Abstract

Stress is experienced by the people all the way through their life. It is feeling of psychological strain or tension. The stress is caused by various factors like internal factors and external factors. Some types of stress are easily managed and some types of stress are unmanageable. In recent times, all age group peoples from child to old age peoples are affected by the stress. Today, the students are facing academic stress due to overwork loaded that received in learning environment. This paper is to explore about the causes of stress and how the students are affected by the stress. This study is to discuss about the various strategies to cope with stress. Further, this article is to study about the effect of stress and to give some approaches to understand the stress.

I. INTRODUCTION

Stress is a general term that the pressure experienced by the people throughout their life. It will become the part of modern life. In recent times, everybody is making various types of modifications in their life. It is a fact of life, a feeling of strain or psychological pain. The amount of stress will be increased which affect the human’s health. Due to increase rate of stress, the people will affect by some disease like strokes, heart attack, and mental illness. The two types of stress are positive stress and negative stress. The positive stress helps them to improve their performance. The negative stress may lead to some psychological and physiological problems. In general, it can be caused by some internal and external factors that will make a person to some negative emotions such as discomfort, pressure etc., some stress will be easily managed and some other are
unmanageable stress. It is the body’s natural response to confront. The student experienced with the high levels of stress that may lead to poor physical, emotional and mental health. It is caused by both good and bad experiences. When we are stressed, the body react by releasing some chemical into the blood. Even the school going children are under constant stress due to some scholastic and non-scholastic competition and also fulfil their parental demands. Stress is the reaction to a condition such as a threat, challenge or physical and psychological barriers.

II. Definition

Stress is defined as “a state of psychological and physiological imbalance resulting from the disparity between situational demand and the individual's ability and motivation to meet those needs.”

The word 'stress' is defined by Oxford Dictionary as ‘It is a state of affairs involving demand on physical or mental energy; a condition for circumstances which can disturb the normal psychological and physiological functioning of an individual’. It is defined as a perturbation of the body's homeostatic. “Stress is regarded as a class of stimuli which threat an individual in some way and thus cause disturbances in his behaviour”.

Stress is a constraining force or influence such as a force exerted when one body or body part presses on, pulls on, pushes against, or tends to compress or twist another body or body part. It is a physical, chemical, or emotional factor that causes bodily or mental tension and it may be causes mental illness.

III. CAUSES OF STRESS

A stressor is an external stimulus that caused stress to the living organisms. It may be caused by some chemical or biological agents. The causes of stress occurred by outside that is external factors (Exogenous) or it may be caused by inside that is internal (endogenous) factors

The External stresses are
- Noise from outside environment
- Stress from Home and work place
- Lack of privacy and over demands

The Internal stresses are
- Academic pressure
- Frustration
- Sleeplessness
- Emotional well-being

Academic stress: The academic stress is becoming increase and widespread among adolescents. The students are facing academic stress because of getting high academic performance. Sometimes, the students are being stress due to various factors like school, family and society. The Academic stress is a caused because of some frustration which is
associated with parental pressure on high academic performances and overload of work in class.

IV. SYMPTOMS OF STRESS

- Increased heart rate
- Increased blood pressure.
- Feeling tensed
- Feeling of irritable.
- Fatigue or depression.
- Apathy, lack of interest
- Incapability to concentrate.

V. TYPES OF STRESS

Positive stress: Positive stress is usually the outcome of a positive attitude towards a stressor good time management practices, and effective prioritising of one’s activities. Good news, or an unexpected benefit, can also cause a positive stress experience.

The benefits of positive stress include;
- Increased creativity
- Improved self esteem
- Good performance
- Motivation
- Increased productivity

Negative stress: Negative stress is usually the outcome of a poor attitude towards a stressor poor time management practices, and failure of one’s activities. Sometimes, painful events can also lead to the experience of negative stress. The exhaustion or fatigues are caused by over stressed.

Acute stress: Acute stress means short term stress of an individual’s that disappear quickly. It is body immediate response to a stressor.

Chronic stress: Chronic stress means stress in long term and can last for month or year. It is normally termed as “silent killer” and if you are already suffering from an illness. It leads to resistance and most of

The characteristic of negative stress are

- Fear of reaction
- Unrealistic expectations
- Anxiety
- Decreased performance
- Feel unpleasant

Approaches to understand stress:

- Action-oriented approach
- Emotion oriented approach
- Acceptance oriented approach
VI. EFFECT OF STRESS

The stress is a part of our daily life. It is not simple things that it makes you worry. In detail, many people are burdened with stress without even understanding that it subsists. It can be anything that brings about a change in your routine life. Stress manifests as symptoms at every stage that some are physical and other are psychological. As the effect of psychological stress is worried, unprocessed stress can be changed the entire personality of an individual.

In teenagers are to be experienced stress in their lives. The stress may be come from family, school and environment. The stress has numerous effects on teenagers and as parent should be on the lookout for signs of stress so as to find the solution of problem.

- Sudden drop in school grades
- Excessive sadness
- Irritability
- Withdrawal from friends and family
- General fatigue
- Inability to find investment in fun activities
- Inability to concentrate in studies
- Mood swings
- Aggression

Thus the stress can potentially lead to anxiety disorder, teen depression or drug abuse. The teenagers are not instructor how to cope with stress it can have dangerous consequences that include alcoholism and may be drug abuse.

Cope strategies of stress:

Most of the students has to develop a new skill to balance academic demands with a healthy lifestyle. The students find that reducing level of academic stress by advancing skills such as time management, stress management and using relaxation techniques.

- Manage stress related depression by counselling them in various ways
- Build your child self esteem by showing love and affection
- Anticipate events that might be stressful and prepare your child for what might occurs
- Monitor the child’s workload and check whether it is becoming different to handle.
- To exercise regularly that will help to bun off by stress
- To practice good sleeping habits to ensure that you are rested. The sleeplessness causes many physical and mental problems that will increase stress.

VII. CONCLUSION

Stress is a part of everyday life. There are many occurrences when stress can be helpful. Today, the students are facing academic stress due to over work loaded received in learning environment. Due to over stress, some changes that can experience a fast heart beat, quick breathing, sweating and sweaty palm. Stress in unavoidable, in that condition
the students are improving the various skills to balance their stress by time management, stress management and relaxation techniques. In this articles, continues to discuss the unhealthy and ineffective behaviours occurred with stress. It will point out some effective ways of cope with stress and stress management strategies.

VIII. REFERENCES

[6] Students” coping with Stress at high school level particularly at 11th & 12th grade Nayereh shahmohammadia 2011 p 396-400
[7] Stress and Coping Strategies among University Students: A