



Investigating the Ways to Overcome Students' Anxiety and Stress.

Ng Zi Qing¹, Chin Xue Qi², Dr Logenthini A/P Mariappan³

NgZiQing@raffles.university¹, ChinXueQi@raffles.university², logenthinimariappan@raffles-university.edu.my³

Raffles University

ABSTRACT

Numerous students will feel stressed and anxious about their academic work, such as homework, exam, assignment, and presentation. So, there is a need for proper stress release which could also help students to achieve a better academic performance. There are many ways that could help students to release stress and reduce their anxiety. We have surveyed 100 students from Instagram, ages between 17 and 22 with a legitimate and reliable survey that consisted of 20 questions which were used to gather prudent information related to our topic, 'Ways to overcome students' stress and anxiety'. According to the result of the survey, there are over 80% of responders think that students' academic performance will be affected by the feeling of stress and anxiety. Several responders agree that getting well prepared, having good time management and other ways could effectively help them to overcome their stress and anxiety from their academic work. The result of the survey included the negative impact that will lead to stress and anxiety and the effective ways that could help students to overcome their stress and anxiety.

1. Introduction

Are you facing the trouble which your academic performance has been affected by anxiety and stress? College and University seem to be fun and exciting to students, but on the other side, it could also be a stressful experience. Those students who are fresh graduates and further study at college or university would find out that the study environment and even study style in college and university are completely different from their secondary school. Not only the assignment and presentation could be a new challenge for most of the students, but numerous of homework and exam would also lead students to stress and anxiety. Anxiety is an ordinary thing experienced by everyone, including college students and the general population, when talking in public and it could even be increased if it is done by using a foreign language (Asnur, 2017) [4]. There are some factors that will lead students to feel anxious about presenting in front of the class, including fear of failure and criticism, negative thinking, failure to practice, and many others. If students are anxious about presenting in front of the class, they might be speaking poorly or deliver inappropriate content during their presentation and end up they would not be able to deliver a good presentation. With poor presentation performance, students might get low marks for their assignments. Not only presentations, the numerous challenging homework and difficult examination could also lead to stress and anxiety for students. Especially when all the assignments, homework, and exam going to meet the deadline, the pressure on students will increase greatly. A huge number of homework restricted students from social activities and students will need to sleep late at night to finish their homework, this will make students feel pressured, stressed, and worried. Most students slightly agreed, agreed, and strongly agreed (59.40%) that homework made them feel stressed (Songsirisak & Jitpranee, 2019) [5]. Overstress could lead to mental health issues such as depression and anxiety, which would affect students' academic performance when they are unmotivated or unable to focus to complete their homework before deadlines. Besides homework, the examination is also one of the academic works which could lead students to stress and anxiety. Stress and anxiety during exams are often attributed to the fear of failure and can have a lasting negative impact on a student's self-esteem (Kumari & Jain, 2014) [6]. During exam periods, a small amount of pressure and stress could help to push students to work hard and do their best which is good for students but if the level of stress is overloaded then it would not be good for students anymore. Too much stress during exam periods would lead students to be anxious and unable to concentrate on revision or even exams. Due to the situation, students would not be able to do their best during exams, and lead to bad results and academic performance. For several students, the above challenges might be overwhelming to them and might lead to a negative impact on their mental health such as stress and anxiety, and even will affect their academic performance. There are numerous ways that could help students to overcome anxiety and stress from those academic work. In this article, we would talk about some ways that could effectively help students to present anxiety and to reduce their stress such as learning time management, getting well prepared for presentations and exams, taking their minds off by doing something that they enjoy relaxing themselves and identify a stress outlet for yourself. If you are the one who struggling with stress and anxiety which would affect your academic performance, read on and I think this article would help you.

2.0 Literature Review

One of the ways that could effectively help students to overcome their stress and anxiety is to take their minds off the work on hand and do something that will make them feel enjoyed and relaxed. When students feel stressed and anxious from doing academic work, the stress and anxiety will affect their mood, and negative thinking would appear in their minds and lead them to no motivation to complete the rest of the work and follow affecting their

academic performance. Student productivity will be affected when they feel tired, and the longer time it takes them to complete their homework, assignment, or even the revision for an exam, the higher the chance that students would feel stressed and anxious while completing those academic work. Students could overcome or prevent the feeling of stress and anxiety by taking their mind off the work on hand when they feel tired and stressed by doing something that will make them feel happy, relaxed, or enjoyed. This is because when they do something that makes them relax, they would feel happy, and those negative thoughts will be cleaned out from their mind and not even helps to overcome the feeling of stress and anxiety but could also increase students' motivation to complete the academic work. In addition, taking a break from the work on hand could also help students to get in good status and regain their productivity, thus avoiding wasting time by yielding half the result with twice the effort. According to past study support, 47.8% of the respondents agree or strongly agree that taking a break helps clear their mind, allowing for a fresh perspective, and 49.0% of respondents agree or strongly agree that taking a break reduces their stress (Berman & West, 2007) [7]. There are a few things that students can do when they take off their minds and take a break from the work on hand, such as listening to music, watching movies, having a walk outside, spending time with their pets, and many other things. If the action can lead you to happiness and feeling relaxed, then it is a suitable thing that you can do while taking a break from the work on hand. So, when students feel tired, stressed, or anxious while completing academic work is good for them to take a break and take their mind off the work on hand because it could effectively help them to overcome or even avoid the feeling of stress and anxiety by leading them to feel happy and relax which could help to clear negative thoughts from their mind.

Music is also one of the ways that could effectively help students to overcome the feeling of stress and anxiety. Music is an important area of stress management therapy as it has the potential to affect us both mentally and physiologically (Collingwood, 2016) [8]. Music could effectively lead us to feel relaxed, or student could express their stress and anxiety through music, it does not matter sings, plays, or listen to music. When students feel stressed while completing their assignments, homework, or revision for exams, they could listen to music which could help to overcome their feeling of stress and anxiety. Not only that, but music could also help students to be more focused and concentrate on revision for exams or completing their academic tasks. When students could be more focused and concentrated on completing their work, their productivity will increase, and this will lead to reducing the risk of students feeling stressed and anxious while either completing homework or during exams. With high productivity, students will be able to complete their tasks in a shorter time, and they could be well-prepared for their examinations which will effectively help them overcome or avoid the feeling of stress and anxiety. "Music cognition is so complex for the human brain... Since music triggers the stress response, our brains are more than happy to focus on the musical signal and ignore everything else," says Ringgold. As mentioned above, when students feel stress and anxiety while completing a task, try to give themselves a rest for a few minutes and listen to any music they like. Music will help students clear off all the negative thoughts in their minds, reduce their feeling of stress and anxiety, and help them regain a better status. It states that high-pleasurable music help to reduce stress more effectively than low-pleasurable music (Jiang et al., 2016, as cited in Sandstrom & Russo, 2010) [9]. Classical music with a slow tempo will effectively to relaxation. Sometimes students will need to sleep at midnight to complete their academic work, so music could help them to fall asleep by making them feel relaxed and distracting them from their daily stresses. Students might get stressed and anxious due to lack of sleep, but with music that could help them fall asleep, the risk of students feeling stressed and anxious will be reduced. In conclusion, music is one of the effective ways that could lead students to feel relaxed and happy and follow to overcome their feelings of stress and anxiety.

Stress and anxiety can come from everywhere. How to relieve stress and anxiety? You can make a timetable to plan your schoolwork and the things to do in a day. First, you must make memos when teachers give homework and list them on your timetable. Some students might forget their homework and straight away go to their bed. Then students might suddenly find that the homework that must be submitted the next day has not been done, hence turning something that was not urgent into an urgent matter and putting themselves in a state of tension and anxiety every day. So, if students won't forget their homework and try to complete it as soon as possible, then completing homework will not be difficult. When students feel that homework is stressing them out, they could also ask for help from friends or teachers. A timetable can help them plan their whole day very well, such as what time they will eat, take a bath, read, do homework, and get an appropriate amount of rest time. Their mood will be relaxed, and they can also accomplish many things when they are not feeling stressed. Next, many people will feel stressed, anxious, and unconfident to present in front of the class. If students can be well prepared in advance, try to prepare the required information for assignment research and they could get to have a good presentation with good content. Besides that, students can also practice and improve their ability of conversational skills through daily convocation with others. Students could also get help from others to practice their presentation so that when they confront the same thing again, they will not feel very timid and will be brave to confront the presentation. Just like what we mentioned above, time management is one of the most important techniques which could not even help students to have a good lifestyle but also help them in preventing and overcoming stress and anxiety. Many studies have shown a relationship between anxiety and stress in a student's life with effective time management. (Chaudhari et al.,2022) [10]. Furthermore, nowadays there are a lot of people who can't live without their smartphones, computers, and ipads which have now become a part of their life. Using electronic products would also lead students to lack of time on completing their work and lead them to feelings of stress and anxiety. Prolonged use of the device may have an impact on sleep and increase stress. So, students should also minimize their phone use and screen time, try to plan their usage of time to increase productivity, and complete their academic work as soon as possible, then students will be able to get enough time for rest and sleep. In conclusion, I think having good time management by making a timetable can help students to organize their time better and relieve some of the stress of not having enough time.

Stress and anxiety will come with the territory for students, and many students do not have the ability to digest them on their own. When students do not know how to solve the stress by themselves, they can try to spend time with friends and family. Family is always the best person to talk to and will not discard you. Therefore, students can tell their family members about their stressful feelings, and get support from friends and family which can help them get through stressful times and relieve stress. Another way to overcome students' stress and anxiety is they can find a good friend to talk to about what's on their minds. When they face problems in school, they may want to find a friend to share their problems. Students can also share something that happened at home, school, or elsewhere with friends have a good laugh together, and get rid of stress. Next, going shopping and watching movies

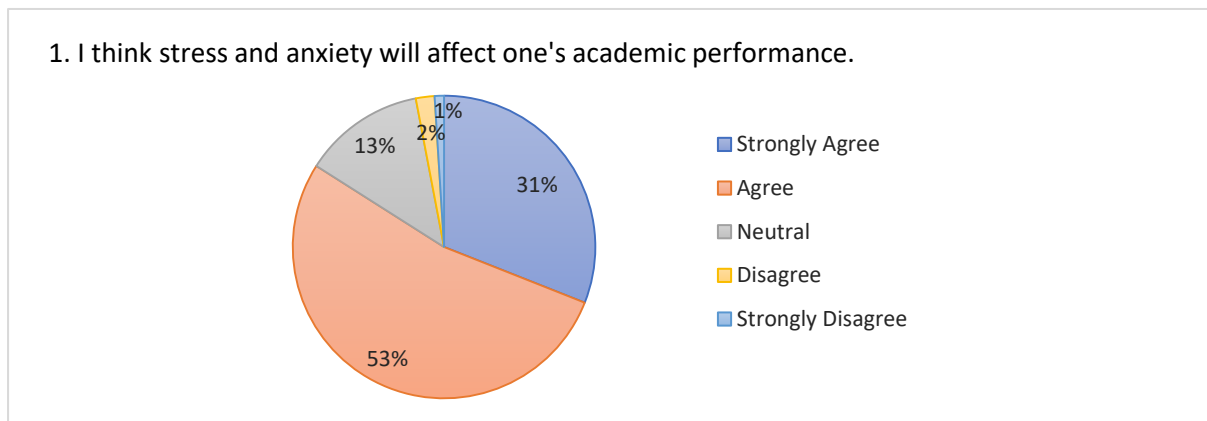
with friends and family can also relieve the feeling of stress and anxiety that has been built up over time. We do not have to spend money on buying anything, we can just go window shopping, watch scary movies, or ghost movies that we do not dare to watch alone, and after shouting at the top of our lungs, we will gradually be relieved, and we will not feel so heavy. Going out with your family builds up a pleasant atmosphere and reduces your worries; going out with friends, if it is in moderation and with the right friends, does not bring any harm. After that, schools can organize activities on psychology, which could help students to be aware of their stress and address their anxiety. The level of students and the pressure from teachers and parents almost takes our breath away, but why do we never think that maybe this is another sign that our teachers and parents care about us? So, when we feel stressed and withdraw because it's hard, don't resist out of boredom, but try to be as strong as possible under pressure and live a little better. In conclusion, in times of stress and anxiety, feel free to ask for help from family members and friends, they could help you a lot.

3.0 Research Methodology

This study uses a quantitative research design. 5 Likert scales were used in survey questionnaires and the samples were chosen at random. A total of 100 participants responded to the questionnaire and the total score with percentage was presented with the chart in 4.0 research findings.

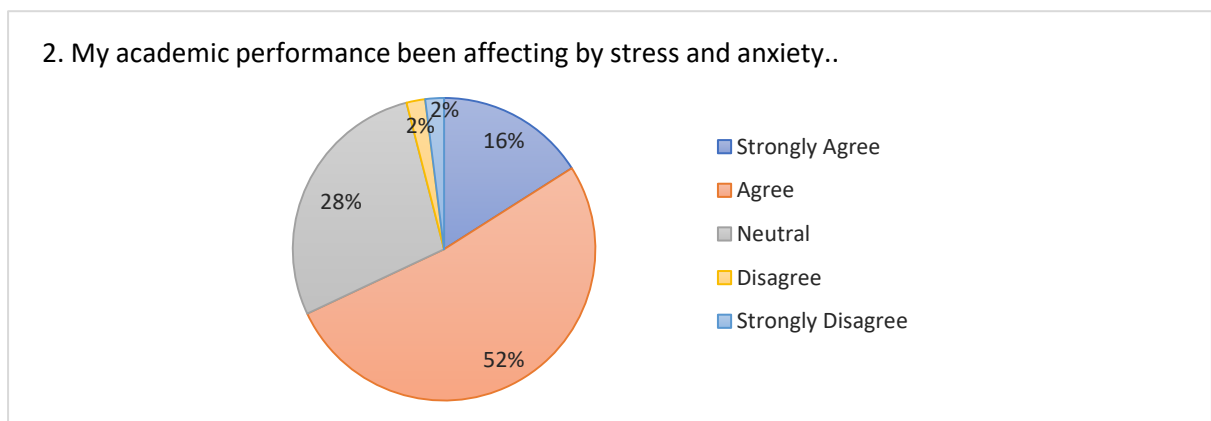
4.0 Research Findings

Figure 1; Students' academic performance will be affected by stress and anxiety.

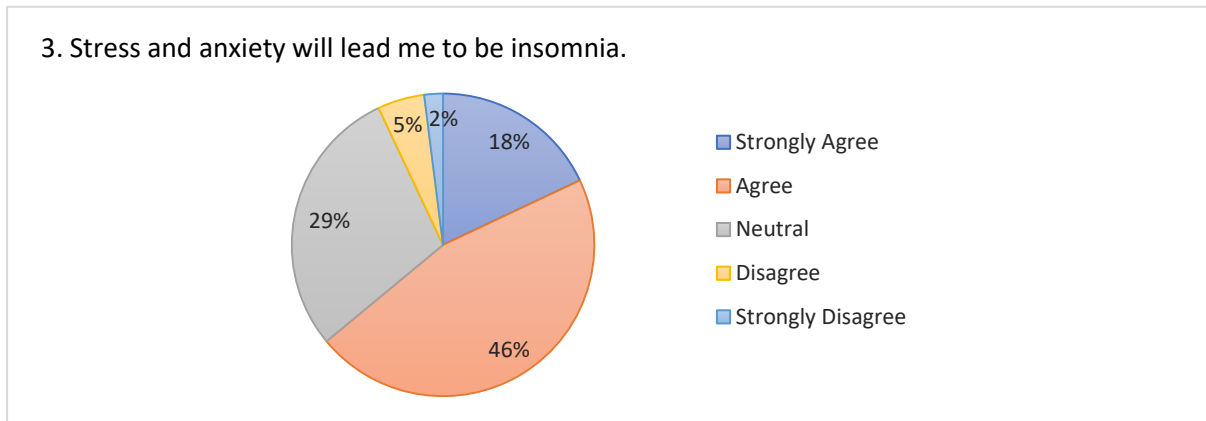


According to Figure 1, 53% of responders Agree and 31% of responders Strongly Agree that stress and anxiety will affect one's academic performance. There are only 2% of responders Disagree and 1% of responders Strongly Disagree stress and anxiety will affect one's academic performance.

Figure 2; Students whose academic performance has been affected by stress and anxiety.



According to Figure 2, There 52% of responders agree and 28% of responders strongly agree that their academic performance has been affected by stress and anxiety. Only 2% of responders strongly disagree and 2% of responders disagree their academic performance has been affected by stress and anxiety.

Figure 3; Stress and anxiety will lead students to the problem of insomnia.

According to Figure 3, There are 46% of responders agree that stress and anxiety will lead them to insomnia. There are 29% of responders choose neutral for this question and there are only 2% of responders strongly disagree that stress and anxiety will lead them to insomnia.

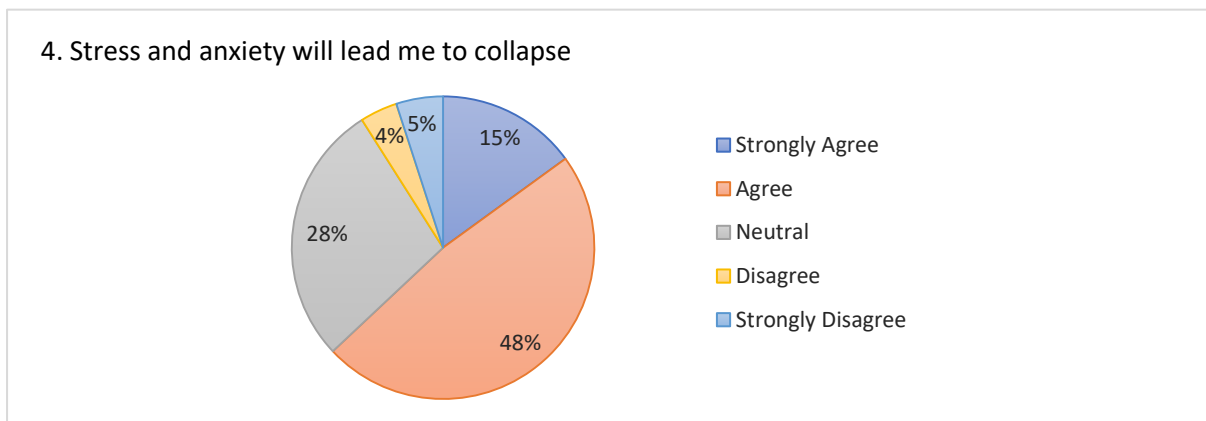
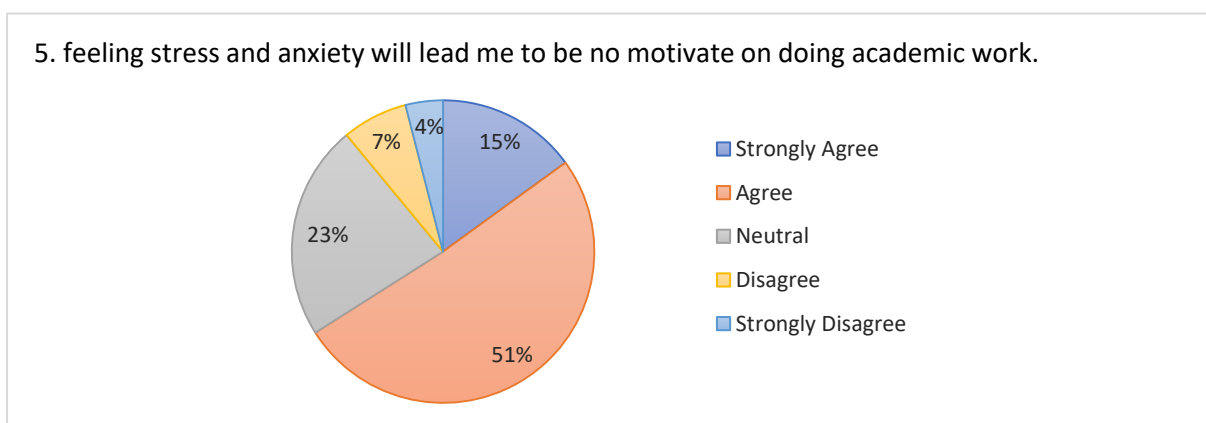
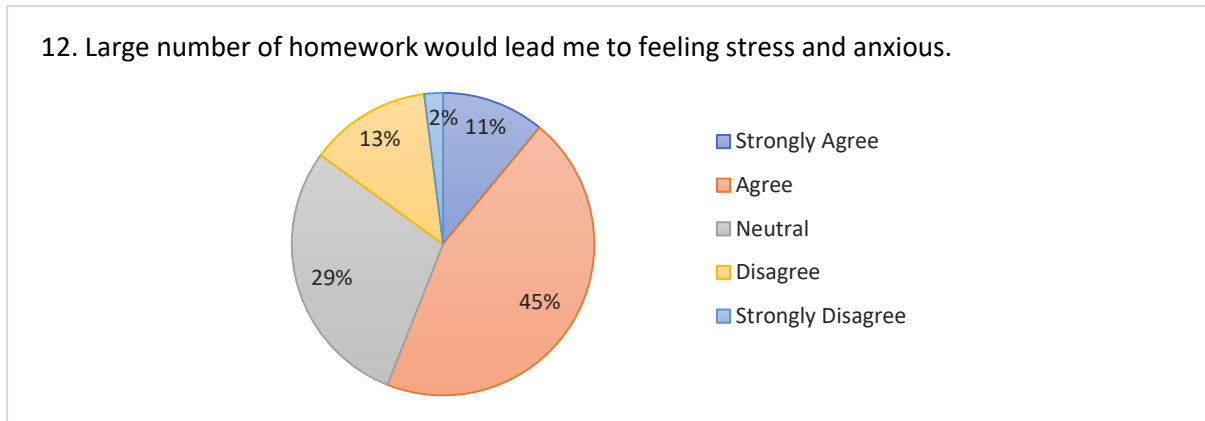
Figure 4; Students will collapse if they feel stress and anxiety.

Figure 4 shows the question that stress and anxiety will lead students to collapse. Almost 48 % of responders agree, 28% of responders neutral, 15% of responders strongly agree, 5% of responders strongly disagree and only 4% of responders disagree with the above question.

Figure 5; The motivation of students on completing their academic work will decrease if they feel stress and anxiety.

According to Figure 5, 51% of responders agree and 15% of responders strongly agree that the feeling of stress and anxiety will lead them to be no motivation on completing their academic work. There are 23% of responders choose neutral for the above question and there were only 4% of responders strongly disagreed that stress and anxiety will lead them to be no motive for doing academic work.

Figure 6; Someone might feel no desire on eating when they feel stressed and anxious.



According to Figure 6, almost 45% of the responders agree that stress and anxiety will lead them to be no desire on eating, while there were 29% of responders neutral. There are only 2% of responders strongly disagree that the feeling of stress and anxiety will lead them to be no desire on eating.

Figure 7; Academic work will lead students to stress and anxiety.

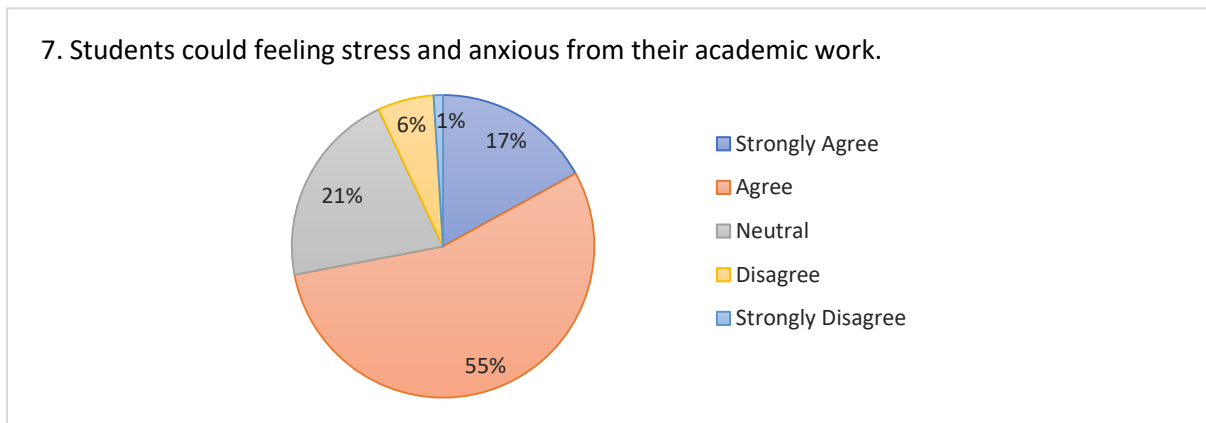
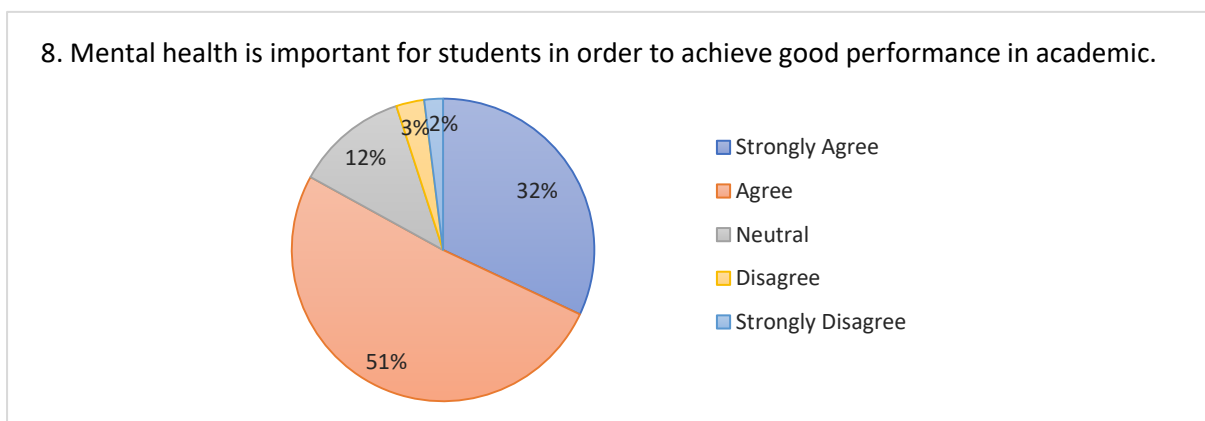


Figure 7 shows the question that students would feel stressed and anxious from their academic work. Almost 55% of responders agree, 21% of responders are neutral, 17% of responders strongly agree, 6% of responders disagree and 1% of responders strongly disagree.

Figure 8; To achieve good performance in academic, students should have healthy mental.



According to Figure 8, there are 51% of responders agree and 32% of responders strongly agree that mental health is important for students to achieve good performance in academic. There are only 2% of responders strongly disagree that mental health is important for students to achieve good performance in academic.

Figure 9; Students' feelings will be affected by stress and anxiety.

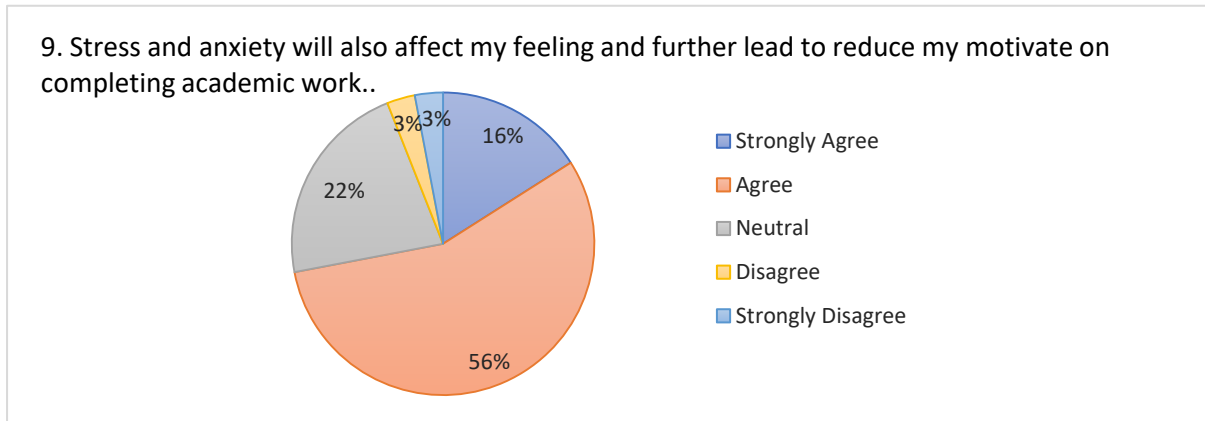
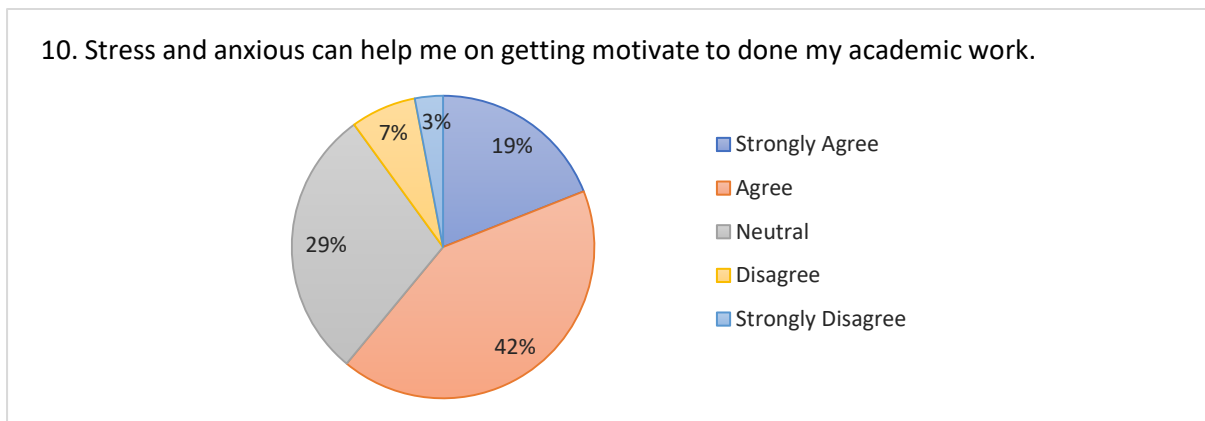


Figure 9 shows that the question of stress and anxiety will affect students' feelings and further lead to reducing their motivation on completing academic work. Almost 56% of responders agree, 22% of responders neutral, 16% of responders strongly agree, 3% of responders disagree and 3% of responders strongly disagree.

Figure 10; Students can get motivation from stress and anxiety to complete their academic work.



According to Figure 10, there are almost 42% of responders agree and 19% of responders strongly agree that stress and anxiety can help them on getting motivated to complete their academic work. 29% of responders feel neutral about this question. There are only 7% of responders disagree and 3% of responders strongly disagree that stress and anxiety can help them in getting motivation.

Figure 11; Feel anxious to present in front of the class.

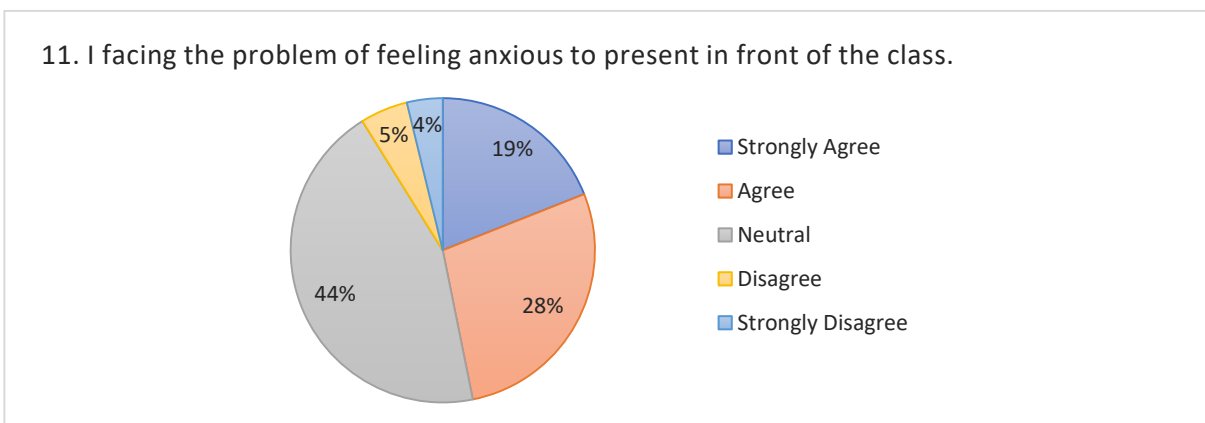
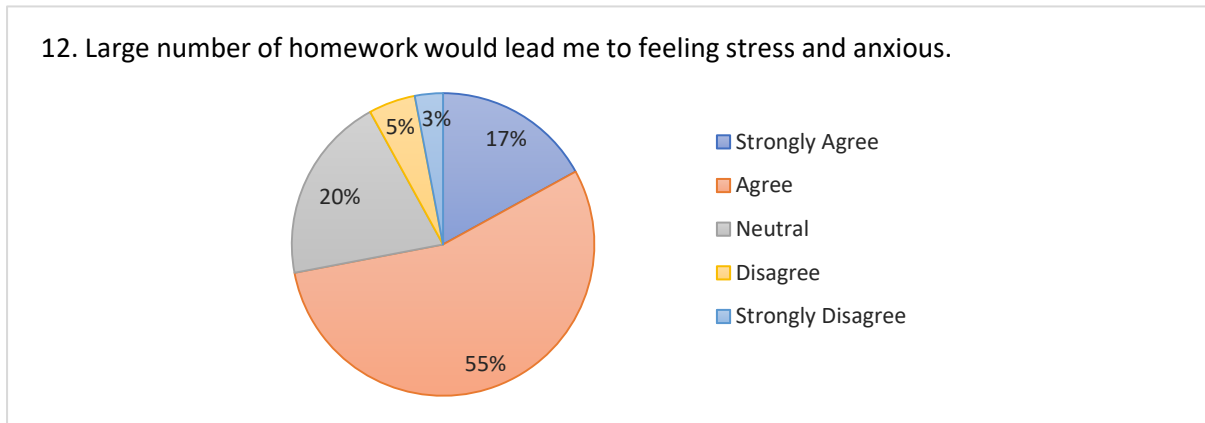


Figure 11 above shows the question facing the problem of feeling anxious to present in front of the class, almost 44% responded agree,35% neutral,15% strongly agree,4% disagree and 2% strongly disagree.

Figure 12; Too much homework would lead to the feeling of stress and anxiety.



According to Figure 12, 55% of responders Agree and 15% of responders Strongly Agree too much homework lead students to feel stressed and anxious. There are only 5% of responders Disagree and 3% of responders Strongly Disagree numerous of homework will lead students to feel stress and anxiety.

Figure 13; Exam would lead students to the feeling of stress and anxiety.

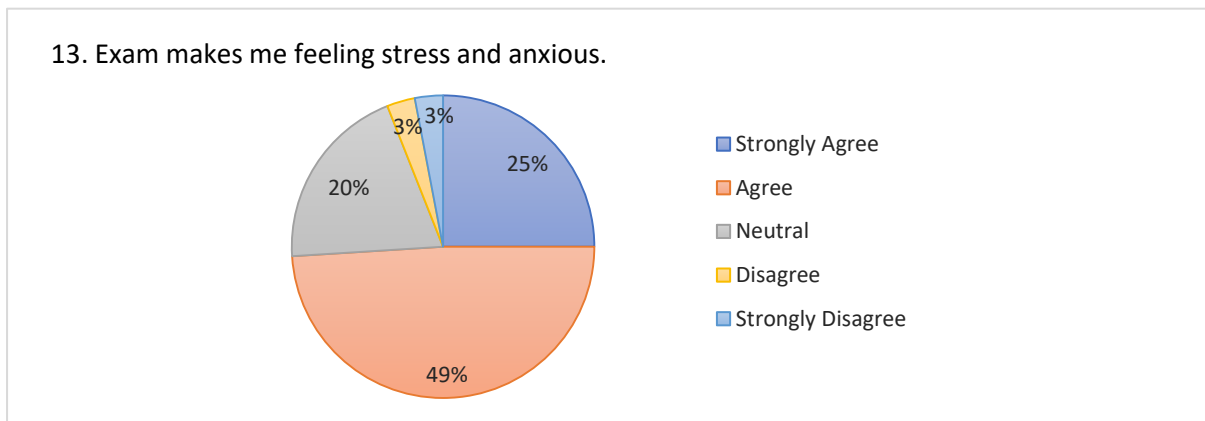
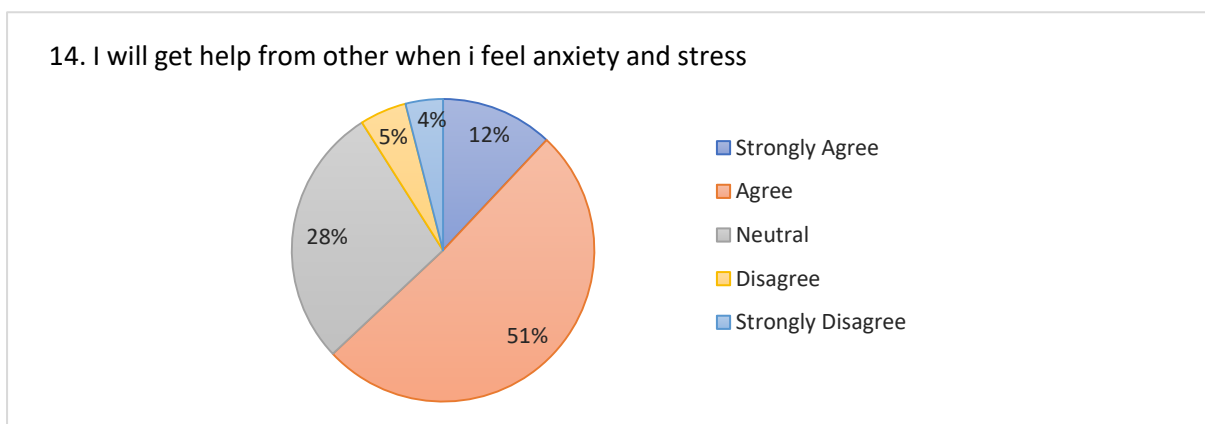
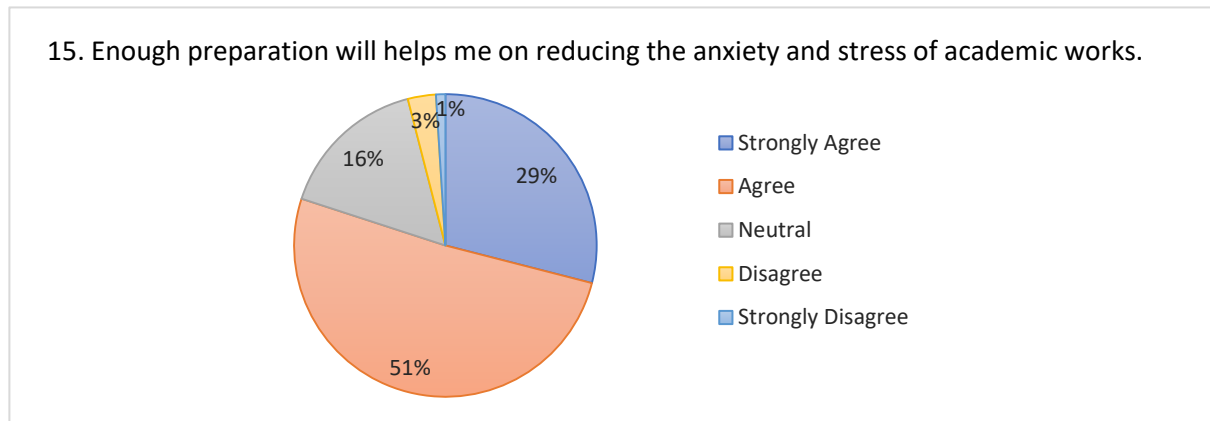


Figure 13 above shows the question exam makes students feel stressed and anxious, almost 49% of responders agree, 25% of responders strongly agree, 4% of responders disagree and 2% responders strongly disagree.

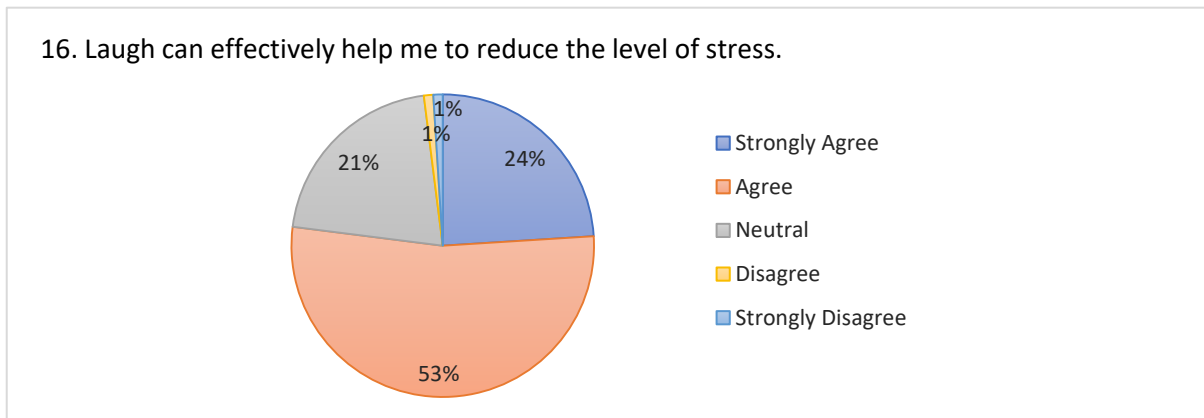
Figure 14; Students would get help from others when they feel stress and anxiety.



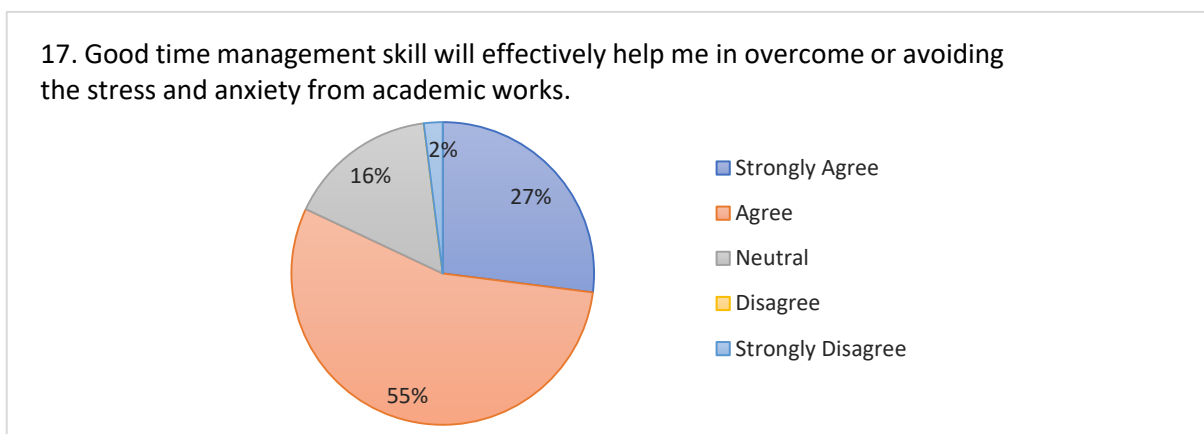
According to Figure 14, 51% of responders Agree and 4% of responders Strongly Agree to get help from others when they feel anxiety and stress There are only 5% of responders Disagree and 4% of responders Strongly Disagree that they will get help from others when feeling stress and anxiety.

Figure 15; Getting well prepared could help to overcome students' anxiety and stress.

According to Figure 15, 51% of responders Agree and 29% of responders Strongly Agree that enough preparation will help them to overcome the feelings of anxiety and stress from their academic work. There are only 3% of responders Disagree and 1% of responders Strongly Disagree that enough preparation can help them to overcome the feeling of anxiety and stress from academic work.

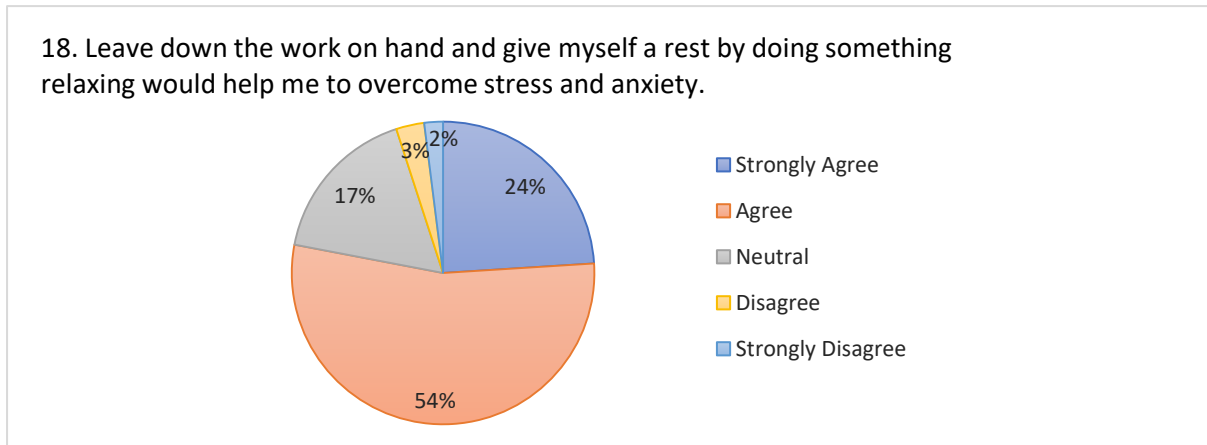
Figure 16; Laughing is one way that could effectively help students to overcome their stress and anxiety.

According to Figure 16, 53% of responders Agree and 24% of responders Strongly Agree Laugh can effectively help me to reduce the level of stress. There are only 1% of responders Disagree and 1% of responders Strongly Disagree.

Figure 17; Students' stress and anxiety could be overcome or avoided if they have good time management.

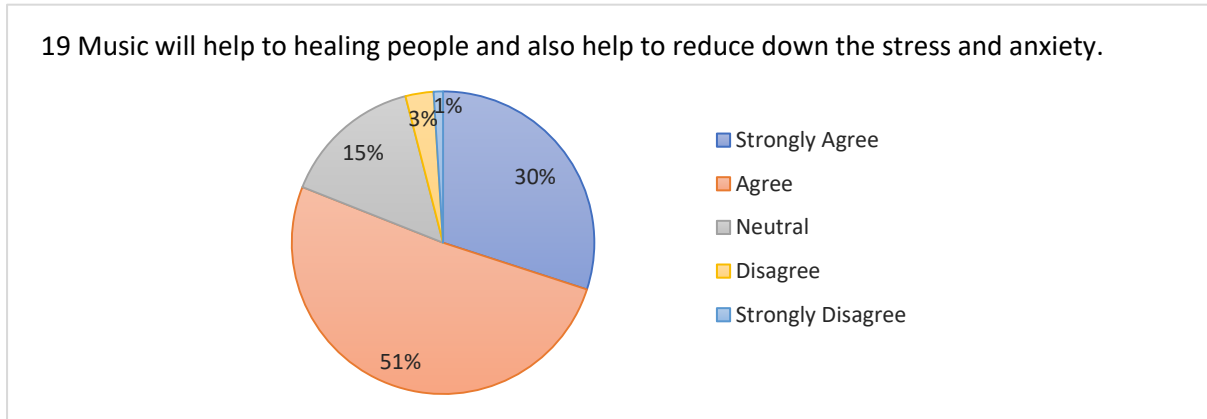
According to Figure 17, 55% of responders Agree and 27% of responders Strongly Agree laugh can effectively help them to reduce their level of stress. There were no responders who Disagree and only 2% of responders Strongly Disagree that good time management will effectively help students overcome or avoid stress and anxiety from academic work.

Figure 18; Taking a rest from the work on hand could effectively help to overcome students' stress and anxiety.



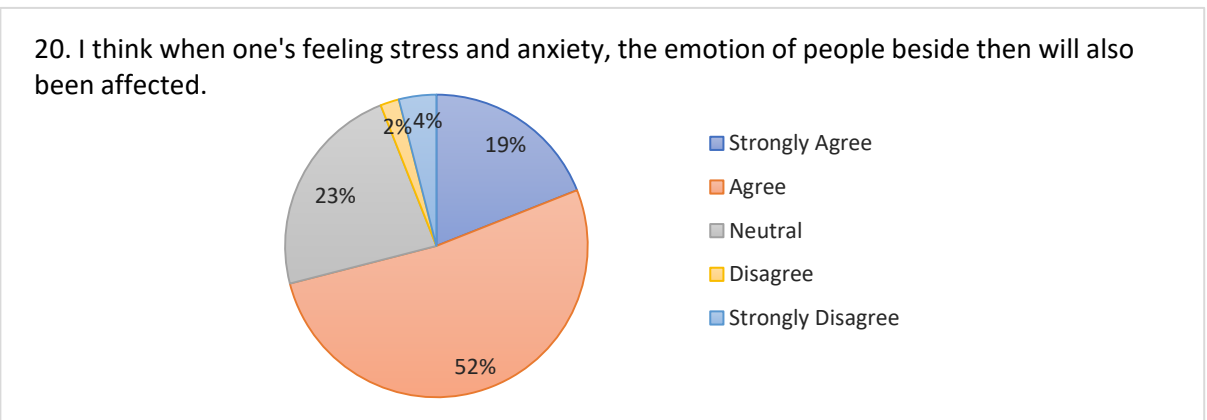
According to Figure 18, 54% of responders Agree and 24% of responders Strongly Agree that Leaving down work on hand and giving themselves a rest by doing something relaxing would help them to overcome stress and anxiety. There are only 3% of responders Disagree and 2% of responders Strongly Disagree with the question above.

Figure 19; Music is one of the effective ways that could help to overcome students' stress and anxiety.



According to Figure 19, 51% of responders Agree and 30% of responders Strongly Agree with Music help to heal people and helps to overcome the feeling of stress and anxiety. There are only 3% of responders Disagree and 1% of responders Strongly Disagree.

Figure 20; The negative emotion of stress and anxiety will also affect people around.



According to Figure 20, 52% of responders Agree and 4% of responders Strongly Agree feeling stress and anxiety, the emotion of people beside them will also be affected. There are only 2% of responders Disagree and 4% of responders Strongly Disagree.

5.0 Conclusion & Recommendation

In summary, the findings from the quantitative data support that numerous students were suffering from the feeling of stress and anxiety which came from their academic work. From Figure 12 and Figure 13 of the data above, more than 70% of responders agree and strongly agree that too much homework and exam could lead them to the feeling of stress and anxiety. According to the quantitative data above, there are a few ways that could effectively help students overcome, reduce or either prevent the feeling of stress and anxiety such as getting enough preparation (Figure 15), laughing (Figure 16), having good time management skills (Figure 17), taking rest from the work on hand (Figure 18) and music (Figure 19).

For future research, it is suggested that 500 participants should be handed out this survey questionnaire in order to get better findings and valid results.

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