

## **A STUDY OF STRESS MANAGEMENT AMONG STUDENTS DURING ONLINE EDUCATION IN KANIYAKUMARI DISTRICT**

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**ABSTRACT:** Stress can be defined as any type of change that causes physical, emotional or psychological strain. Stress is our body's response to anything that requires attention or action. Everyone experiences stress to some degree. Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes us feel frustrated, angry, or nervous. In short bursts, stress can be positive such as when it helps us avoid danger or meet a deadline. But when stress lasts for a long time, it may harm our health. I try to find out the impact of stress management among students in online classes. Also I have observed the various steps taken by them to avoid the stress to students amid. I collected the data's through primary and secondary data and I give suggestions to the betterment of studies.

### **I. INTRODUCTION**

The COVID-19 pandemic disrupted the world in ways unimaginable. As we look back on the past two years and the harsh repercussions of the pandemic that continue until today, it is apparent that one of the most impacted sectors was education. Neither the world nor educational institutions were prepared to embrace the shift to online platforms brought on at lightning speed. Educational institutions worldwide promptly responded to the pandemic by going online. In record time, students moved from physical spaces that provided them with much-needed social interactions, to being seated behind a screen for hours on end. In Lebanon, the shift to online platforms happened at a slower pace, and was mainly driven by the academic institutions that already had digital learning platforms in place, and the means to operate them. The effectiveness of online learning is still the subject of debate. Experts have been studying the retention of information by students and how remote learning has impacted the development and social skills of children. They conclude that online learning's effectiveness when students having consistent access to the internet and computers, teachers receiving the needed training to administer courses online and platforms that provide personalized learning, to match the journey of each individual student.

### **II. REVIEW OF LITERATURE**

Reddy et al. (2018) in their study concludes that stream wise difference in stress does exist in students. It is important to deal with stress at personal, social and institutional level. Remedies such as feedback, yoga, life skills training, mindfulness, meditation and psychotherapy have been found useful to deal with stress. To identify the main reason of stress is the key to deal with it. Professionals can develop tailor made strategies to deal with stress. The integrated wellbeing of the students is important not only for the individual but for the institute as well. Dimitrov (2017) in his study claimed that stress can be addressed by ensuring that the students give utmost importance to their welfare. Food, exercise, work, recreation are some of the areas to focus on. He also concluded that the education system is more to do with the academic qualifications and does not contribute enough to the holistic

development of students. Subramani and Kadiravan (2017) revealed the link between academic stress and mental health among students. He endorsed that academic stress and mental health are correlated and that students are cramped with the academic structure. Parents and schools pressurize the students way too much for the higher grades that disheartens the students, further to add on there is not enough support from the parents and school in terms of guidance. The students are mentally healthy when they perform constructively in the academic forums.

### III. HYPOTHESIS

The following hypotheses have been taken for the study of stress management among college students.

- ✓ HO: There is no significant difference between gender and personal stress levels.  
H1: There is significant difference between gender and personal stress levels.
- ✓ HO: There is no significant difference between gender and physical stress levels.  
H1: There is significant difference between gender and physical stress levels.
- ✓ HO: There is no significant difference between gender and academic stress levels.  
H1: There is significant difference between gender and academic stress levels.

### IV. RESEARCH METHODOLOGY

The tool employed for generating responses was questionnaire based survey of students. The Information was collected from both primary and secondary data.

### V. OBJECTIVES

- The objective of this project is to understand the concept of student's stress and its impact on their living.
- To find what are the type of stress that are faced by the students
- To identify the measures to reduce stress, in order to increase the skill of the students.

### VI. RESEARCH DESIGN

The sample is collected from the student's community from Kanyakumari district of India on random basis. The questionnaire was distributed among 100 young students and got 95 responses.

#### Tools for data collection

A questionnaire is designed with the two sections. One section highlights the symptoms of stress, second section highlights the stressor. In order to achieve the objective both primary and secondary sources of information are relied upon. The primary data was collected through structured questionnaires apart from discussions with students.

#### Data Collection and Data Sources

- ✓ Secondary Data through Internet, Magazine etc
- ✓ Primary Data through Questionnaire
- ✓ Contact Method
- ✓ Personal Interaction

The questionnaire has main three parts, first part covers the different symptoms on a seven point scale and second part covers the causes of stress through 25 statements on five point scale.

### VII. ANALYSIS AND INTERPRETATION

The following stress steps or skills are applied to manage stress in this field are Meditation, rest, exercise, developing positive educational institutional online class stress management techniques. Maintain a healthy diet can also be used for stress relief. Few students practice yoga in order to avoid the stress. According to a group of students, they used to meditate

daily. Meditation helps to release stress. In order to manage the stress parents make their children to have certain strategies they are as follows:

- a) Adopt a healthy life style
- b) Long walks with friends
- c) Listening to music
- d) Giving proper counselling to the children
- e) Making organic Garden

### **VIII.FINDINGS**

Major factor for the stress is

1. Over educational Work load for small students
2. There are important relation between the studies and emotional feelings.

### **IX.SUGGESTIONS**

The students can go for some relaxation activities or programs for employees in order to reduce the tension of the employees. The educational institutional should activate programs to increase the skills of the students. The study centres can reduce the workload to the students. Parents and teachers should train their students in decision making in crucial situations.

### **X.CONCLUSION**

From the findings, the results clearly show that students are stressed toward high level. The symptoms identified are being eating, depression and headaches are more among students. It is identified that among all factors, the main causes of stress among the students are relationship stress, financial and psychological stress. They want to maintain the social network and they are increasing the networking with the use of technology. The next stress they are feeling is career related. They have fear of carriers and how they survive in the competitive environment.

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