

Factors causing stress among students.

Various factors that may cause stress level among the students which often leads to poor performance and grades.

This topic is relevant for all the educational institutions and policymakers seeking to improve students academic performance.

Stress is the cause for every chronic illness such as Heart disease, heart attack, high blood pressure and stroke.

Kindly read the following points before attempting the questions below:

- 1) This test is NOT A COMPETITIVE EXAM, thus there is NO need to Worry.
- 2) Be THOUGHTFUL yet NATURAL while answering.
- 3) The more HONEST you are, the BETTER Analysis can be done.

Thanks and Regards,
Saurabh Kuche.

* Indicates required question

1. Email *

2. Do you feel academic pressure? *

Mark only one oval.

☐ Yes

☐ No

3. Do you feel financial stress? *

Mark only one oval.

☐ Yes

☐ No

4. Are you getting enough sleep(7 - 8hrs per day)? *

Mark only one oval.

☐ Yes

☐ No

5. Do you feel stress due to poor Time Management? *

Mark only one oval.

☐ Yes

☐ No

6. Do you feel stress due to lack of interaction in classroom? *

Mark only one oval.

☐ Yes

☐ No

7. Do you feel stress due to the tight deadlines of college assignments and strict attendance? *

Mark only one oval.

☐ Yes

☐ No

8. What are your methods to relieve stress? *

9. What's something our university could do to help lower your stress?

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