



A Study on Stress Management Among Youth

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ABSTRACT:

Stress is a state of psychological pressure on a specific individual who faces problems from environmental and social well-being, which leads to many diseases. Young age is a critical period because at this time the youth faces many changes in his life. They are expected to be elite in society. So they should improve their stress management skills to lead a healthy life after joining the society. When a child enters youth, he needs not only to adapt to a new life and a new environment, but also to get acquainted with many new people, events and things. The stress of life on them is considerable. Therefore, it is very important to understand the sources of stress among them and how they can cope with the stress. The researcher found that stress mainly comes from academic tests, interpersonal relationships, relationship problems, life changes and career exploration.

INTRODUCTION:

Stress is how your body reacts to any kind of demand or threat. When you sense danger—whether real or perceived—the body's defenses kick into high gear in a quick, automatic process known as the "fight or flight" or "stress response."

The stress response is your body's way of protecting you. Done right, it helps you stay focused, energized and alert. In emergency situations, stress can save your life – for example, giving you extra strength to defend yourself or prompting you to hit the brakes to avoid a car accident. Stress can have other positive aspects, sometimes referred to as "eustress". For example, it can help you face challenges like keeping you alert during a presentation at work, improve your concentration when you're trying to make a winning free throw, or help you study for an exam when you'd rather be watching TV. But while not all stress is bad for you, after a certain point it stops being helpful and starts doing a lot of damage. Stress that feels overwhelming can have a negative impact on your health, mood, productivity, relationships and quality of life. If you often feel shaken and overwhelmed, it's time to take steps to bring your nervous system back into balance. Stress is how your body reacts to any kind of demand or threat. When you sense danger—whether real or perceived—the body's defenses kick into high gear in a quick, automatic process known as the "fight or flight" or "stress response."

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REVIEW OF LITERATURE

1. Stress and stress management between Dzung X. Vo, MD, and M. Jane Park, MPH 2008 bhi

It is well known that major sources of youth morbidity and mortality are due to mental health and behavioral factors such as injury and violence, risky sexual behavior, substance use, and suicide (Irwin, Burg, & Uhler Cart, 2002), so in this age mental health stress management and risky behavior are particularly important to the group. The literature shows that chronic stress plays an important role in health and disease. Research in adults,

2. School-based stress management programs for children and adolescents: a meta-analysis Gerda Kraag a,*, Maurice P. Zeegers b,c, Gerjo Kok a, Clemens Hosman d,e, Huda Huijjer Abu-Saad f,g

Primary prevention programs targeting stress and stress management in schools should be encouraged, as positive overall effects and positive effects on stress management and stress symptoms have been found in controlled studies. Positive effects on (social) behavior were also found, although related studies had some methodological flaws.

3. Study of the causes of stress and stress management in youth Dr. Deepti Bhargava1# & Hemant Trivedi2 2018

It is clear from the results that the youth are stressed to a high level. Symptoms found are food, depression and headaches are more common in students. It is found that of all the factors, the main causes of stress in young people are relational stress, financial and psychological stress. They want to maintain a social network and expand networking using technology.

4. A Study on Stress Management Among the Student Community P. Nivethitha*, S. Rita 2016

Visualization and imagery are proven stress management techniques. It will also reduce student stress and improve test performance by visualizing how they are achieving their goals. Optimists—those who more easily shrug off failures and multiply successes—have been shown to be healthier, less stressed, and more successful. In this way, students can develop the traits of optimism and inhibition.

5. Studies on Student Stress Management And Its Impacts Dr. R. Hemamalini*1, Dr. V. Sasikala 2 & Mr. V. Ashok3 2018

The main sources of stress identified during the study are directly related to students' stress levels. The reasons for stress cannot be limited to these. It varies according to the students and their psychological perspective. Relational, academic, environmental, personal and career factors play an important role in the development of stress.

OBJECTIVE

- To identify the causes that cause stress in youth Life.
- To identify various symptoms of youth stress and suggest recommendations to minimize youth stress.
- To analyze effort/stress impact on youth and academic achievement.
- To Find out the stress management technique used by the students.

RESEARCH METHODOLOGY

1. Sampling Method

The sampling method adopted is a simple random sampling method to collect data for the above research universe.

2. Instrument for Data Collection

A structured questionnaire as a data collection tool. The questionnaire consisted of closed questions.

3. Research Design

Exploratory and descriptive research design

DATA ANALYSIS AND INTERPRETATION

This chapter deals with the analysis of the data obtained work. The instrument of this study is a questionnaire data were analyzed using simple percentages.

CATAGORY	PERCENTAGE	FREQUENCY
I am student	79.59	39
I am employee	8.16	4
I am self employed	4.08	2
I am looking out for a job	8.16	4
None	00.0	0
Total	100	49

The above table 1 showed the number of the respondents by age. The 78.00% are students, 8.00 are employee, 4.00% are self employed , 8.00% are looking out for a job.

CATAGORY	PERCENTAGE	FREQUENCY
Never	8.6	4
Rarely	30.61	15
Sometimes	30.61	15
Frequently	26.53	13
Always	4 08	2
Total	100	49

The above table 2 showed the number of the respondents feel stressed out. 8.16% never feels stressed out, 30.61 rarely feels stressed out, 30.61 sometimes feel stress out.

Option	PERCENTAGE	FREQUENCY
Excessive coursework	14.29	7
Examination of	32.65	16
Placement	22.45	11
Peer pressure	2.04	1
Relationship	6.12	3
Problem home	4.08	2

The above table 3 showed the students feel stressed out for Excessive work 14.29%, for Examination 32.65%, for Placements 22.45% ,For peer pressure 2.04%, Relationship 6.12% , Problems at home 4.08 %.

Option	PERCENTAGE	FREQUENCY
Yes	40.82	20
No	59.18	29
Total	100	49

The above the table 4 showed that comparison is right thing for this opinions for Yes is 40.82%, Opinion for No is 59.18%..

SUMMARY OF FINDINGS

- i. The above survey showed the number of the respondents by age. The 78.00% are students, 8.00 are employee, 4.00 are self employed, 8.00% are looking out for job. So this indicates that maximum respondents were students.
- ii. The above survey showed the number of the respondents feel stressed out 8.16% never feels stressed out, 30.61 rarely feels stressed out, 30.61 sometimes feel stress out. So this indicates that maximum respondents feel stressed out rarely and sometimes.
- iii. The above survey 3 showed the students feel stressed out for Excessive work 14.29% for examination 32.65% for placement 22.45% for peer pressure 2.04% relationship 6.12% problem at home 4.08%. So this indicates that maximum respondents feel stressed out due to placement.
- iv. The above survey showed the comparison is Right thing for the opinions for yes is 40.42 % opinion for no is 59.18 % So this indicates that maximum respondents Feel comparison not good.
- v. The above survey 5 showed that. How often they experience the following possibility of stree frequent headache for 20.41 % people, Anxiety for 44.90% ,over sensitivity for 16.33% ,fatigue for 10.20% people. So this indicates that maximum respondents experience anxiety.
- vi. The above survey showed that how people identify they are in stress 8.16% are feeling tired, 36.73 % are feel confused, 34.69% are cannot sleep well, 20.41% are feel something wrong in mind. So this indicates that maximum respondents feel confused.
- vii. The above showed that 42.86 % of people are Allocate their time for Recreational activities and 57.14% are not allocate time for Recreational activities. So this indicates that maximum respondents Allocate their time for Recreational activities.
- viii. The above survey are showed that 24.59 % people are suffering from depression, 75.51% Not suffering from depression. So this indicates that maximum respondents are not suffering from depression.
- ix. The above survey showed that 42.86% people are suffering a financial problem , 57.14% Not suffering financial problem. So this indicates that maximum respondents are Not suffering financial problem.
- x. The above survey showed that 81.63 % percent people are have support from their family and friends and colleagues ,And 18.37 % of people don't have suport from family ,friends and colleagues while suffering stress. So this indicates that maximum respondents support to their family, friends and colleagues.
- xi. The above survey showed that 8.16% of people getting into substances , 65.49% people are getting into substances, 24.49 % of people are sometimes getting substances, 2.04% of people rarely getting into substances like alcohol ,smoking so this indicates that maximum respondents are not getting into substance.
- xii. The above survey showed that 12.24% people rarely have peaceful sleep, 36.69% people have peaceful sleep in sometimes, 42.46% people have peaceful sleep in mostly, 10.20% of. People have peaceful sleep in almost every day. So this indicates that maximum respondents have peaceful sleep.
- xiii. The above survey showed that 51.02% have healthy diet ,and 48.98% don't have healthy diet .so this indicates that maximum respondents having healthy diet .

CONCLUSION

The results of the findings clearly show that the youth are stressed to a high level. Symptoms found are food, depression and headaches are more common in students. It is found that of all the factors, the main causes of stress in young people are relational stress, financial and psychological stress. They want to maintain a social network and expand networking using technology. Another stress they feel is career-related. They fear job opportunities and how they will fare in a competitive environment. Young respondents were able to identify some strategies to cope with stress, such as meditation, getting enough sleep, hanging out with friends, and counselling.

Is observed that due to the rise of social media, the young generation will focus on themselves and connect only with technology. It limits the physical movement of the body and spending time with relatives and friends. All this creates stress, which increases the incidence of depression and suicide. It is necessary and suggestions for young people to plan goals systematically, use technology within limits and share their emotions with their loved ones

REFERENCE

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A Study of Causes of Stress and Stress Management among Youth Dr. Deepti Bhargava & Hemant Trivedi 2018

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