a.	Never	10%
b.	Sometime	64%
c.	Always	6%
d.	Often	3%
e.	Rarely	17%

Q.4. Do you manage assignments assign by your institution easily?

Table No. – 4

S. No.	Options	Percentage
a.	Yes	74%
b.	No	26%

Q.5. Do you have unrealistic time pressure?

Table No. – 5

S. No.	Options	Percentage
a.	Never	0%
b.	Sometime	64%
c.	Always	16%
d.	Often	6%
e.	Rarely	14%

Q.6. Do you feel stress by your academic schedule?

Table No. – 6

S. No.	Options	Percentage
a.	Yes	50%
b.	No	50%

Q.7. If yes, do you suffer from stress related diseases?

Table No. – 7

S. No.	Options	Percentage
a.	Yes	24%
b.	No	76%

Q.8. From which type of stress related disease do you suffer?

Table No. – 8

S. No.	Options	Percentage
a.	Obesity	16%
b.	Hypertension	24%
c.	Depression	14%
d.	Other	46%

Q.9. Which is the main symptoms of stress?

Table No. – 9

S. No.	Options	Percentage
a.	Loss of mental concentration	24%
b.	Depression	40%
c.	Extreme anger	3%
d.	Frustration	33%

Q.10. Which one, is the most visible cause of stress?

Table No. – 10

S. No.	Options	Percentage
a.	Huge syllabus	34%
b.	High demand of Performance	20%
c.	More assignments	24%
d.	Language Problems	22%

Q.11. Does your stress problem interface your personal life?

Table No. – 11

S. No.	Options	Percentage
a.	Yes	54%
b.	No	46%

Q.12. Does your institution take steps to manage stress?

Table No. – 12

S. No.	Options	Percentage
a.	Yes	44%
b.	No	56%

Q.13. If yes, which of the following methods adopted by your institution to reduce stress?

Table No. – 13

S. No.	Options	Percentage
a.	Workshop	6%
b.	Seminar	40%
c.	Flexible hours	14%
d.	Others	40%

Q.14. Are you satisfied by the stress reduction method of your institution?

Table No. – 14

S. No.	Options	Percentage
a.	Yes	46%
b.	No	54%

Findings

- Most of the respondents (66%) have been studying in TMU since 2 years.
- More numbers of respondents (54%) study in the Institution for 3-5 hours.
- Most of the respondents (64%) sometimes feel tired or depressed because of study.
- Maximum numbers of respondents (74%) manage assignments assign by their institution easily.
- More numbers of respondents (64%) sometimes have unrealistic time pressure.
- Almost half numbers of respondents (50%) feel stress by your academic schedule.
- Maximum numbers of respondent (76%) don't suffer from stress related diseases.
- More numbers of respondents (46%) suffers other types of stress related disease.
- More numbers of respondents (40%) say the main symptoms of stress are depression.
- More numbers of respondents say that the most visible cause of stress is huge syllabus.
- Maximum numbers of respondents (54%) say that stress problem interface their personal life.
- Maximum numbers of respondents (56%) say that their Institute does not take steps to manage stress.
- Maximum numbers of respondents (54%) are not satisfied by the stress reduction method of the Institute.

Suggestions

Based on the problem raised in the paper, certain following suggestions can be put forth:

- Doing sport at least once a week is the best way to reduce stress. It helps your body produce endorphins, which make you feel good. Even daily walks of 30 minutes can help reduce stress levels but it's even better to work out intensively. Even if you don't feel like it at the time you will feel the benefits afterwards.
- Short breaks between working can help you switch off. But longer breaks are important too.
- Sleep is always the best medicine and some people find that small 20-minute naps can help increase productivity.
- Listening to music can help calm you down and put you in a better frame of mind. If you're feeling stressed, putting on some calming music while you work could really help.

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