

Causes and Effects of Academic Stress among Students

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Introduction

The use of the term 'stress' brings concepts, for example, the expanded rate of wretchedness, tension, cardiovascular malady, and other possibly hazardous impacts on one's mind. As a rule, a student surges from one end of the grounds to the next, attempting to make their next class on time. Since classes are booked consecutively, there is less or no opportunity to try and eat. Take, for example, it is three o'clock, and a student is, to a great degree, hungry. This week, they have three mid-semester examinations to study for and an excess number of pages to memorize. They are meeting with a study aggregate today around evening time to complete studies on a hurried research introduction. It is terrible that they have three different assignments due tomorrow, so it seems that they won't get much rest today around the evening.

The truth of the matter is undeniable: having the above basic section as a timetable, as a general rule, will surely influence a student to be worried. However, those are the wild schedules we encounter as students nowadays. We feel lost, overpowered, solidified, or unfit to adapt when going up against such a large number of assignments. Occupied calendars packed with studies, studies, and extracurricular exercises can inflict significant damage on students' physical and psychological well-being, particularly if one isn't eating or resting appropriately. On the off chance that untreated, these stressors can compound after some time, prompting more prominent levels of stress considerably.

Problem Statement

Students often suffer from fatigue and burnout due to immense psychological pressure and stress. Usually, this stress is caused by academic, personal, and professional expectations and responsibilities. Under such immense psychological stress, not only their physical health deteriorates, but their academic performance also becomes compromised. Therefore, the aim of this study is to understand the association between stress and academic performance and how sleep of 6-8 hours can reduce the impact of stress on students while improving their academic performance.

Research Gap

Significant research has been conducted to identify the relationship between the stress level of students and their academic performances. However, there is a lack of research that could associate

and verify sleeping patterns with levels of stress as well as academic performance at the same time. There is an even further lack of quantitative and experimental studies verifying that sleeping patterns can have a significant impact on the levels of stress and, ultimately, on the academic performance of the students. Since students are the population segment that often has the most disturbing sleeping patterns due to burdening responsibilities, the respective paper aims to verify if sleeping patterns affect the stress levels and academic performances of the students.

Factual Overview

The scope of the study will include college and university-going students. Without a doubt, stress has turned into the main revealed obstruction to academic performance, as kindred students now report being stressed out more than at any time in recent memory. The New York University Publication proceeded with its assertion that 58% of students guaranteed their greatest stressor to be scholarly. 6 out of 10 students report having felt so stressed they couldn't complete their studies at least one event (Root, 2016). Furthermore, a large number of the enthusiastic and physical side effects that normally happen in the student populace, for example, migraines, weariness, gloom, tension, and the failure to adapt, can be ascribed to or exacerbated by the stress (Kulsoom & Afsar, 2015).

Overviews directed by Kansas State University uncover a 62% expansion in stress-related psychological well-being issues answered to grounds advisors in the vicinity of the 2000s (Kulsoom & Afsar, 2015). These expanded stress loads accompany some critical results. Suicide rates among mature school students are three times higher than they were in 1960, as portrayed by American College Health Association insights distributed in Psychology Today (George et al. 2016).

Description

The impacts of stress can be negative and additionally positive. Some constructive outcomes of stress are higher levels and better exhibitions. Nonetheless, their negative impacts can be all the more destructive.

Stress can impact students' ability to think, and there have been studies that have shown that stress intrudes on a student's ability to center. Remembering the ultimate objective to grasp why it is so basic to loosen up and not allow stress to impact your obsession and your studies, you should first appreciate the connection between stress and core interest.

Stress is the procedure by which an individual or a man responds when opened to outside or inner issues and difficulties. "the living being forms various frameworks to facilitate such versatile reactions both at precise and cell levels" (Dariotis et al. 2016) by this, stress has a coordinate impact on the mind and the entire life structures of the body all things considered inability to adjust to a stressful condition can bring about cerebrum glitch, physiological issue and furthermore numerous regions of the mental tests as discouragement, tension, torment, and burnout.

Physiologically, stress-related sicknesses in the shape proliferation, cardiovascular, digestion, and gastrointestinal maladies are controlled by extraordinary territories of hereditary and formative variables which are not quite the same as a man to a man, yet additionally, manifestations of this ailment might be comparative now, and again among people (Mittal & Kumar, 2018).

As indicated by (Kulsoom & Afsar, 2015), stress is a material science word that alludes to the measure of power utilized in a protest, and it relates, in actuality, to the matter of how certain issues that convey compel connected to human life. Illustrations of budgetary troubles, well-being challenge issues, and clashes with companions all convey power or weight on an individual's body – psyche, and soul.

A portion of the weight or power starts from the earth; however, it frequently originates from inside a man's head as stress, uneasiness, lament, demoralization, and low certainty.

In this way, stress is fundamentally connected to a man and may bring about strain because unmanaged stress is the point at which a man can't deal with a test or issue and experiences strain results. To a few people, the impact is insignificant, which implies they can persevere weight, while in others, the impact is gigantic and unfriendly.

Stress is clarified (Root, 2016) as “An indeterminate response to outside and interior factors” that implies a negative or positive response to natural jolts. Stress is a reality of our regular daily existence. When people scan for help, they consistently oversee conditions, conditions, and stressors throughout their lives that abandon them, feeling sincerely and physically agitated. Innumerable individuals feel that they have next to no assets or help to manage the large amounts of stress they are encountering. Conditions that trigger stress are known as stressors. As indicated by (Dariotis et al. 2016), Stress isn't just negative things that happen. Positive things additionally cause stress. In our lives, we just know stress to be terrible; however, that is not the case. There are two sorts of stressors: positive stressors, which are known as eustress, and negative stressors, which are otherwise called distress.

Available Treatment and Solutions

Currently, there is plenty of research and literature reviews that focus on treatments and solutions for overcoming the impact of stress and disturbed sleep patterns in students. Various studies recommend professional counseling as the ultimate solution, while other studies promote scheduling and personnel management to reduce the impact of stress and burnout. There are also multiple psychological and behavioral theories that focus on the behavioral and personal modifications of students to improve their academic performance. Combining these available solutions, the respective paper will focus on a combination of self-management and counseling with adequate sleeping patterns to overcome stress and improve academic performance.

Research Methodology

The research study will take an experimental approach to analyze the impact of 6-8 hours of sleep on the stress level and academic performance of university students (GPA). For this purpose, the sample population will be randomly chosen. The sample population will consist of 25 university students, including both males and females, of approximately equal ratio.

The following will be the variables for the study:

- Independent Variable
 - Sleep (6-8 hours)
- Dependent Variable
 - Stress Level is determined by Academic performance (comparative GPA scores)

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