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## “Academic Stress Causes and Coping”



**Group Project Assignment**

**Academic Stress Causes and Coping**

**Subject: Psychology**

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**Project Detail:**

## Topic: “Academic Stress Causes and Coping”

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**Academic Stress Causes and Coping**

**Introduction [[1]](#endnote-1)**

**Stress** is an emotional felling in which one might have a certain kind of tension or any other change, which is continuously bothering. Mostly stress is from any happening event around the person, which makes the person feel angry, anxious, tautness etc. Stress is sometime due to fright of a changing event or environment. So now, the question is what is academic stress? **Academic Stress** is a kind of stress, which occurs in Students due to inverse proportion of academic demands to the student adaptive capabilities. There are different **Causes of Stress** among the students the most common are; students are sometimes not ready or phobic of change, Imbalance time management, unequal time distribution, overwork, financial issues etc. For a student it is difficult to **cope with stress** but it can achieved by developing the time management mechanism in such a way that he or she meet the deadline on time, by making a daily reminder, by taking part in extracurricular and co- curricular along with the curricular one.

**Causes of Stress:[[2]](#endnote-2)**

Stress is part of life and feeling of stress is normal. Stress can be due to different thing happening in our life like

* Fear of something
* Traumatic events like natural disaster
* Death of loved one
* Illness and injury
* Unhappy with job
* Unemployment
* Overwork
* Facing big changes
* Financial problems

Apart from these points, there are a lot of things and events that causes stress in life.

**Traumatic events, Fear of something, Illness and injury:**

Sometime fear also cause stress for some people. We have a live example of COVID-19. People are afraid from this virus. For instance, if someone infected with this virus, this situation can cause stress for that person, for this purpose, he knows that he has no control over this. Furthermore, traumatic events like natural disaster, illness and injury sometime also cause stress for folks because they know that they have no control over that.

**Financial problems:**

Money also cause stress. People also feel stress due to financial problems because when they have shortage of money, they are always thinking to fulfill their need like to pay bills and buy things that are necessary in life like food. Financial problems also cause problems like headache, high blood pressure, etc.

**Unemployment, being unhappy with job and overwork:**

When people are unemployed for a long time it also causes stress for people because people have no job and having no job cause shortage of money and as I explained earlier having shortage of money cause stress. On the other hand, if someone have job but the person is unhappy with job it’s also a big problem for that person because he has no interest in doing such a boring work or sometime overwork also cause stress and sometime such situation also cause health problem like headache and blood pressure and anxiety, etc.

In short, a lot things and events cause stress for people.

**Coping:**

Surveys on student life and mental health have shown ‘Academic Stress’ as the main sort of stress on student life, and almost every student faces a certain level of academic stress in certain point in life. Chronic academic stress often leads to physical, emotional, and behavioral symptoms such cheating, sleepless nights, depression, drug use, and self-mutilation. Coping up with academic stress is important, and integral for youth’s mental health and well-balanced development of the society as a whole.  
Teens Health (2007) acclaimed students in developing certain attitudes and behaviors as a coping mechanism for academic stress. Teen wants adolescents to accept challenges and adapt to changes, as it is a part of routine life. Believing that problems and challenges are temporary and shall pass with time is the key. Nothing is permanent, not even the challenges and hardships. To cater to the challenges, Set realistic goals for yourself and have Strong affirmation that working towards a goal is always success-bearing idea. Have a positive outlook and take small steps in problem solving. Along with this, adolescents should focus on having strong relations with family and friends and ask for help if needed. This is important so that they do not feel alone, and have emotional support as well.[[3]](#endnote-3)

There are several other small tips and coping mechanisms to help a student stay resilient and absorb the stress, and stay steadfast. A few of the most common Copying strategies and tips for students are as following:

1. Eat well and exercise,
2. Sleep well – healthy lifestyle leads to healthy mind.
3. Stay away from drugs, alcohol or tobacco etc.
4. Learn stress management skills, such as relaxation techniques and problem solving
5. Do not over-schedule activities.
6. Do not over exert yourself.
7. Find time to relax.
8. Relaxed mind helps in stress management
9. Stay organized and Keep a schedule.
10. Make a to-do list and work for it.
11. Be optimistic and work hard, stay positive. **[[4]](#endnote-4)**

**Analysis:**

Stress is a big problem in everyone’s life. A person should know how to deal with stress and how can he keep his stress level low. There is a type of stress, which we know as academic stress, and Academic stress is due to fear of unknown, fixed deadlines and financial problems etc. Due to which a person can have headache, high blood pressure and sometimes this stress can cause serious problems like heart attack etc. We can fight or cope up with the stress by eating three times a day, sleeping at least for seven hours, going for a walk, choosing the correct field, the field you have interest in and then doing work by managing the time required to fulfill the task, by taking hot shower before going to sleep and you can keep the stress level low by doing good deeds daily like doing three good things to others etc. These little things can really help you in your fight against academic stress, can keep you motivated and can be helpful for your successful career. For example: there is academic stress due to workload and fixed submission timings.

**Work load and fixed submission timings:** The academic stress can be because of work load the institutions are giving to their students studying out there and can be due to the fixed submission timings they give for a given certain task. The main question that arises after knowing how stress is being caused is how we can deal with it. Actually, there are two solutions to this. Firstly, the institutions like schools, colleges, and universities should keep in check the mental stability of the students studying there and should give the work, which they are able to complete in a certain time interval given to them, and not feel burdened while doing that task. Secondly, students should manage their time, should work hard to complete their task and have positive thoughts in their minds like “Nothing is impossible in this world except the word impossible itself”.

**Conclusion:**

When we talk about stress the most affecting subject of stress is worry. Worry that cause dissonance in completing the work on time, worry that reduces the efficiency of work and not only that, sometimes students lose their self-confidence as well. This happens because when one thing goes out of way, if it’s not corrected at that moment the series goes on. When things keep on going wrong, the person might feel he is not eligible for this. So coping strategies are designed in keeping view the wavelength of stressor. The strategy leads to self-equanimity and then all things fall into right place.

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