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Stress among Youth

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Abstract:

The students pursuing higher education are under stress due to various factors, like academic stress, language barriers, work pressure. This article has two primary aims. Firstly, it provides an in depth review of previous studies into student stress and identifies several important issues that, as yet, have not been explored. There has been no consideration of the effect of students maturing during their studies on the stress that they experience and how they cope with that stress. Secondly, the article highlights limitations in the past and present literature base, where there has been a concentration on a quantitative approach, and focus on a narrow range of subject groups. There is also a need to undertake horizontal research to investigate individuals' stress experiences during the period they study at university. Overall the key assertion here is that thus far research into student stress has not offered a complete account and explanation of students' stress experiences.

This study will be done with special reference to the students studying in Faculty of Science and Humanities, SRM University. The outcome of the study will provide the solution of stress management to those students who are under stress.

Keywords: Students, Stress, Well-Being, University

1. Introduction

Stress is one of the psychological issues, each and every human being faced it in some situation and it is common cause among all age groups. Folkman said when there is imbalance between demand and resources or pressure exceeds one's perceived ability to cope will result in stress. Some of the major common stressors among students are academia, time pressure, personal problems, social environment, financial issues (Siti Maisharah. S.G, Sabarah nor H, Nur Hafzan, Leisa LM, Amy A, Diane N and Shankar. L) these stress results in negative impact on their relationship with friends, family, Performance and also on learning (Dahlin M, Joneborg N, Runeson B, Bramness JA, Fixdal TC and Vaglum P). Career of students demand higher amount of hard work, each and every day they have to face fresh challenges to develop and update them to latest knowledge, today's generation not understanding the requirement of the professional knowledge they treat their work as academic pressure. Pressure on students arise when they go for new course which is not their wish, during exams, Viva, clinical practices, practical exams and campus interviews.

It is human being response to the environmental demands, which cannot be avoided it is a part of every individual's life; no one can say I didn't experienced stress in their life. If a person treats any issue has a challenge it means ready to face it, it creates positive attitude motivates and improvise the working performance, positive attitude will become a behavior to challenge any challenges; If a person treats the issue has a threat it will create negative attitude, demotivation and depression. Development in all the fields of departments, increase in competition and information technology among people and improvement in scientific era people become busier as a result stress. Stress is common issue; it is a natural outcome.

ACPE (Accreditation Council for Pharmacy Education) - "Colleges are encouraged to evaluate and correct underlying causes of ineffective learning experiences. Such evaluation considers the amount of student effort, the quality of faculty teaching, and the appropriateness of learning assessments used within the courses. In this regard, these evaluations include measurements of perceived stress in faculty, staff, and students and an evaluation of stress' potential for a negative impact on programmatic outcomes and morale."

Dutta AP and Pyles M.A and Miederhaff P stated Pharmacy students experience more pressure than other academicians it is highly demanding and requires their dedication in order to keep them up-to-date on their subjects; it is ever changing field. Every year there is a new invention and updating in the pharmacy field, Students have to be dedicated and up-to-date.

2. Literature Review

Liselotte N. Dyrbye's stated on the themes of describing the causes, consequences and strategies to reduce student stress, Medline student distress, medication, educational environment has risk element for student's mental health and its specific consequences. A survey from student says differently and increasingly from each academic year includes stress, depression and burn out. Potential causes are college environment, ethical conflicts, exposure to death, hostel issues, human suffering, student abuse, personal problems and financial problems. Obviously stress effects on students involve impaired academic performance, cynicism, academic dishonesty and suicide.

In the field of medical, knowledge is immense and particularly science training classes for special graduates and its education is needed and make psychological changes in student's mind (Aktekin et al., 2001). The training process have unexpected negative issues on student health; it may produce stress at levels which are dangerous to health and psychological of students. Moderate degree of stress will promote the student creativity and achievement, the pressure and never ending subject pressure demand may destroy the focus of the student behavior, learning, personal relationships (Dahlin et al., 2005; Sayedfatemi et al., 2007).

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