



Stress and Coping Strategies of Students in Professional Courses

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ABSTRACT

Stress is a burning issue in today's complex world, and the students are not left behind. Several health problems are a result of stress. There are many cases of student suicides due to stress. This stress can be a result of various factors ranging from personal issues to academics related issues. This research aims to compare the level of stress amongst the students belonging to three different disciplines i.e. Medical, Engineering and MBA. The research also puts forward, various stress coping strategies adopted by the students in different disciplines. The research relies on the primary data which is collected from students belonging to the above mentioned disciplines in Nagpur city. The research instrument comprising of 48 items was tested for reliability and validity. Various statistical tools were used in the research and analysis was done in SPSS.

The results of the study show that the stress level is the highest amongst the medical students, followed by the Engineering and Management students. Similarly it was found that the stress coping strategies amongst the students differs with their disciplines.

Key words: Stress, Coping strategies, students

INTRODUCTION

The fast changing world has made Stress as a part of our daily lives. It has been projected through various researches that the students pursuing professional education often are subjected to higher levels of stress. The students experience a lot of stress on academic and personal front as well. The variety of stress experienced by the students may include Stress because of moving away from family and adjusting in hostels, Stress as a result of the behavior of teacher, co students, parents, Stress due to expectations of teachers and parents, stress due to competition, Future Career, Placements etc. Coping with Stress is very important. The

students use various techniques to cope with stress. Those who are not able to cope with the stress face many physical and mental problems.

It is thus necessary to understand the various sources of stress amongst students so that they do not fall prey to depression or anxiety.

2. RESEARCH METHODOLOGY:

Sample size- 84 students belonging to professional courses such as Medical, Engineering and MBA in Nagpur City were selected for the research through Random sampling method.

Statistical tools such as one sample t test, mean and standard deviation, correlations were used.

Structured close ended questionnaire was used to collect data for the research.

Objectives of the study:

- To study the stress level (Academic stress & anxiety stress) of the students in Professional courses
- To study difference in coping strategy adopted by students of different professional courses.

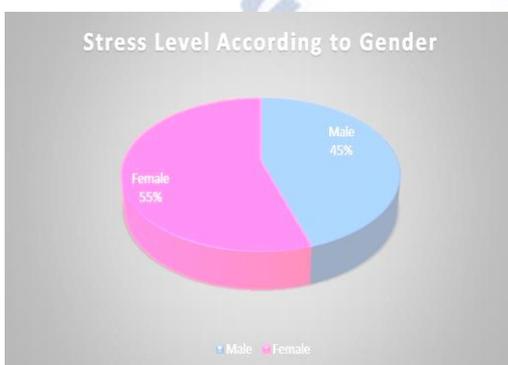
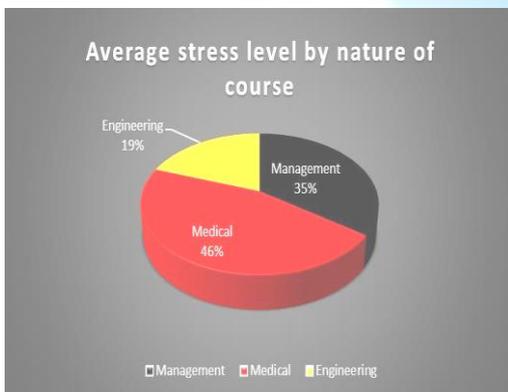
3. ANALYSIS & FINDINGS:

Descriptive and inferential statistics have been used, by applying SPSS 21 software package. Descriptive statistics have been used for summarizing the data to draw a meaning from the data. Mean & Standard Deviation were computed to describe all the variables.

Cronbach’s Alpha test was performed to check the reliability of the data.

Reliability Statistics	
Cronbach’s Alpha	N of items
.899	42

Stress level of student according to the nature of courses & Gender



Descriptive analysis of data given in table indicates frequency counts and percentages. Frequency tabulations of the characteristics of the respondents were done in order to find out the nature of the sample and to ascertain heterogeneity among respondents.

Characteristic		Freq.	Percentage
Gender	Female	44	52.4%
	Male	40	47.6%
Nature of course	MBA	31	36.9%
	Medical	37	44.0%
	Engineering	16	19.0%

Comparison of academic stress

Report		
Academic stress Index		
Nature of course	Mean	N
Management (MBA)	1.44	31
Medical	1.95	37
Engineering	1.38	16
Total	1.47	84

Comparison of Anxiety stress based on Gender Group Statistics

	Gender	N	Mean	SD	Std. Error Mean
Anxiety stress index	Male	44	1.289	.9061	.1366
	Female	40	1.363	.7989	.1263

Independent Samples Test										
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Anxiety stress Index	Equal variances assumed	.157	.693	-.395	82	.694	-.0739	.1872	-.4462	.2985
	Equal variances not assumed			-.397	81.930	.692	-.0739	.1861	-.4440	.2963

The table reveals that gender has been a significant explanatory variable in Anxiety stress on students.

Comparison of Anxiety stress on different students.

Anxiety stress Index

Report

Nature of course	Mean	N	Std. Deviation
Management	1.181	31	.9981
Medical	1.227	37	.6846
Engineering	1.825	16	.7550
Total	1.324	84	.8524

4. COPING STRATEGIES

Medical student use coping strategies of group A which include questions as breaking the problem, analyzing different ways to get to the solution.

Most No. of management student chose group b coping strategies which include questions as listening good music , accepting the situation and not worrying about it

Engineering student also chose group a and b (<= 33%) strategies to cope up with their stress.

5. CONCLUSION:

The findings have demonstrated that female student have greater stress level than males

The age group of 22-23 have more stress level than the age group 17 to 21

Most of medical student chose Group A coping strategies which include questions as breaking the problem, analyzing different ways to get to the solution.

Most No. of management student chose Group B coping strategies which include questions as listening good music , accepting the situation and not worrying about it Engineering student also chose Group A and B (<= 33%) strategies to cope up with their stress.

Conflict of interest statement

Authors declare that they do not have any conflict of interest.

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