

Sri Lanka Institute of Information Technology



Group Number – MLB_03.01_04

**Project Title – SLIIT Students' Attitudes and Preferences
Regarding Stress Management**

IT1080 - English for Academic Purposes

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Terms of Reference

A report submitted in fulfilment of the requirement for the module IT1080, Sri Lanka Institute of Information Technology.

Acknowledgement

This is the final report of our research about the ways of managing the stress and the factors that affect for the stress and the advantages of stress management.

First of all we must thankful to our lecturer Mrs. Umeshi Rabel to encourage us to find some more details about our topic stress and how to manage successfully and also to successfully complete our project.

We must thankful to our lecturers, library staff and students who supports to find the information about stress.

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Abstract

The purpose of the research is to find out how SLIIT students feel about the stress management. The goal of this Finding out how students manage stress and whether the university supports it . The research recognizes things to improve in university for stress management.

Research studies, discussions, and data analysis are all used as part of the research technique to collect data and opinions from a wide range of SLIIT students. To find patterns, trends, and connections between students' attitudes, preferences, and levels of satisfaction with the awareness sessions,the data will be evaluated.

The findings of this research will contribute to the existing body of knowledge on stress management in SLIIT. They will provide valuable insights for university administrators to make informed decisions and improvements based on students' needs and preferences. Ultimately, the aim is to create an environment that promotes student satisfaction,engagement, and success.

Introduction

- Stress is a severe problem in the nowadays. Lots of researches have been done to find how it's occurs and how to manage it. As a result of stress, some of students in the universities are destroy their lives and some of them took unnecessary decisions such as use drugs and some of them were killing each other for money.
- As students we have to identify what are the reasons for stress and how to manage it.
- In this research, we are able to find some more details about stress and how it occurs and how to manage it and bad results of excessive stress.
- We could find some more information about some non-communicable diseases such as depression, bipolar disorders and how it occurs.
- Stress differs from person to person and the time and the way that affect to each person also different to each other, some of them get angry and some of them get drunk are some of bad results of stress
- Due to some reasons such as lack of time-management, feel alone, feel that others thinking about he/she and laughing, talking about he/she, exam fear are some of them according to our research.

Methodology

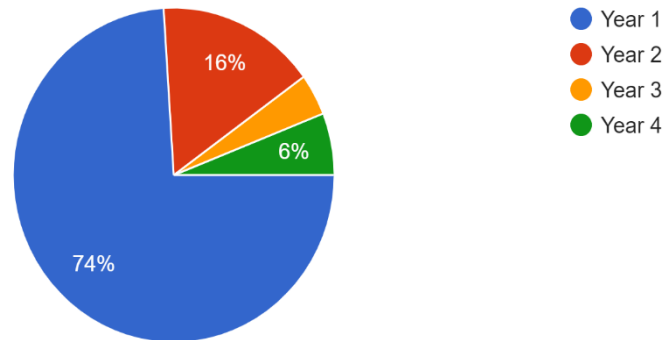
For our stress management report, we conducted a survey to gather SLIIT students about their thoughts on stress management. We made a list of questions with both closed-ended and open-ended options. This survey was using Google Forms. This platform facilitated easy distribution and collection of responses. We sent it out to different students through groups asking them to answer. Participation in the survey was voluntary.

We made sure to follow ethical guidelines during our research. Our survey may have certain limitations, like maybe not everyone who filled out the survey felt the same, careful survey design and sampling strategies.

Overall, this survey helped us to understand the SLIIT students' attitudes and preferences regarding stress management. It facilitating informed decision-making and the improvement of support services within the university.

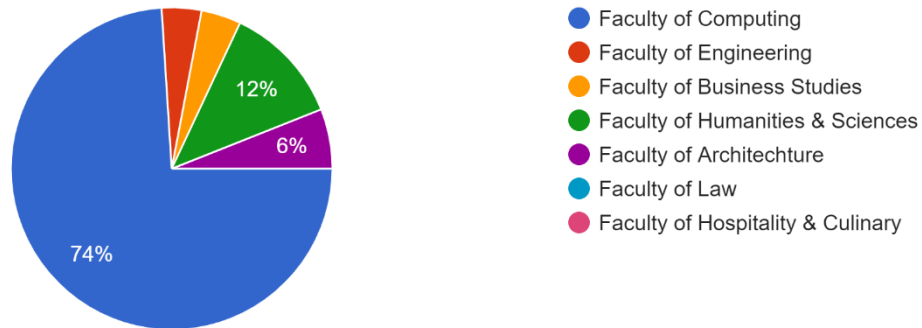
Data Analysis & Discussion

Academic Year



The given pie chart provides information about the responses of the various studies. Each sector represents a unique year. The blue, red, yellow, green sections describe Year 1, Year 2, Year 3 and Year 4 students, respectively. There were two main areas that represented the majority of responses. The largest sector is year 1 at 74% followed by responses from year 2 at 16%. The smallest percentage of responses were from year 3 students. Which is 6% and there were no responses from the year 4 students. In summary, over three quarters of responses were from year 1 students. Whereas just under a quarter of responses were from year 2.

Faculty of Study

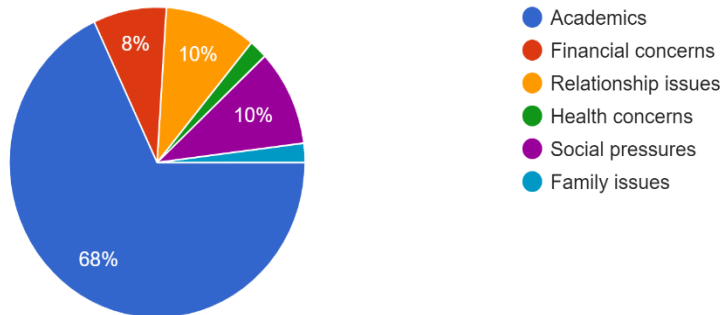


As can be seen from the above pie chart, it contains student's responses from different faculties of SLIIT. The faculties are as follows; Faculty of computing, Faculty of Engineering, faculty of Business Studies, School of Law, faculty of Architecture, School of Humanities and Social Science and Hospitality and culinary. The most of students who responded are studying Faculty of computing.

The area which represents the majority of responses is faculty of computing. It is about 74% from all responses. The students in both faculty of Engineering and Business studies responded equally. Both schools of Law and SLIIT Business school students contributed the survey 18% from each. There are no responses from faculty of law and Hospitality and culinary.

In conclusion, according to the data obtained from survey, more attention is focused on the of students studying in faculty of computing.

What makes students feel stressed in university life?



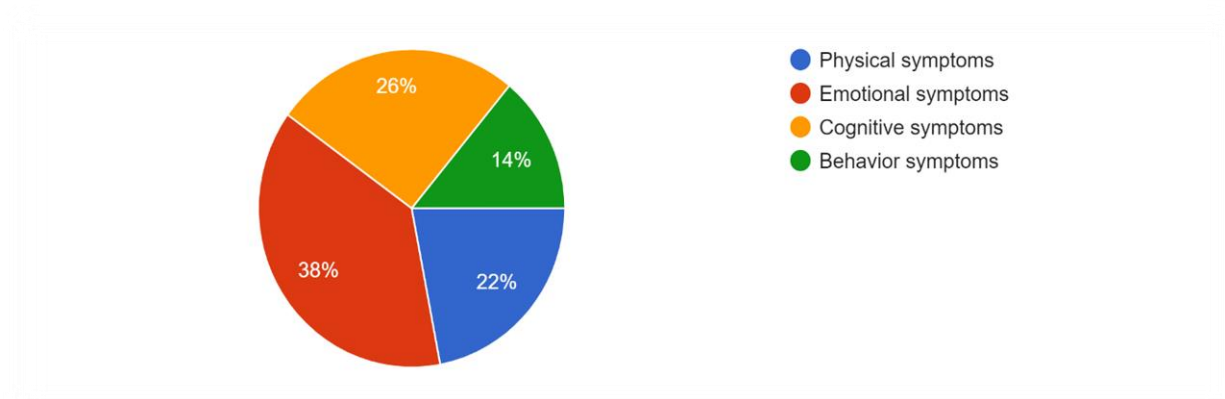
The pie chart you supplied depicts the findings of a survey in which people were asked to identify the most stressful aspects of university life. According to the poll, 68% of respondents rated academics as the most stressful aspect of their university experience. This was followed by 10% financial problems, 10% relationship troubles, 8% health concerns, 2% social pressures, and 2% family issues.

University can be difficult for a variety of reasons. Students generally have a high workload, with numerous assignments, tests, and studying to complete. They may be concerned about their finances, particularly if they are paying for school, housing, and other expenditures. Relationship problems, health worries, social demands, and family challenges can all contribute to the stress of university life. If you are stressed at university, there are several things you may do to deal with it. Here are some tips:

- Manage your time efficiently. Create a schedule and stick to it as much as possible. This will ensure that you have adequate time to complete all your tasks.
- Take care of yourself. Eat well, get enough sleep, and exercise often. These things will help you maintain your physical and mental wellness.
- Don't be hesitant to seek assistance. If you are having trouble with your coursework, talk to your professors or tutors. If you're feeling overwhelmed, speak with a counselor or therapist.

diseases of students faced due to stress.

In survey we asked from SLIIT students how stress affect their body, feelings and behavior. Our question is What diseases do face most due to stress? The pie chart related to this is show below.

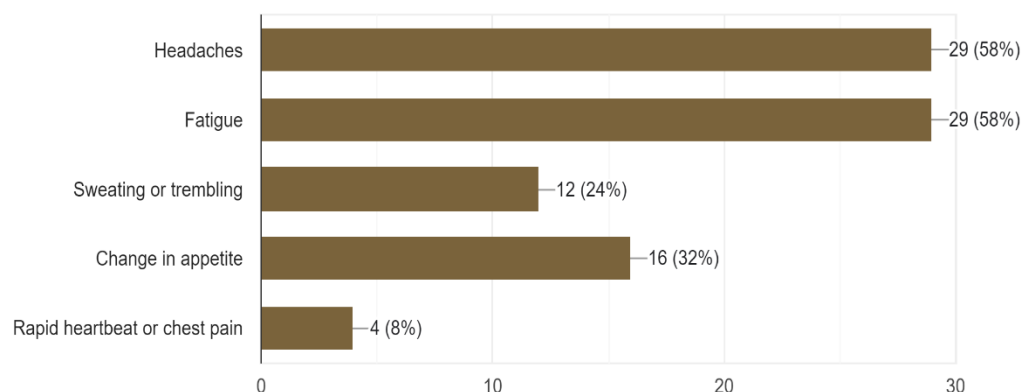


According to our survey, the greatest number of students experience emotional symptoms due to stress. It can show 38%. Other diseases related to it physical symptoms, cognitive symptoms and behavior symptoms.

The second most responded symptom is cognitive symptoms which is 26%. 22% students responded physical symptoms. This slice smaller than the previous two. The least number of students responded behavior symptoms. It can show 14%. This would be the smallest slice of the pie, indicating that behavior related symptoms.

Overall, The most number of students are reported symptom emotional symptoms. Least number of students are responded behavior symptoms.

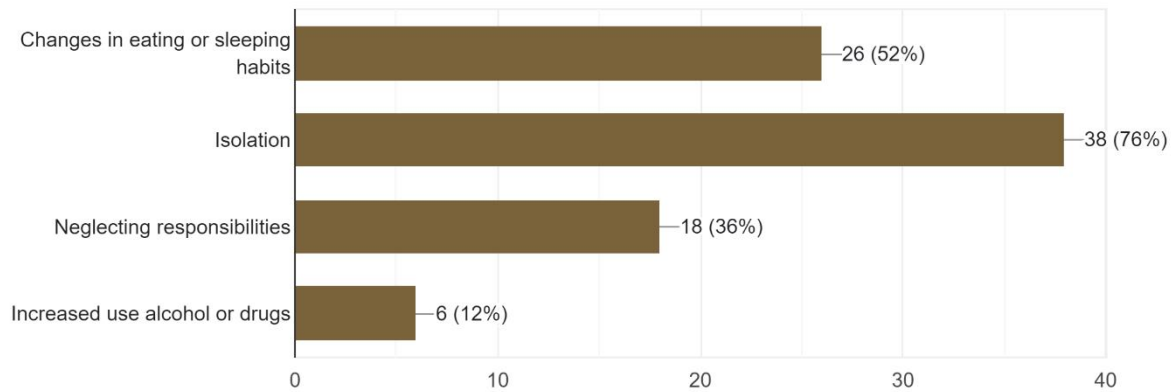
Physical symptoms of stress faced by students.



This chart shows the physical symptoms that students experience when they are stressed. The majority which is 29 students responded to headaches and fatigue. The corresponding percentage is 58%. Only 12 students are responded sweating or trembling. 16 student which represent 32% experience change in appetite. The minority which 8% from each responded rapid heartbeat or chest pain.

This bar chart shows that headaches and fatigue are the most commonly reported physical symptoms of stress among students, followed by appetite changes, sweating or trembling, and rapid heartbeat or chest pain, in order of prevalence. Collectively these symptoms demonstrate the significant impact that stress can have on both the mind and body, highlighting the importance of stress management techniques for overall well-being.

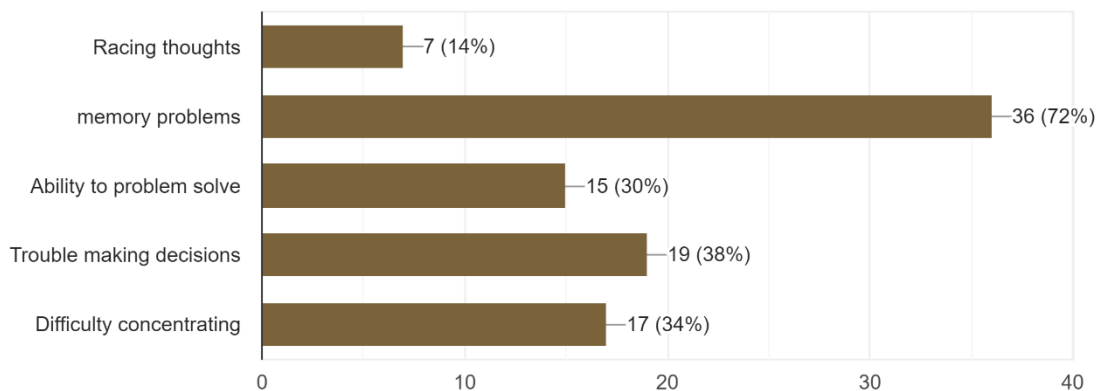
Stress behavior of students.



We asked SLIIT university student feel of behavior when students are stressed. This bar chart shows most number of student responded isolation. The corresponding percentage is 76%. The second most number of students responded changes in eating or sleeping habits. It can show 26%. 18 students think of neglecting their responsibilities. 6 students responded to increased use alcohol or drugs.

Overall, the bar chart can show the majority number of students responded isolation. The least number of students responded increased use alcohol or drugs. There are adverse effect of stress. Student must control stress.

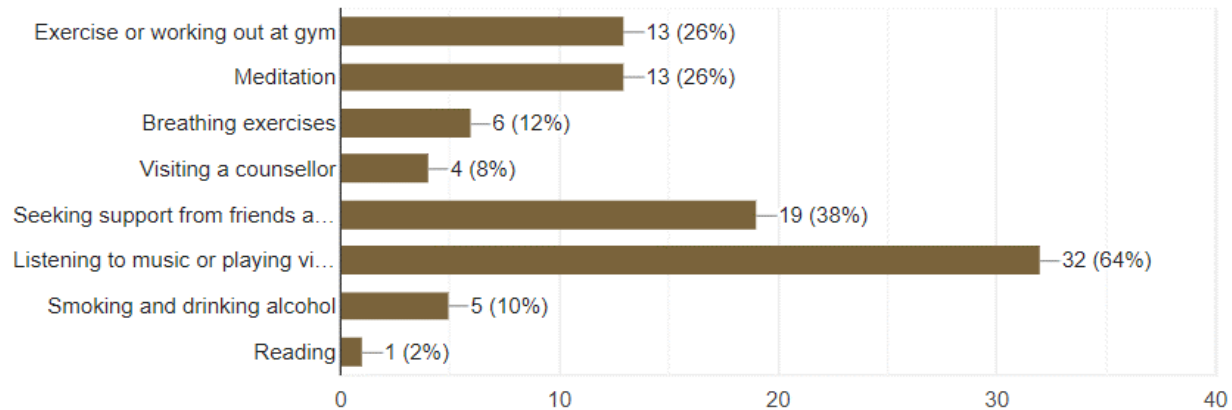
What are the problems caused by stress in academic works?



Here are the problems students face in academic works to stress. According to the survey, stress caused memory problems in most students. It can show 36% from all. Other problems related to it racing thoughts, ability to problem solve, trouble making decisions and difficulty concentrating. 15 students responded to ability of problem solve. The corresponding percentage is 30%. 17 students and 19 students reported problems of difficulty concentrating and trouble making decisions. The minority number of students responded to racing thoughts. It can show 7 students and 14% all.

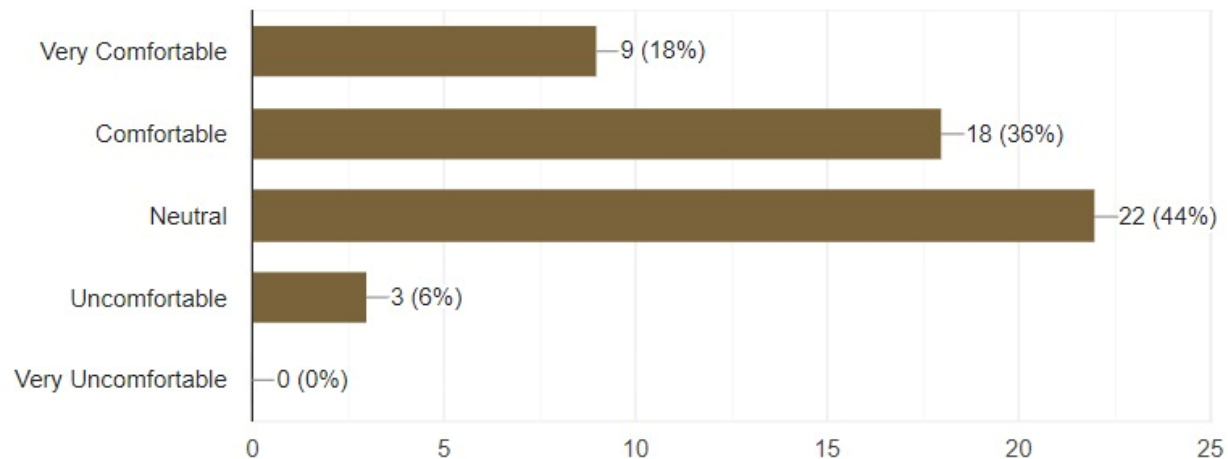
Overall, students have different problems and different symptoms about the experience at stress. Stress affects their academic works and health mainly. Our survey result shows it completely.

Which of the following stress management strategies do you use regularly?



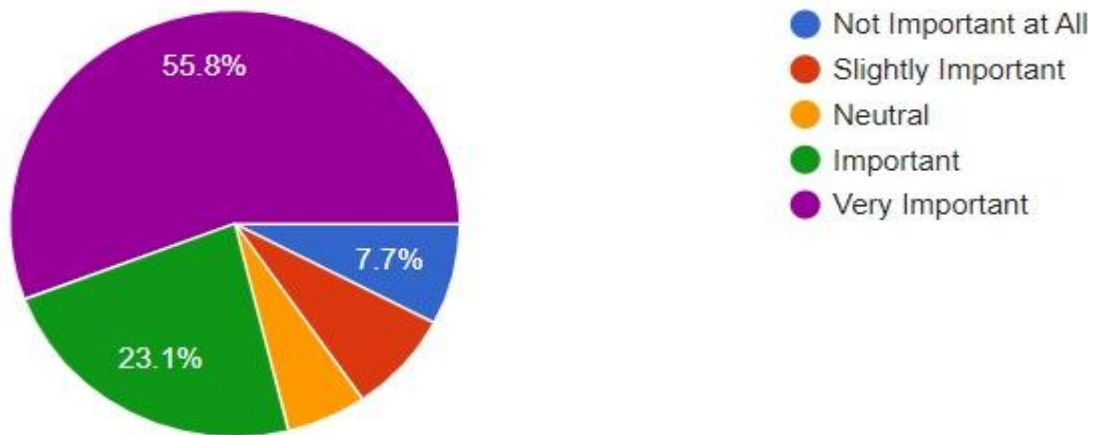
According to the survey, listening to or playing music was the most often selected stress-relief method (selected by 32 respondents, or 64% of the total participants). Seeking assistance from friends came in second place, as chosen by 19 respondents (38% of the participants). With 13 respondents apiece, or 26% of the total, exercising or working out at the gym and meditation tied for the third most popular option. Six respondents (12%) selected breathing exercises, and four respondents (8%), meeting with a counselor, were selected. Reading was the least preferred option, selected by only 1 respondent (2%), while smoking and drinking alcohol were selected by 5 respondents (10%).

How comfortable do you feel discussing stress related issues with others, such as friends, family, or counsellors?



According to the survey, participants were asked to rate their level of comfort with a certain situation on a scale ranging from "Very Comfortable" to "Very Uncomfortable." The results indicate that most respondents, 22 individuals (44% of the total), felt neutral about the situation. Following closely behind, 18 respondents (36%) reported feeling comfortable, while 9 respondents (18%) expressed feeling very comfortable. A smaller proportion, 3 respondents (6%), indicated feeling uncomfortable, and no participants reported feeling very uncomfortable.

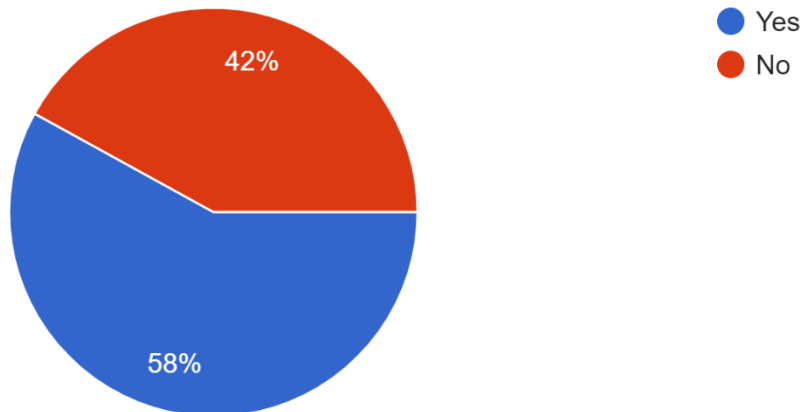
To what extent do you believe stress management is important for academic success?



According to the survey, participants were asked to assess the importance of stress management. The results reveal that most respondents, 55.8%, considered stress management to be very important. A notable portion, 23.1%, rated it as important, only 7.7% of respondents deemed stress management not important at all. An equal proportion of participants, 7.7%, perceived stress management to be neutral or slightly important.

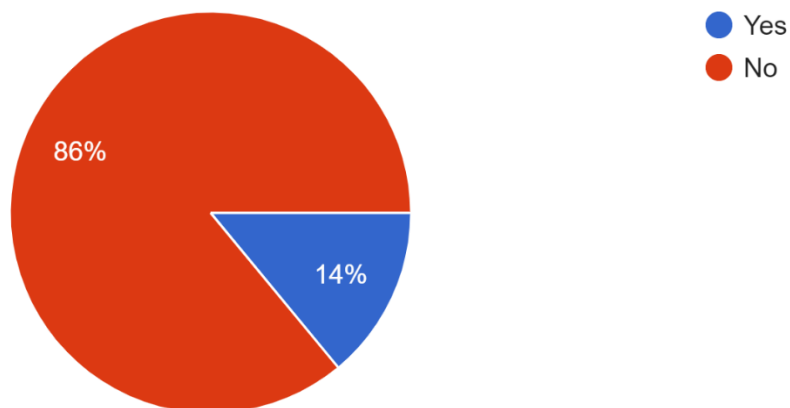
Awareness of Stress Management Support Services:

The survey results indicate that 58% of respondents are aware of the stress management support services provided by the university, while 42% are not. This demonstrates a reasonable level of awareness among students regarding the available support systems.



Utilization of University Stress Management Services:

Our survey revealed that only 14% of respondents have utilized stress management services provided by the university, while a significant majority, 86%, have not. This indicates a low uptake of available services among students.



Experiences with University's Stress Management Services:

Among those who have utilized the university's stress management services, responses varied. The majority opting not to provide specific feedback. However, one respondent expressed appreciation for the service received. While the limited feedback makes it challenging to draw comprehensive conclusions.

Additional Comment and Suggestions:

Regarding the comments and suggestions question responses reveal valuable insights into students' perspectives on stress management at the university. Suggestions include;

- Use of more extracurricular activities.
- Organize stress management events and conferences.
- Don't force students to do everything.
- Increasing awareness about counseling programs available on campus.
- Organize more events to talk about stress and reduce some academic workload.
- We need to be open about this topic too much.
- Do the extra events such as musical event.
- Encourage students to engage in regular physical activity.
- University should create a free place for the mind and a place to spend some free time.
- Organizing outdoor activities encourages socialization and bonding among students.

Conclusion

Stress management is about taking proactive steps to minimize the impact of stress on one's life and wellbeing, encouraging resilience and maintaining a healthy balance in all area of life. Effective stress management is essential for university students to maintain their mental and physical wellbeing with the academic and personal challenges they face.

From the survey results, it's obvious that university students have significantly increased their awareness of stress management techniques, showing a high level of familiarity with strategies like exercise, meditation, and seeking support from friends and family. The survey also highlights the varied sources of stress experienced by university students, the significant stress comes from academics, followed by financial concerns and social pressures. Additionally, common symptoms of stress reported include headaches, difficulty concentrating and sleep disturbances.

It's encouraging to note that the majority of students recognize the importance of stress management for academic success. Increasing awareness of available stress management services and fostering a supportive campus environment where students feel comfortable seeking help are essential steps in this regard.

In conclusion, while stress is an unavoidable part of university life, effective stress management can significantly improve student resilience.

By implementing proactive measures such as organizing stress management events, providing counseling services, and promoting self-care practices, universities can better support students in navigating the challenges of academic life.

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Appendices

What is your current Academic year at SLIIT? *

- ☐ Year 1
- ☐ Year 2
- ☐ Year 3
- ☐ Year 4

What is your faculty? *

- ☐ Faculty of Computing
- ☐ Faculty of Engineering
- ☐ Faculty of Business Studies
- ☐ Faculty of Humanities & Sciences
- ☐ Faculty of Architecture
- ☐ Faculty of Law
- ☐ Faculty of Hospitality & Culinary

Age? *

- ☐ 18-22
- ☐ 22-24
- ☐ 24-26
- ☐ Below 18
- ☐ Above 26

Gender? *

- ☐ Male
- ☐ Female
- ☐ Prefer not to say

On a scale of 1-10, rate your overall stress level *

	1	2	3	4	5	6	7	8	9	10	
Low	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	High

...

What makes you feel stressed in your university life? *

- ☐ Academics
- ☐ Financial concerns
- ☐ Relationship issues
- ☐ Health concerns
- ☐ Social pressures
- ☐ Other...

...

How would you rate your awareness of stress management strategies? *

- ☐ Very Aware
- ☐ Somewhat Aware
- ☐ Neutral
- ☐ Somewhat Unaware
- ☐ Unaware

...

Which of the following stress management strategies do you use regularly? *

- ☐ Exercise or working out at gym
- ☐ Meditation
- ☐ Breathing exercises
- ☐ Visiting a counsellor
- ☐ Seeking support from friends and family
- ☐ Listening to music or playing video games
- ☐ Smoking and drinking alcohol
- ☐ Other...

...

To what extent do you believe stress management is important for academic success? *

- ☐ Not Important at All
- ☐ Slightly Important
- ☐ Neutral
- ☐ Important
- ☐ Very Important

What diseases do you face most due to stress? *

- ☐ Physical symptoms
- ☐ Emotional symptoms
- ☐ Cognitive symptoms
- ☐ Behavior symptoms

What are the physical symptom you experience when you are stress? *

- ☐ Headaches
- ☐ Fatigue
- ☐ Sweating or trembling
- ☐ Change in appetite
- ☐ Rapid heartbeat or chest pain

How do you feel about behavior when you are stressed? *

- ☐ Changes in eating or sleeping habits
- ☐ Isolation
- ☐ Neglecting responsibilities
- ☐ Increased use alcohol or drugs

...

What are the problems caused by stress in academic works? *

- ☐ Racing thoughts
- ☐ memory problems
- ☐ Ability to problem solve
- ☐ Trouble making decisions
- ☐ Difficulty concentrating

...

How comfortable do you feel discussing stress related issues with others, such as friends, family, or counsellors? *

- ☐ Very Comfortable
- ☐ Comfortable
- ☐ Neutral
- ☐ Uncomfortable
- ☐ Very Uncomfortable

Are you aware of the stress management support services provided by the university? *

☐ Yes

☐ No

...

Have you ever utilized any university provided stress management services? *

☐ Yes

☐ No

If yes, please briefly describe your experience with the university's stress management services. *

Long-answer text

Do you have any additional comments or suggestions related to stress management at the university? *

Long-answer text