

# Factors Influencing Perceived Stress among Professional and Non - Professional Undergraduate Students in Udupi District, Karnataka

Rintu Thomas

Post Graduate, Department of Child Health Nursing, Manipal College of Nursing, MAHE, Manipal, Karnataka, India

**Abstract:** ***Background:** Some amount of stress is essential for the survival of an individual. Perceived stress is a type of stress in which the individual felt in a particular situation. **Objectives:** To determine the factors influencing perceived stress among professional and non - professional undergraduate students. **Materials and methods:** Four hundred undergraduate students were included in the study. In that 200 students were from professional colleges and 200 were from non - professional colleges. The study done in the students between the age group of 18 and 20 years using a self administered questionnaire. **Results:** Analysis is done using descriptive statistics and ranking had done based on the result. 144 (72%) of professional students had stress due to overload of studies but in case of non professional students it was 51%. Then, 51.5% of professional students had stress due to less vacation/ leave but for non - professionals it was only 34.5%. 128 (64%) of professional and non - professional students had stress due to examinations. **Conclusion:** Students had more stress due to academic factors compared with other factors for both the group. Also, stress due to academic factors are more for professional students than non - professionals. Stress due to environmental factors is less for both groups.*

**Keywords:** Perceived stress, professional and non - professional colleges, undergraduate students

## 1. Introduction

Stress is an inevitable part of a person's life. Some amount of stress is essential for the survival of an individual. Perceived stress is a type of stress in which the individual felt in a particular situation. It can be vary from person to person based on their ability to cope or deal with a situation. It can be of various factors such as socioeconomic factors, academic reasons, financial problems, adjustment problem with the environment and so on.

Many studies had showed that professional students have more stress than the non - professionals. Because of the workload, assignments, examinations, they have more stress. Some people will adjust very quickly but some students because of these stress, they will manifest some behavioral problems. The way of students approaching the stress and the stressors will vary from person to person. Parents and/or other concerned caregivers should help the children to learn how to respond to a stress in a healthy manner.

## 2. Literature Survey

In every stage of life stress is exist however it can be vary in their amount, frequency and of course how a person is perceiving that stress. New surroundings, academic factors, adjustment problems, some social relations are some of the factors which contribute stress to the individuals especially for the students. Many studies shows the different factors that induces stress on students. A cross sectional study was conducted in Madhya Pradesh among final year students to assess the stress its effect on vial parameters during academic examination. Data were collected from 68 students. Zung's scale was used to assess the stress level. The study showed that students had more stress during academic examination and had changes in vital parameters. Also found that girls had more stress compared to boys.

## 3. Methods/ Approach

The study was conducted in the professional and non - professional colleges in the Udupi district, Karnataka. The study done in the students between the age group of 18 and 20 years using a self administered questionnaire. Administrative and institutional ethical committee permission were obtained before the study. After taking written consent from the students, the data were collected.

Colleges were selected through simple random sampling (lottery method of selection). Seven professional colleges (five nursing colleges and two engineering colleges) and five non - professional colleges (arts and science colleges) were selected for the study. The department of non - professional colleges (B. Com) and engineering colleges (Computer Science) were selected through the same method used for the selection of colleges. The students were recruited through proportionate sampling technique. A total of 400 undergraduate students were selected through this way. In that 200 students were from professional colleges and 200 were from non - professional colleges.

Factors influencing stress was measured using a self administered questionnaire. It contains 4 domains (personal factors, academic factors, relationship with others/social relations, environmental factors) and 22 statements. This tool is used to determine the percentage of students who have stress due to each factors. The content validity of the tools was obtained by giving the tools to seven experts along with the problem statement, objectives and purpose of the study, blueprint and criteria checklist. The experts were from the field of Child Health Nursing, Mental Health Nursing and Clinical Psychology and he SCVI the tool was 0.94. The reliability of the tool was calculated using Test - Retest method and the reliability coefficient was found to ber = 0.96

4. Results

Sample Characteristics

Most of the students 91 (45.5%) of professional students and 92 (46%) of non - professional students were 18 years of old. Most of the students 65 (32.5%) of professional students and 75 (37.5%) of non - professional students were females. Majority of the professional students 175 (87.5%) and non - professional students 115 (57.5%) were from nuclear family. Mothers of 71 (35.5%) professional students were graduates & above and 65 (32.5%) of non - professional students had higher primary education. Fathers of 73 (36.5%) professional students were graduates & above and 68 (34%)

of non - professional students had secondary education. Families of 123 (61.5%) professional students and 134 (67%) non - professional students had a monthly income of above Rs.10, 000.

Factors influencing perceived stress among professional and non - professional undergraduate students

The factors influencing stress of the study participants were using self - administered questionnaire. In order to understand level of perceived stress, further analysis is done using descriptive statistics and ranking had done based on the result.

Table 1: n = 400

Rank	Professional students	f	%	Non - professional students	f	%
1	Overload of study/syllabus	144	72	Examinations	128	64
2	Examination	128	64	New responsibilities	109	54.5
3	Inability to concentrate on study	107	53.5	Getting lower grade than expected	108	54
4	Less vacation/leave	103	51.5	Overload of study/syllabus	102	51
5	Getting lower grade than expected	101	50.5	Financial difficulties	96	48
6	Assignment overload	82	41	Inability to concentrate on study	75	37.5
7	Financial difficulties	80	40	Poor satisfaction with class performance	73	36.5
8	New responsibilities	79	39.5	Frustration due to misunderstandings	70	35
9	Poor satisfaction with class performance	77	38.5	Less vacation/leave	69	34.5
10	Language difficulties	72	36	Health problems	58	29
11	Frustration due to misunderstandings	71	35.5	Fight with friends for silly reasons	54	27
12	Health problems	54	27	Lack of social contacts	50	25
13	Fight with friends for silly reasons	50	25	Adjustment problem with parents (problems with their opinions, decisions or over restriction)	49	24.5
14	Change in living environment	45	22.5	Language difficulties	46	23
15	Adjustment problems with teachers (communication, approachability)	44	22	Change in living environment	44	22
16	Lack of adequate security for financial and personal items in the home or hostel.	41	20.5	Lack of calm and quite environment in the home or in the hostel.	43	21.5
17	Lack of calm and quite environment in the home or in the hostel	38	19	Adjustment problems with teachers (communication, approachability)	42	21
18	Lack of social contacts	36	18	Lack of adequate security for financial and personal items in the home or in the hostel.	41	20.5
19	Adjustment problems with parents (problems with their opinions, decisions or over restriction)	34	17	Family problems	40	20
20	Adjustment problems with roommates/friends	33	16.5	Assignment overload	40	20
21	Family problems	33	16.5	Combining job with studies (part time job)	40	20
22	Combining job with studies (part time job)	18	9	Adjustment problem with roommates/friends	34	17

f = frequency, % = percentage

The data in table 1 shows that, 144 (72%) of professional students had stress due to overload of studies but in case of non professional students it was 51%. Then, 51.5% of professional students had stress due to less vacation/ leave but for non - professionals it was only 34.5%. 128 (64%) of professional and non - professional students had stress due to examinations. 40% of professional had stress due to financial problems where as for the non - professional students, it was 48%. Stress due to part time job was 20% for non - professional students but for professional students it was only 9%. Stress due to adjustment problems with the teachers were almost same for the professional and non - professional students, ie, 22% and 21% respectively.

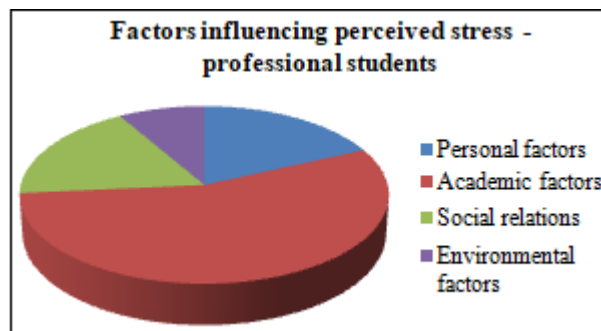


Figure 1

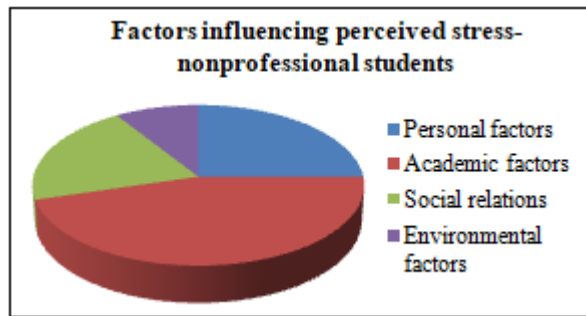


Figure 2

Fig 1 and 2 shows the percentage of factors influencing perceived stress of professional and non - professional students. In that, they had more stress due to academic factors compared with other factors for both the group. Also, stress due to academic factors are more for professional students than non - professionals. Less stress due to environmental factors for both professional and non - professional students.

## 5. Discussion

The present study showed that there are certain factors which influence the perceived stress of students. 144 (72%) of professional students had stress due to overload of studies (academic factors). Only 18 (9%) of professional students have stress due to combining job with studies (personal factors). 128 (64%) of non - professional students had stress due to examinations (academic factors) and 34 (17%) of non - professional students had stress due to adjustment problems with roommates /friends (social relations).

The present study is supported by a comparative study conducted in Assam among graduate and postgraduate students to assess the stress and its contributing factors. Self - administered questionnaire was used to collect the data from 250 students. The study showed that 24% of students had stress by thinking upon the future aspects, 22% had stress due to relationship, 20% due to academics, 18% due to family problems and 16% due to other problems. (Mazumdar & Gogoi, 2012)

Another one is a comparative study conducted in Uttarakhand among professional and non - professional students to identify the different sources of stress. College student stress scale (Kumar & Srivastava, 2009) was used to collect the data from 400 students. The study showed that hostel, finance, academic factors and family factors affect the level of stress in students. Also found that male students have more stress compared with female students. (Shukla & Joshi, 2017)

## 6. Conclusion

The study concluded that, Factors such as personal factors, academic factors, social relations and environmental factors influence the stress of students. They had more stress due to academic factors compared with other factors for both the group. Also, stress due to academic factors is more for professional students than non - professionals. Less stress due to environmental factors for both professional and non - professional students.

## 7. Future Scope

This will help to give community awareness regarding the factors that influence their stress level, consequences of stress in children and various strategies to manage the stress level of the children. As a limitation, only engineering students and nursing students were taken as professional students. In the future, a correlational study can be conducted by taking different groups and an interventional study can be done to manage the stress level of students.

## Acknowledgement

I express my sincere gratitude to my guide and co - guide for their expert guidance, support, ideas, endurance, motivation and treasured help throughout the study.

## References

- [1] Sharma B, Wavare R, Deshpande A, Nigam R. A study of academic stress and its effect on vital parameters in final year medical students at SAIMS Medical College, Indore, Madhya Pradesh. *Biomedical Research* 2011 April; 22 (3).
- [2] Mazumdar H, Gogoi D, Buragohain L, Haloi N. A Comparative study on stress and its contributing factors among the Graduate and Post - graduate students. *Adv. Appl. Sci. Res.* 2012; 3 (1); 399 - 406
- [3] Shukla A, Joshi R. Academic Stress among Professional and Non Professional Students. *The International Journal of Indian Psychology* 2017 September 4 (4); 182 - 188
- [4] Townsend MC. *Psychiatric Mental Health Nursing Concepts of Care in Evidence Based Practice*. 8th ed. Vol.1. New Delhi: Jaypee Brothers; 2015
- [5] Singh A, Chopra M, Adiba S, Mithra P, Bhardwaj A, Arya R, et al. A descriptive study of perceived stress among the North Indian nursing undergraduate students. *Iran J Nurs Midwifery Res* 2013; 18: 340 - 2.
- [6] Al - Dubai, S. R., Al - naggar, R. A., & Rampal, K. G. (2011). Stress and coping strategies of students in a medical faculty in Malaysia. *The Malaysian Journal of Medical Sciences*, 18 (9), 57 - 64.
- [7] Singh, A., & Singh, S. (2008). Stress and adjustment among professional and non professional students. *Industrial Psychiatry Journal*, 17 (1), 26 - 27.
- [8] Waghachavare, V., Dhumale, G. B., Gore, A., & Kadam, Y. (2013, August). A study of stress among students of professional colleges from an urban area in India. *Sultan Qaboos University Medical Journal*, 13 (3), 429 - 436
- [9] Rasheed, P., Makki, S. M., & Koura, R. M. (2010, August). A comparative study of perceived stress among female medical and non - medical university students in Dammam, Saudi Arabia. *Sultan Qaboos University Medical Journal*, 10 (2), 231 - 240.
- [10] Elzubeir, M., Elzubeir, K., & Magzoub, M. (2010, June). Stress and Coping Strategies among Arab Medical Students: Towards a Research Agenda. *Education and health*, 23 (1), 355.

## **Author Profile**

**Rintu Thomas**, M. Sc. Nursing, Child Health Nursing Specialty.

Communication address: Alikonathu Rintu Bhavan, Chepra PO,  
Kollam, Kerala

Contact details: E - mail: rintuthomas8[at]gmail.com

Work experience: a) Place, post and period of work in primary /  
core field: 1 year as staff nurse in Vijaya Hospital, Kerala, India  
and 4 years in teaching field b) Area of expertise in research:

Guide UG students

Publications (Only number needed)

a. Indexed: 1

b. Non - indexed: Nil