



FACTORS INFLUENCING STRESS IN STUDENTS AT MIT ADT UNIVERSITY, LONI

Researching about the factors influencing stress in students at MIT ADT
UNIVERSITY, Loni



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PROBLEM STATEMENT

Students at MIT ADT UNIVERSITY are trained to be a perfect fit in corporate societies. Along with core subjects and specialization subjects students at MIT ADT UNIVERSITY, Loni are given training in many value-added courses like communication, excel, python, R programming, Leadership, Guest Lectures from various successful leaders, and the list goes on.

Even after Covid-19 hit the global market with job loss at mass and lack of recruitment in 2020, MIT ADT UNIVERSITY, Loni successfully placed more than 82% of students (others mostly with family business).

It was noticed that even after so much training and a successful placement record of university students at MIT ADT UNIVERSITY, Loni was unable to hit their max capability due to some internal factors. According to an article published on *Psych Lens^[1] about “The Effects of Stress on Student’s Academic Performance”* on August 27, 2017, there can be many effects of stress on students that could directly or indirectly impact the academic performance of the student as an individual, group or organization.

In this research paper, we plan to analyse those factors influencing stress in students at MIT ADT UNIVERSITY, Loni. Keeping the research paper most relevant, unique, and to the point, most of the data will be collected directly from students at MIT ADT UNIVERSITY, Loni.

ABSTRACT

Stress is mostly misunderstood with some with casual mental health issue and some more critical/serious mental health issues. Both over estimating or under estimating stress can be harmful for everyone so it is important to know what stress really is.

Someone down the road each one of us have contributed in someone else’s mental health issues which can happen unknowingly but it is more important to act on it and make other person feel what you really meant. Often we miscommunicate our ideas and messages which does not complete the communication process but instead makes things between individuals bitter.

Researchers have seen some pattern which people under stress follow which we now consider as the symptoms of Stress in human body. Symptoms include physical, mental and biological changes in some cases.

People of any age can feel stressed at any time but for our research we will consider teenagers and young adults or late adolescents.

Generally individual under this category are students and/or individuals looking for jobs. Few individuals are employed or business owners. There are individuals who plans to join family business at this age and keep themselves occupied there.

Analysing the factors influencing stress at MIT ADT UNIVERSITY, Loni through collecting primary data via questionnaire. Analysing the results using Google inbuilt software, SPSS and MySQL. Concluding by submitting findings and reports and recommending few changes and upgrades in and around campus to improve and help students fight and reduce stress.

CHAPTER 1

INTRODUCTION

1.1 About Stress

“If the problem can be solved why worry? If the problem cannot be solved worrying will do you no good.” Quoted by Shantideva stressing about something or over someone may seem normal for few people and not even real for others but neither of them is true.

Britannica defines stress as any environmental or physical pressure that elicits a response from an organism. In most cases, stress promotes survival because it forces organisms to adapt to rapidly changing environment conditions. However, when an organism’s response to stress is inadequate or when the stress is too powerful, disease or death of an organism may result.^[2]

Stress is a topic easy to study yet complicated if underestimated. It is important for every individual to know exactly what stress is and how to know if someone they know or someone around them is having stress issues. Also, it becomes important to know the types of stress individual may be facing and how to treat each one of them.

IT IS ADVISED TO CONNECT WITH SOME SPECIALISED DOCTOR OR EXPERT IF THE SITUATION IS CRITICAL. AUTHORITIES/ ORGANISATIONS FOR EFFECTIVE HELP ARE GIVEN BELOW IN THIS PAPER.

Under estimating or ignoring stress signs can lead to many more serious health issues. When individual deals with more stress human body starts to release hormones like corticotrophin-releasing hormones (CRH), which then travels to the pituitary gland, triggering the release of adrenocorticotrophic hormone (ACTH). This hormone travels to the adrenal glands, promoting them to release cortisol. The body then stays revved up and on high alert.

1.2 Signs of Stress in an individual ^[2]

It is really unfortunate yet true that majority of people deal with feeling of stress at various points of their life. Stress can have mental as well as physical consequences. A study from 2015 found that 59% of adults reported experiencing high levels of perceived stress. Some of the symptoms of high stress are listed below:-

- Decreased energy and insomnia.

- Changes in libido.
- Depression
- Acne
- Headaches
- Chronic Pain
- Frequent Sickness
- Digestive issues

Complications of long-term stress.

Chronic stress can affect entire body, and if it's not properly managed, can cause serious issues, such as: -

- Back pain
- Muscle tension
- Worsening asthma symptoms
- Worsening obstructive pulmonary disease (COPD) symptoms
- Increased risk of hypertension, stroke, or heart attack.
- Mental Health conditions.

1.3 Stress issues in Teenagers

Having to deal with competition in the corporate market and match the skills and knowledge required by the highly published and well-known company's college students' deal with a lot of stress in their life. Managing time becomes challenging as they are expected to perform multiple tasks and activities in a minimum time gap.

Many times there comes situations where one topic of part of life might be casual to one person but someone else can be mentally pressurised with it. Teenagers face this dilemma more often but unfortunately due to lack of awareness they cannot express themselves in the world.

Sometimes parents knowingly or unknowingly put extra pressure on their children about studies, career, jobs, or any other part of life. Although they want what is best for their child but somewhere down the line they make things worse. No one can be blamed because as a society we have always ignored discussing about feelings and mental health. Teenagers when express their opinion they are told to keep quit and listen to elders. Such kind of treatment makes a child feel less important and more self- conscious.

CHAPTER 2

LITERATURE REVIEW

ACO Staff Writers || **Cause of Stress in College Students Guide** || Nov. 2021 || Affordable Colleges

According to an article published at [affordable colleges](#) ^[3] by ACO Staff Writers on November 11, 2021; for a fresher getting involved in new environment and various other problems like-

- Living away from home/ living among strangers

In every individual's life there comes a point where he/she has to move away from their home where they lived for years. Moving away from home can be stressful as the individual gets to know the same world but with different objectives and goals. Old expectations and beliefs one carries change as the world is never the same for a fresher. At times things will become hectic and stressful which if not controlled and managed can cause serious issues.

- Academic demands and test anxiety

Concerns about academic performance are one of the most common trigger points of stress for college students. Whether stemming from parental pressures, scholarship requirements, post-graduation demands, or personal expectations, concerns over maintaining a certain grade level or doing well on a test plague countless students.

- Finances

In the current world, education can be expensive even without adding the cost of living. With the growing rate of inflation it can become really expensive for a middle class family to afford quality education and living standards. Education for students in India are generally paid by their parents but although the trend of education loans has been noticed recently. Scholarship programs do help students but for students unable to crack scholarship exams finance is a great factor of stress.

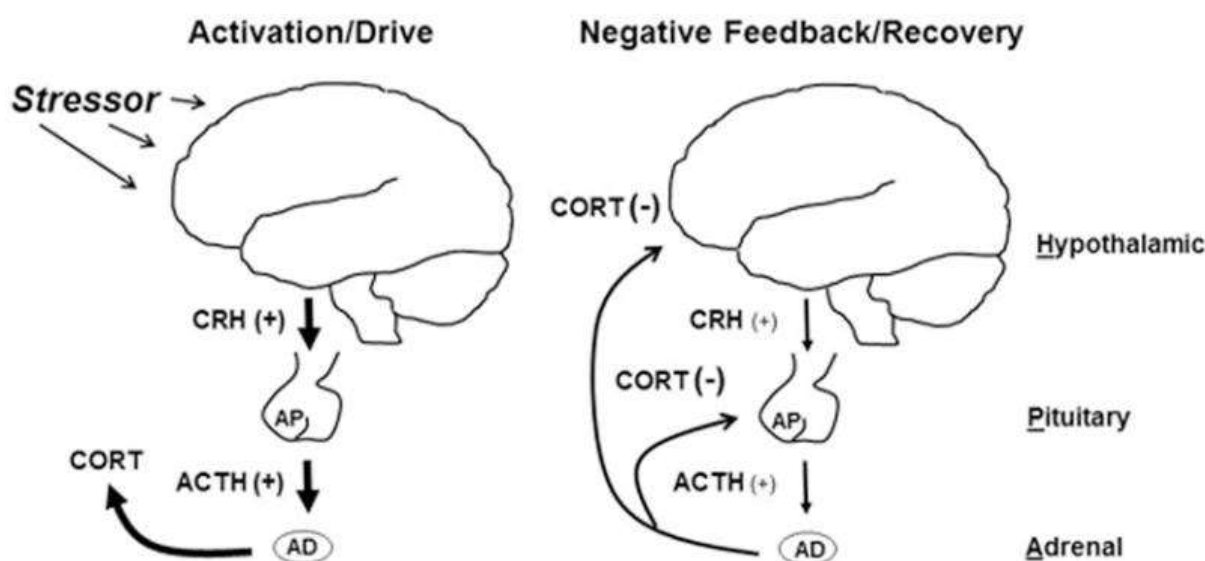
- Personal relations (family and romantic)

With parents, it can mean navigating the surrender of power and students' subsequent ability to be responsible. If parents are paying for college, talks about finances can be particularly stressful. In romantic relationships, for students which came to college with pre-existing partners, learning if they want to do long-distance

and how to accomplish that can be a major stress, as both are adjusting to the pressures of different school environment.

Curr Dir Psychol Sci || **The Teenage Brain: The Stress Response and the Adolescent Brain**
|| April 2013 || PMC 2014 Dec 23.

The figure below is taken from a research paper *Curr Dir Psychol Sci, Author manuscript, available in PMC 2014 Dec 23, Published in final edited form as: Curr Dir Psychol Sci. 2013 Apr; 22(2): 140-145*^[4].



A simplified schematic of stress-induced activation of the hypothalamic-pituitary-adrenal (HPA) axis as well as the negative feedback that allows the HPA axis to recover back to baseline following termination of a stressor. Abbreviation: adrenal gland (AD), adrenocorticotrophic hormone (ACTH), anterior pituitary (AP), corticosterone (CORT), corticotrophin-releasing hormone (CRH), negative feedback (-), positive drive (+).

Next in our research we will be analysing the data collected through google questionnaire from students at MIT ADT UNIVERSITY, Loni directly (primary data).

RESEARCH METHODOLOGY

Hypothesis of the Study

- Higher level of stress are observed in Post-graduation students as compared to Under-graduate students
- There is no significant difference in stress levels based on gender.

Objectives of Research

- To understand the concept and sources of stress.
- To identify the factors that causes stress in students at MIT ADT UNIVERSITY, Loni.
- To analyse the impact of stress on their life.
- To suggest measures to manage stress.

Sampling process

Following data was collected from the population size of 800

Total sample size is 103

Considering the sample size of MIT ADT University, Loni to make research friendlier **convenience sampling** technique was used. Convenience sampling or accidental sampling is a non-probability sampling method where the researcher selects sample members from only available and easily accessible participants.

Data Collection

Primary Data Source(s): -

- Google Form
- Questionnaire
- Survey.

Secondary Data Sources: -

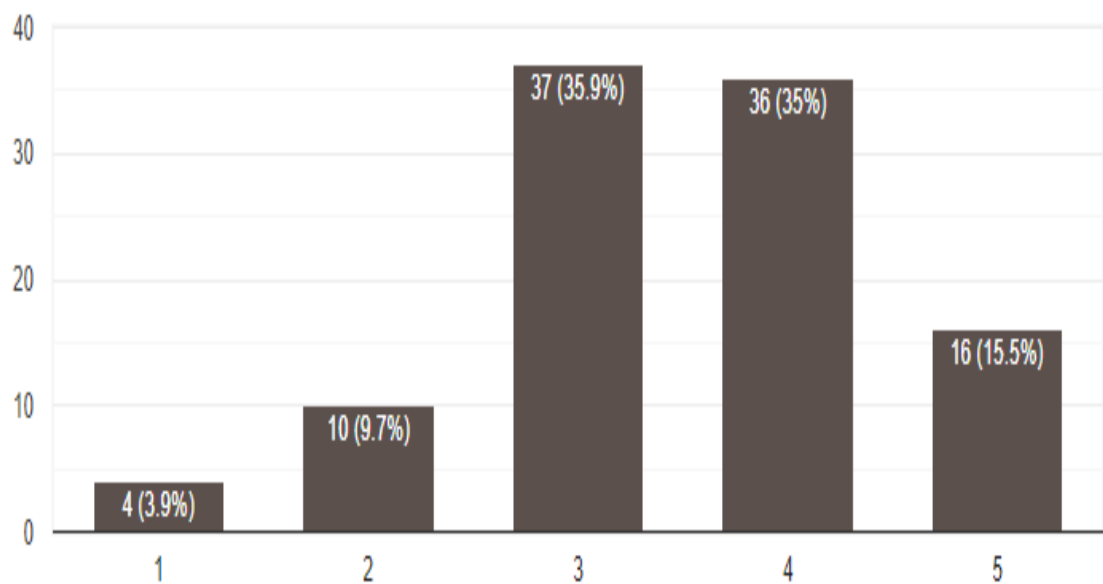
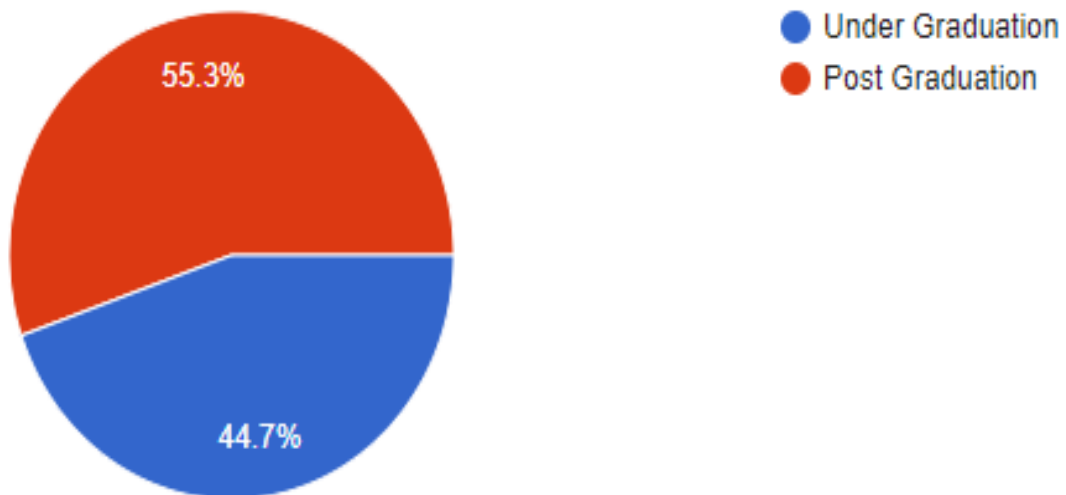
- Articles
- Blogs
- Papers

- Journals
- Documents
- Research Publications

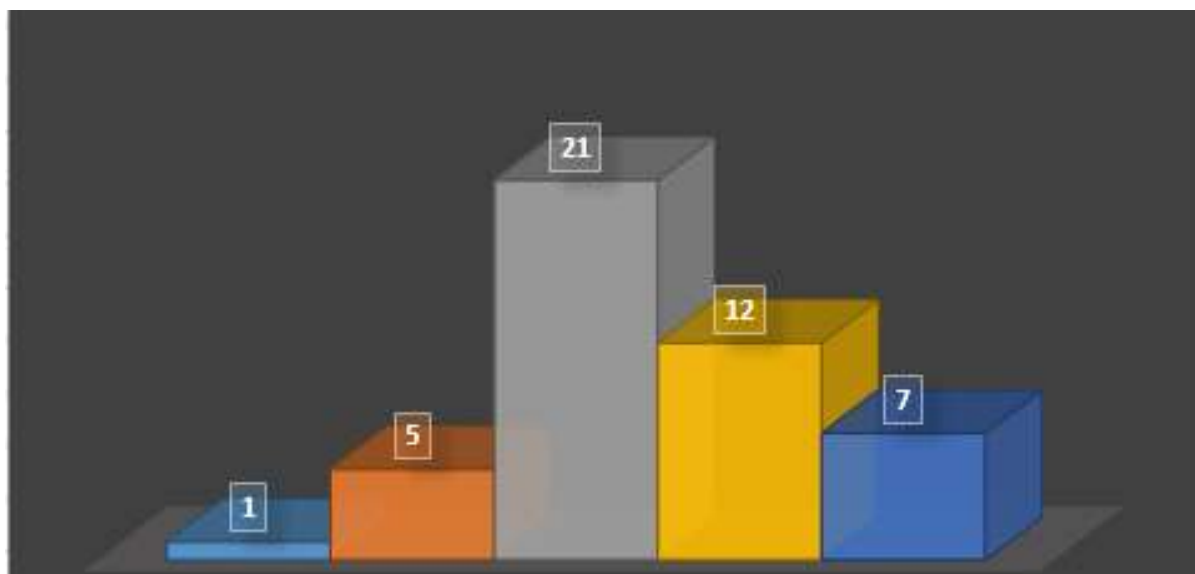
CHAPTER 3

DATA ANALYTICS AND FINDINGS

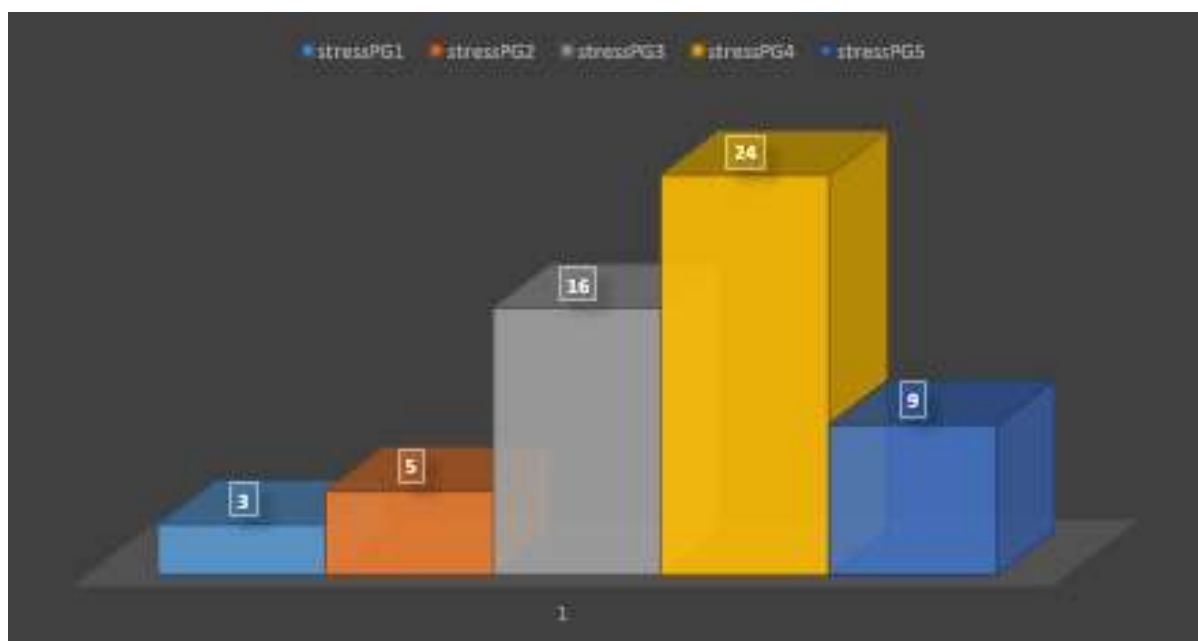
Hypothesis 1: - Higher level of stress are observed in Post-graduation students as compared to Under-graduate students.



Stress level of Under-Graduate students



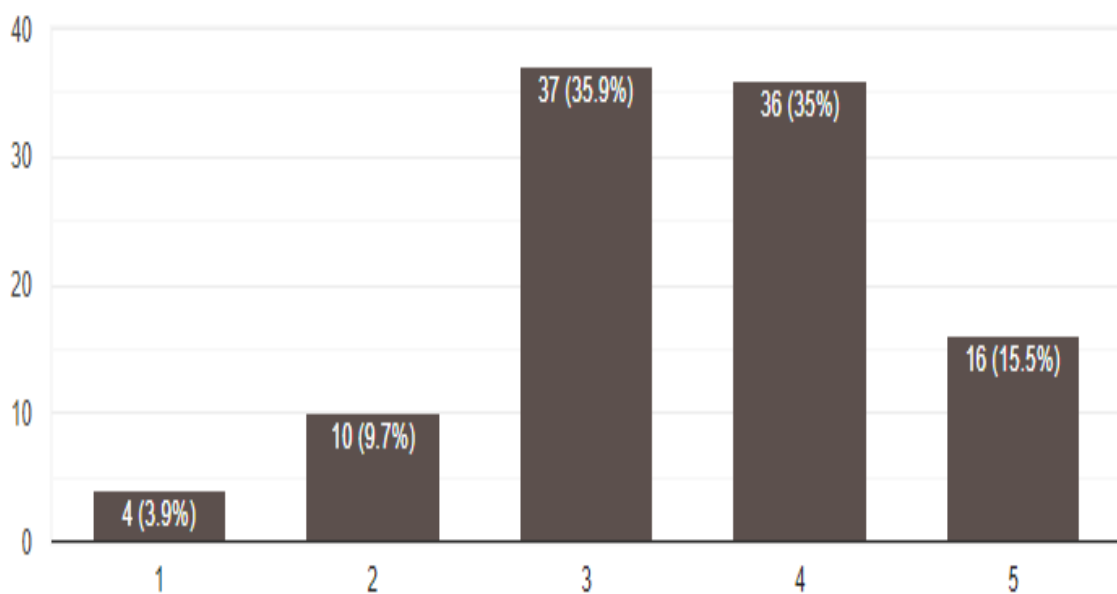
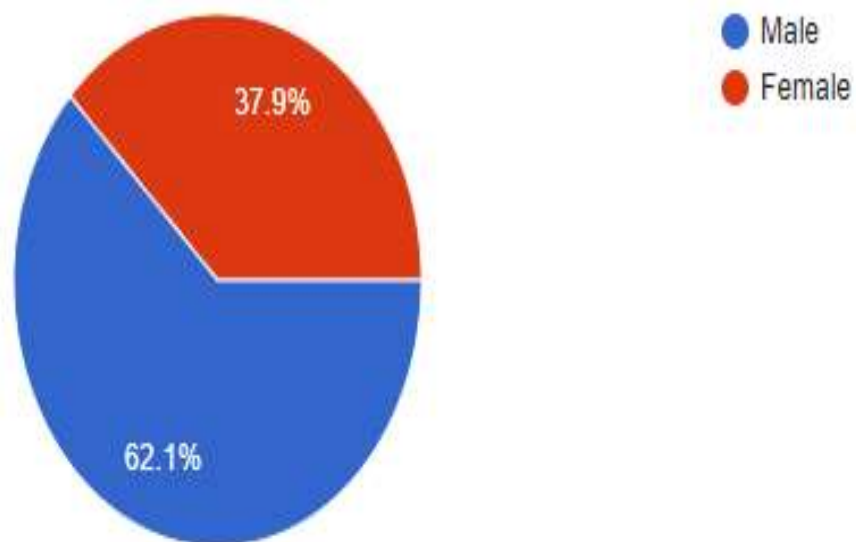
Stress level of Post-graduate students



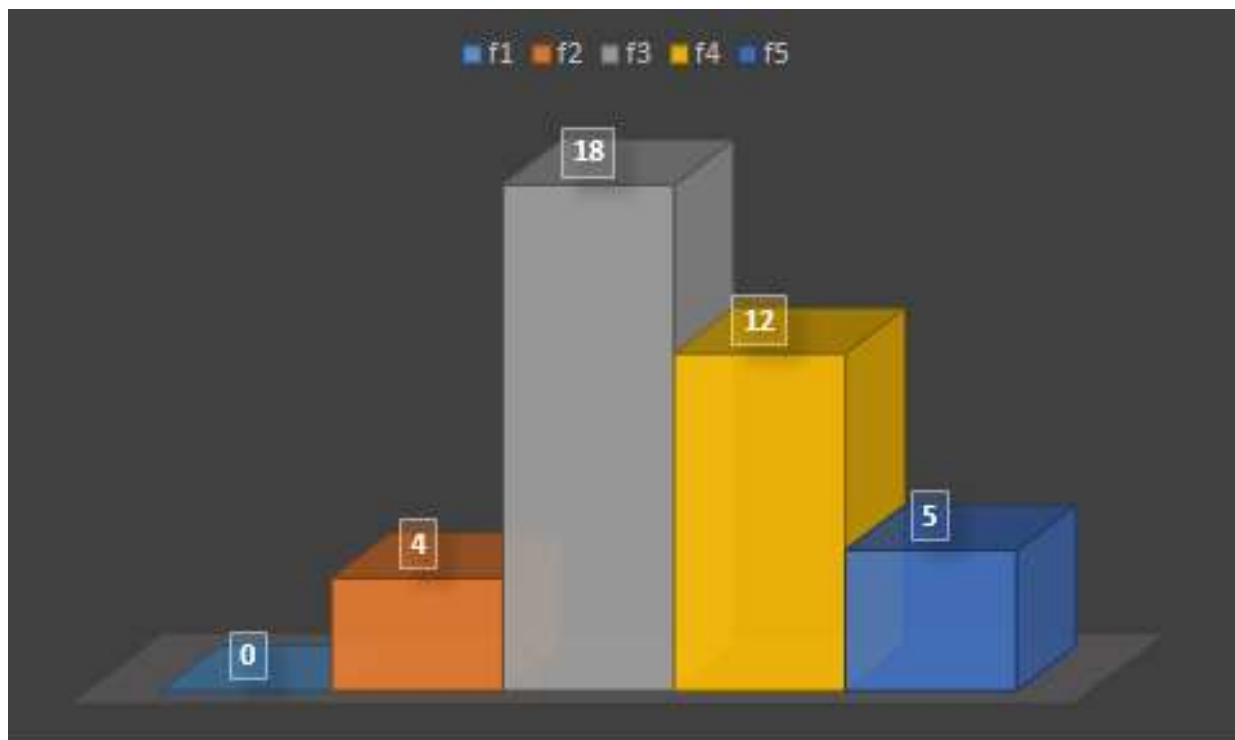
As we can interpret from the graph our 1st hypothesis is true.

Post graduate students are more stressed reason being extra placement pressure and more personal life issues.

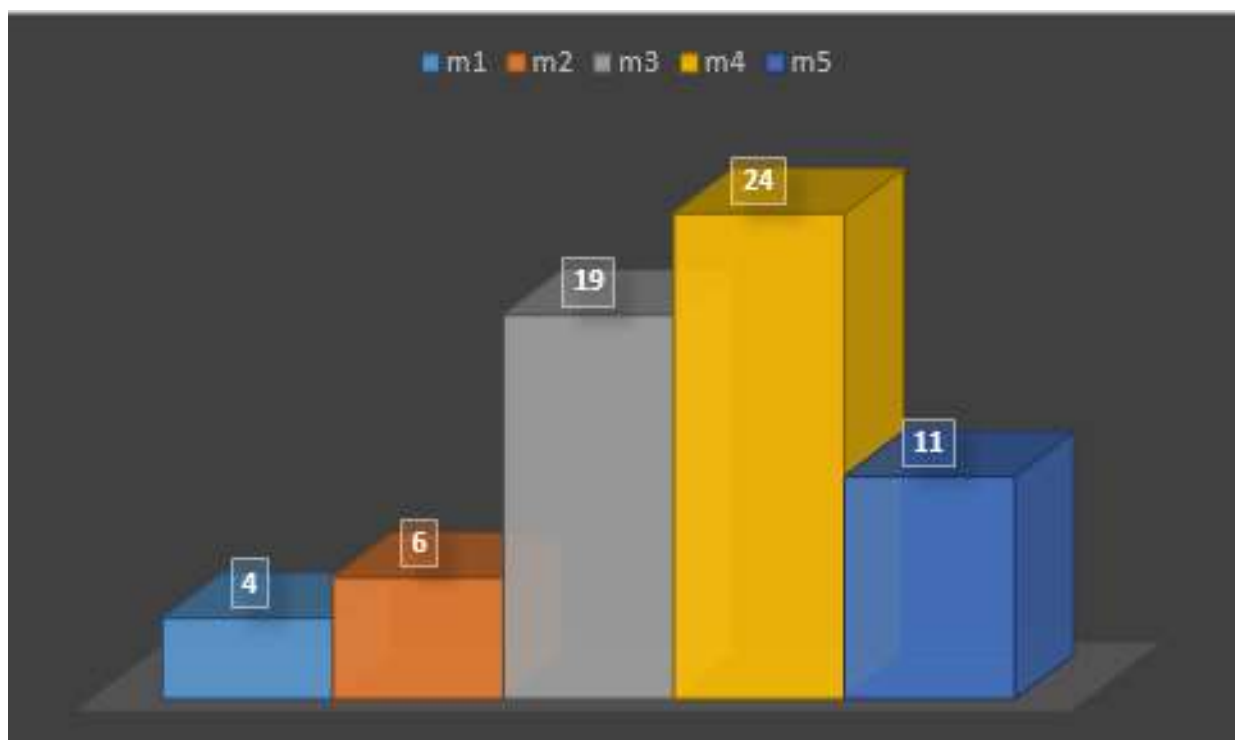
Hypothesis 2: - There is no significant difference in stress levels based on gender.



Stress level of female students



Stress level of male students



As we can interpret from the graph our 2nd hypothesis is false.

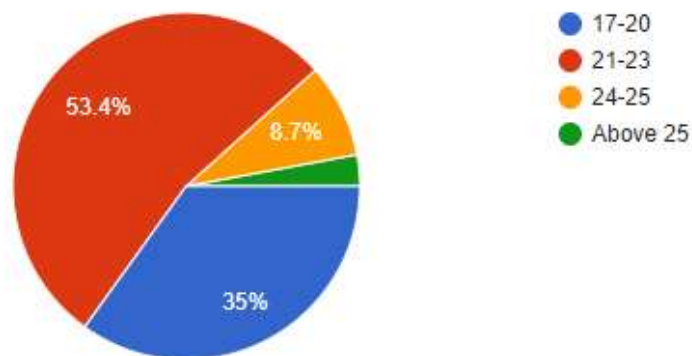
We can clearly see that out of 5 in male respondents majority responses are above and equal to 4.

Responses to Remaining Questions

Age category

103 responses

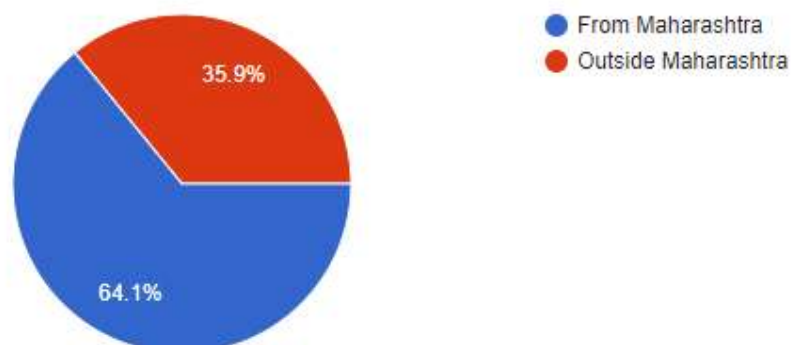
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Hometown

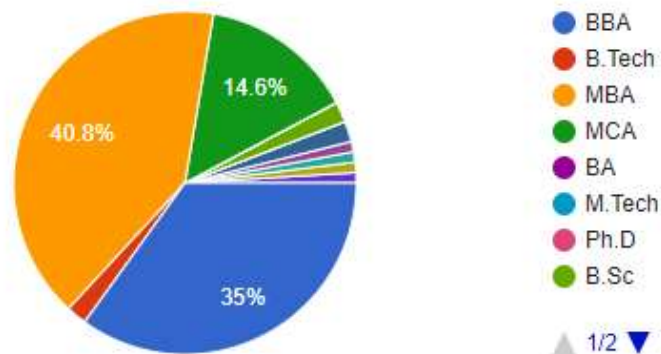
103 responses

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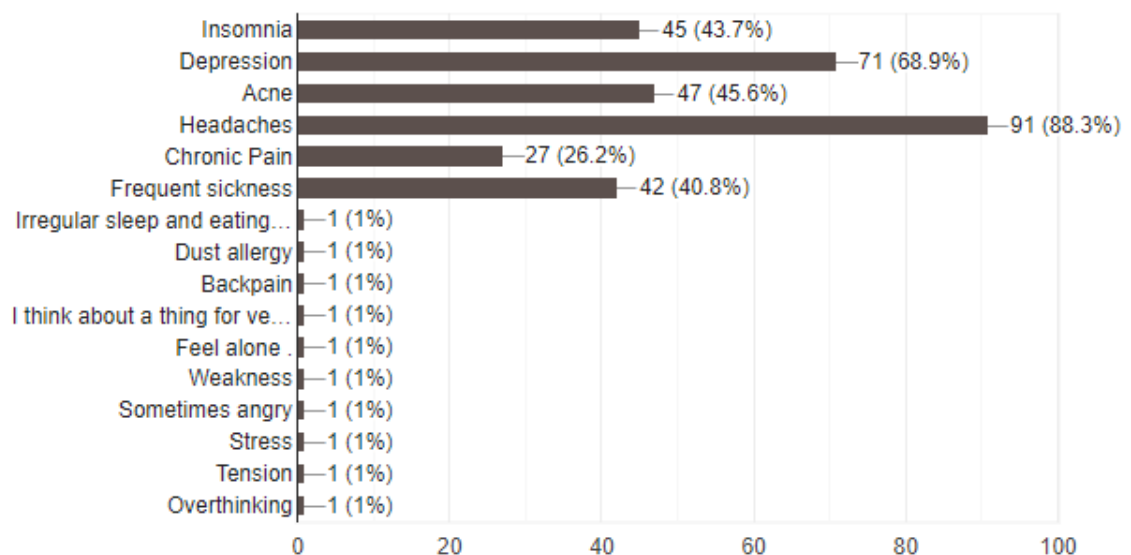
Degree enrolled

103 responses



What common symptoms of stress do you face?

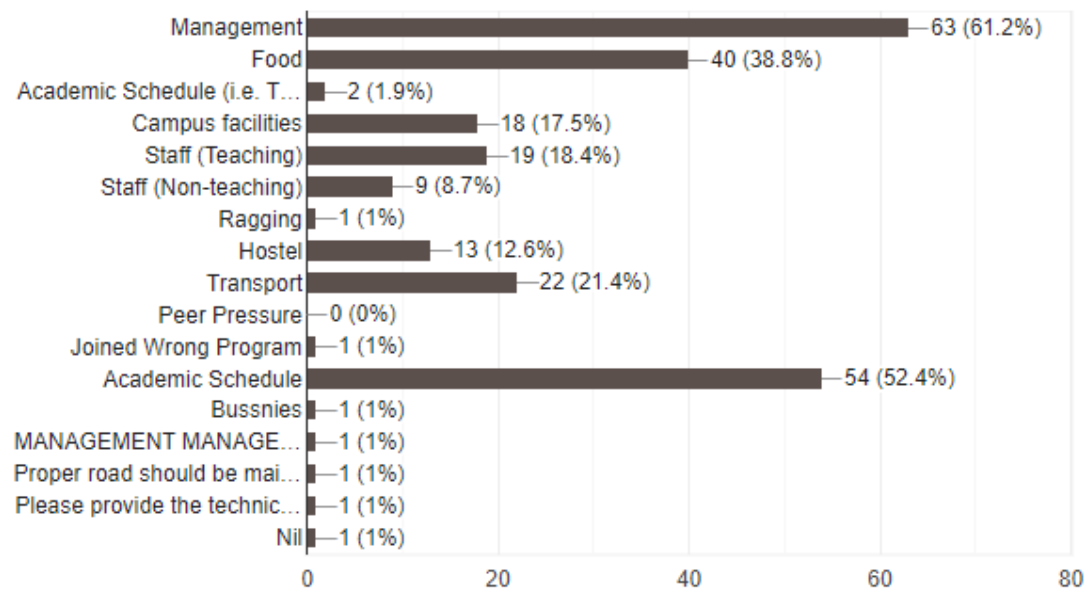
103 responses



What is MIT ADT University is (or) might be a source of stress for you?



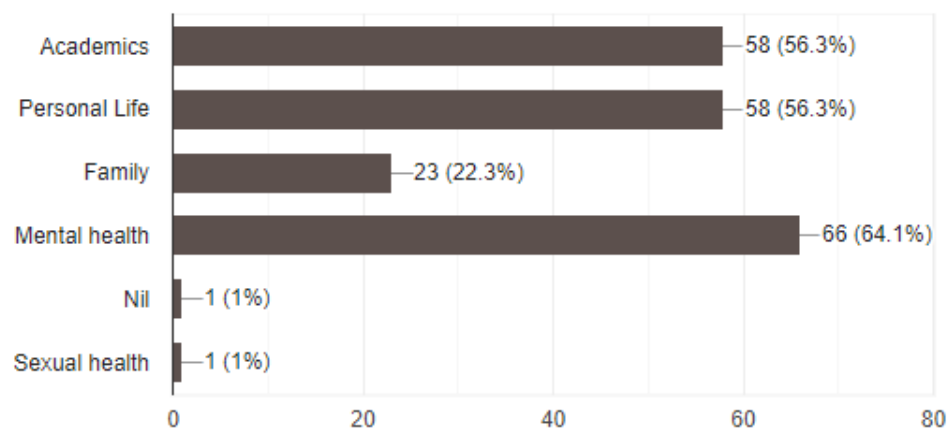
103 responses



Due to stress which part of your life is impacted most?



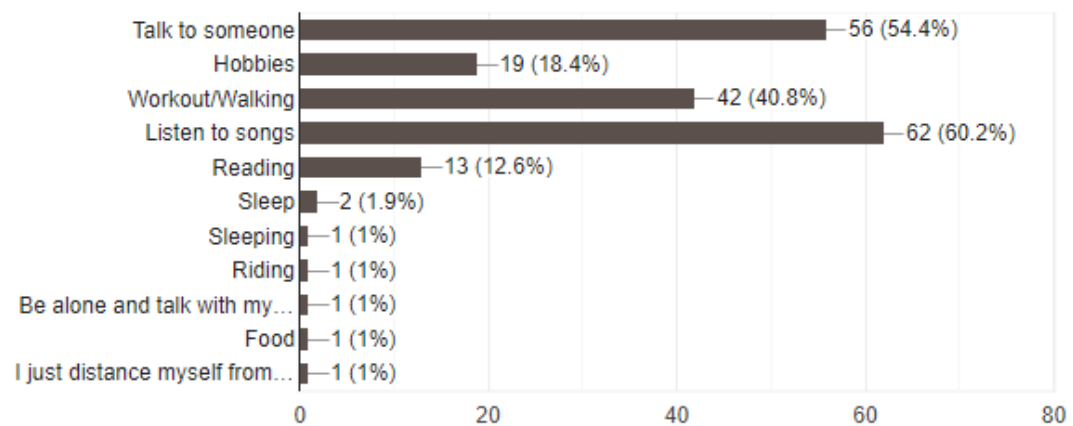
103 responses



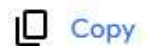
During stress what do you prefer doing to calm yourself?



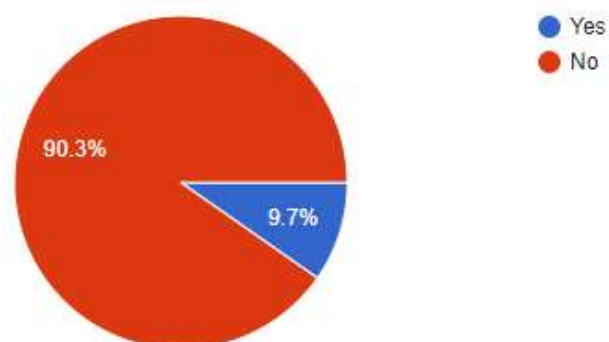
103 responses



Have you ever consulted any specialist regarding your stress?



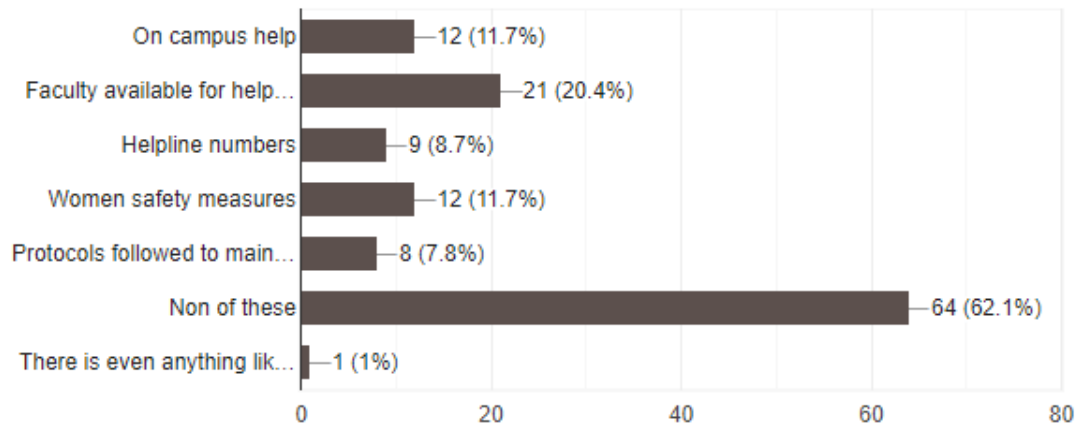
103 responses



Which of the following measures taken by MIT ADT University are you aware about?



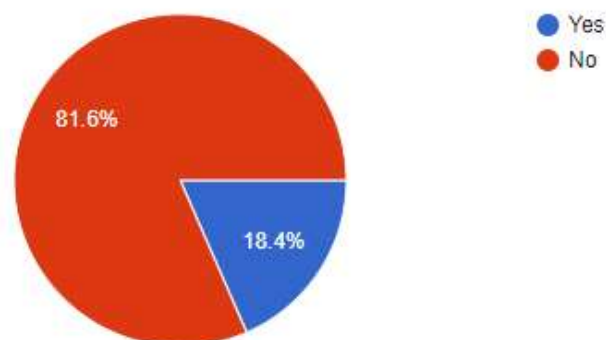
103 responses



Have you ever used the in campus facilities mentioned above?



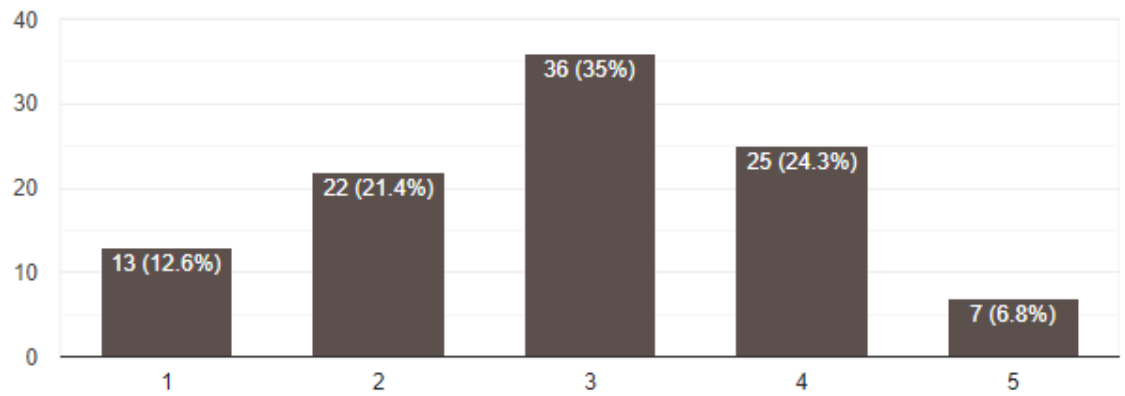
103 responses



Out of 5 (5 being highest) how much would you rate the public awareness about stress?



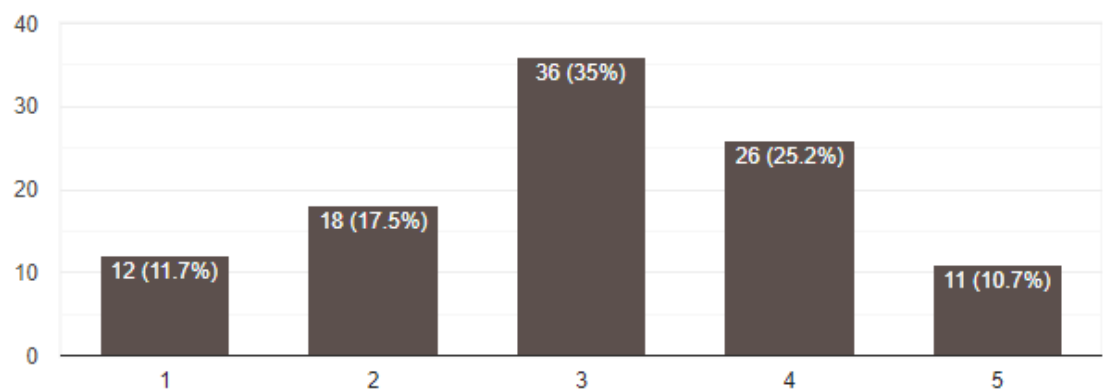
103 responses



According to the scale below rate how does the environment of MIT ADT University, Loni effect your stress.



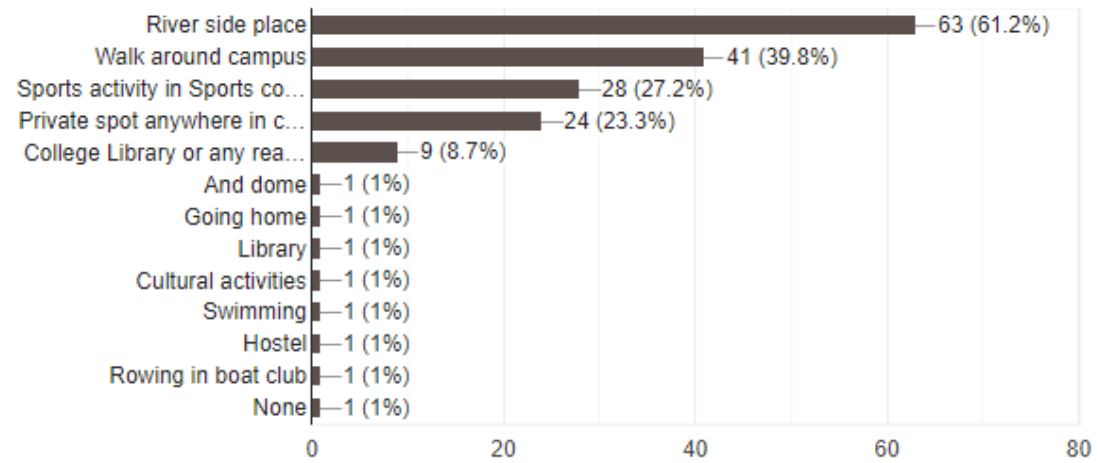
103 responses



Which place or activity in MIT ADT University campus do you prefer which makes you feel calm when stressed?



103 responses



Conclusion

- Post-graduate students responded more stress level. Reasons of stress asked were broad but when asked from few, post-graduation students had heavy pressure from society to be placed. Also, Post-graduation students had more personal issues.
- Under-graduate students just completed their school journey and had less responsibilities as compared to post graduation students in general.
- It was assumed that stress level might not be influenced by gender but according to the responses collected male students responded with higher level of stress.

Bibliography/Webliography

1. [The Effect Of Stress On Students Academic Performance - Psych Lens](#) accessed on 02-03-2022.
2. [Stress Symptoms: Physical Effects of Stress and How to Treat \(healthline.com\)](#) written by Racharl Link, MS, RD – Medically reviewed by Cydney Ortiz, PsyD – Updated on December 14, 2021.
3. [Causes Of Stress In College Students | Affordable Colleges Online](#) by ACO Staff Writers on November 11, 2021.
4. [The Teenage Brain: The Stress Response and the Adolescent Brain - PMC \(nih.gov\)](#) accessed on 28-03-2022.