

## **DEALING WITH STRESS: A CASE STUDY OF POST GRADUATE AGRICULTURE STUDENTS, ANNAMALAI UNIVERSITY**

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### **ABSTRACT**

Every individual experiences stress at some or other time. A certain amount of stress is an inevitable and useful part of studying. Post graduation requires significantly more efforts from students, than under graduation. The Postgraduate students, during their studies engage with course work, research work, seminar and examinations might end up with stress. It is an interesting fact that, how the students respond when they confront difficult or stressful situation, in their studies. There are lots of ways to try to deal with stress. This study analyzes how the postgraduate agriculture students of Annamalai University are dealing with stressful situations in their studies. The study was conducted among 100 Postgraduate Agriculture students of Annamalai University using survey in the form of self administered questionnaires.

**KEYWORDS:** Stress; Post Graduate; Students; Studies

### **INTRODUCTION**

Fienmann (1979) views stress as a psychological response State of negative effect characterized by a persistent and a high level of experienced anxiety or tension. Stress is the body's response to life's demand. The challenges of life tend to be stressful and an attempt to avoid stress completely would lead to a rather boring experience. College life can be very stressful. Sometimes parents, faculty and others tend to idealize their college experience and remember it as that peaceful time when they had few worries or responsibilities. For students currently attending college, however, the process is often stressful and frustrating. The competition for grades, the need to perform, relationships, career choice and many other aspects of the college environment cause stress. Before condemning stress outright, we need to understand that stress is only harmful when it is excessive. Much of the stress that we all experience is helpful and stimulating. The problem comes when you experience too much stress.

However, feeling too much stress could lead to health problems and negatively interfere with everyday life. It seems present day's college students experience far more stress than students in previous decades, and the numbers keep getting higher (Kansas State University report, 2008). Students to reduce stress can involve themselves in other activities like sports, movies, music, etc. The objective of this study is to find out the different techniques followed by the students to manage stress in their college life.

### **RESEARCH METHODOLOGY**

Research is defined as human activity based on intellectual application in the investigation of the matter. The primary purpose for applied research is discovering, interpreting, and the development of methods and systems for the advancement of human knowledge on a wide variety of scientific matters of our world and the universe.

The research methodology is a way to systematically solve the research problem. The research methodology in the present study deals with research design, data collection methods, sampling methods, survey, analysis and interpretations. Descriptive approach is one of the most popular approaches these days. In this approach, a problem is described by the researcher by using questionnaires or schedule. This approach enables a researcher to explore new areas of investigation. A research design is the arrangement of conditions for the collection and analysis of data in a manner that aims to combine relevance to the research purpose with economy in procedure. In this study,

- A well structured questionnaire is framed.
- Data is collected from the Post Graduate Agriculture students of Annamalai University.
- The findings are made and necessary suggestions and recommendations are given on the basis of primary data and secondary data collected and analyzed.

### **A DATA COLLECTION METHOD**

The data collection method used in this research is survey method. Here the data are systematically recorded from the respondent.

#### **Research Tool**

A structured questionnaire has been prepared to get the relevant information from the respondents.

The sample size chosen for this study is 100.

Boys = 54

Girls = 46

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100

The sampling type is non-probability which involves deliberating selections of particular units constituting a sample, which represents the universe.

#### **Stratified Sampling**

Stratum means a layer population from which samples are to be selected. Population may contain a number of layers, and from each layer a few samples are selected. Hence, this method is called stratified sampling.

#### **Statistical Methods**

- Percentage analysis
- Bars & charts
- Pie diagrams

### **RESULTS AND DISCUSSIONS**

The various data that were collected during the survey are tabled below.

**Age Wise Classification of Students**

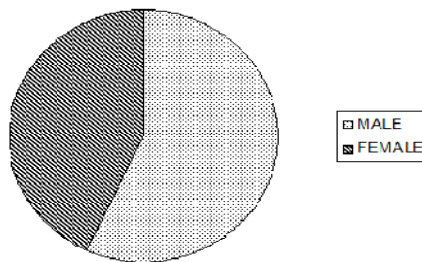
**Inference**

It is observed from the survey that all the respondents are between (23-25) years of age group.

**Gender Wise Classification of Students**

**Table 1: Gender Wise Classification of Students**

Gender	No. of Respondents	Percentage
Male	54	54
Female	46	46
<b>Total</b>	<b>100</b>	<b>100</b>



**Figure 1: Gender Wise Classification of Students**

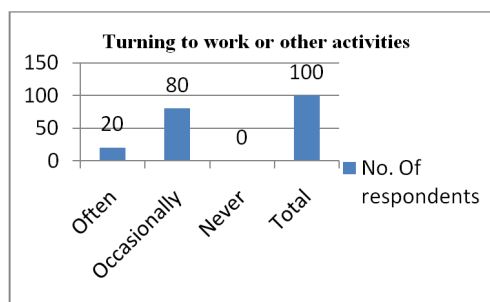
**Inference**

It is found from the survey that 54% of the respondents are male and 46% of the respondents are female.

**Turning to Work or Other Activities (Going to Movies, Watching TV, Reading, Daydreaming, Sleeping, Shopping, and Others)**

**Table 2: Turning to Work or Other Activities**

S. No	Turning to Work or Other Activities	No. of Respondents	Percentage ( N=100)
1	Often	20	20
2	Occasionally	80	80
3	Never	0	0
	<b>Total</b>	<b>100</b>	<b>100</b>



**Figure 2: Turning To Work or Other Activities**

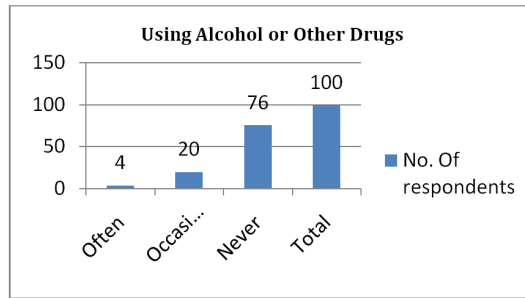
**Inference**

It is evident from the survey that 80% of the students have occasionally turned to work or other activities, 20% of the respondents are often turning to work or other activities, and none of them are ever turning to work or other activities when they are in stressful situations.

**Using Alcohol or Other Drugs**

**Table 3: Using Alcohol or Other Drugs**

Sino	Using Alcohol or Other Drugs	No. of Respondents	Percentage ( n=100)
1	Often	4	4
2	Occasionally	20	20
3	Never	76	76
<b>Total</b>		<b>100</b>	<b>100</b>



**Figure 3: Using Alcohol or Other Drugs**

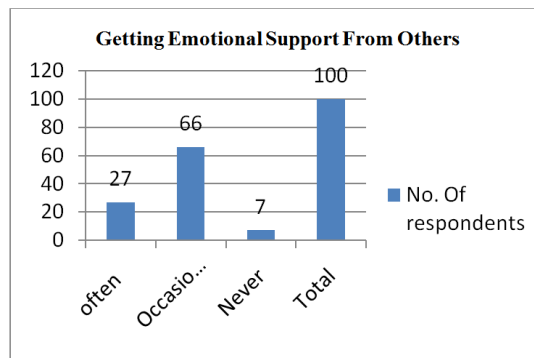
**Inference**

It is found from the survey that 76% of the respondents are not using alcohol or other drugs, 20% of the respondents are occasionally using alcohol or other drugs and only 4% of the respondents are often using alcohol or other drugs to manage stress.

**Getting Emotional Support from Others**

**Table 4: Getting Emotional Support from Others**

S.No	Getting Emotional Support from Others	No. of Respondents	Percentage (N=100)
1	Often	27	27
2	Occasionally	66	66
3	Never	7	7
<b>Total</b>		<b>100</b>	<b>100</b>



**Figure 4: Getting Emotional Support from Others**

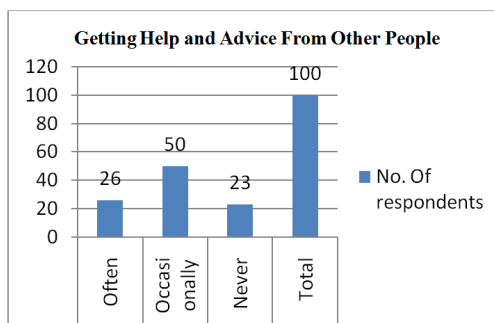
**Inference**

It is observed from the survey that 66% of the respondents occasionally want to get emotional support from others, 27% of them were often wants to get emotional support from others and 7% of the respondents do not want to get emotional support from others while at stress.

**Getting Help and Advice from Other People**

**Table 5: Getting Help and Advice from Other People**

S. No	Getting Help and Advice From Other People	No. of Respondents	Percentage (N=100)
1	Often	26	26.00
2	Occasionally	50	50.00
3	Never	23	23.00
<b>Total</b>		<b>100</b>	<b>100.00</b>



**Figure 5: Getting Help and Advice from Other People**

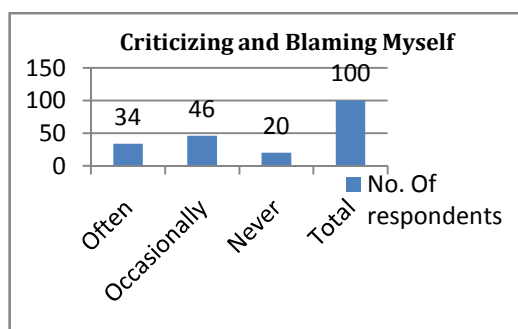
**Inference**

It is observed from the survey that 50% of the respondents occasionally want to get help and advice from other people, 26% of them were often wants to get help and advice from other people and 23% of the respondents do not want to get help and advice from other people while at stress.

**Criticizing and Blaming Myself**

**Table 6: Criticizing and Blaming Myself**

S. No	Criticizing and Blaming Myself	No. of Respondents	Percentage ( N=100)
1	Often	34	27
2	Occasionally	46	66
3	Never	20	7
<b>Total</b>		<b>100</b>	<b>100</b>



**Figure 6: Criticizing and Blaming Myself**

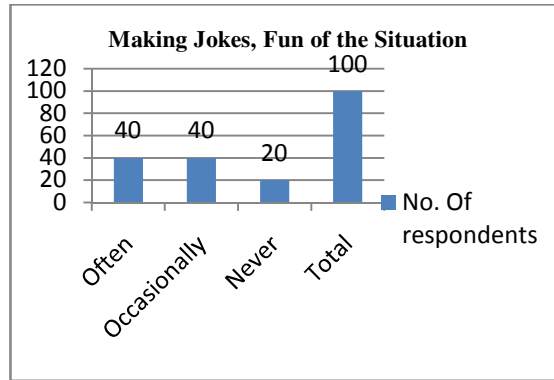
**Inference**

It is clear from the survey that 46% of the respondents have occasionally criticized and blaming them, 34% of them have often criticized and blaming them and 20% of the respondents do not criticize and blaming them while at stress.

**Making Jokes, Fun of the Situation**

**Table 7: Making Jokes, Fun of the Situation**

S. No	Making Jokes, Fun of the Situation	No. of Respondents	Percentage ( N=100)
1	Often	40	40
2	Occasionally	40	40
3	Never	20	20
<b>Total</b>		<b>100</b>	<b>100</b>



**Figure 7: Making Jokes, Fun of the Situation**

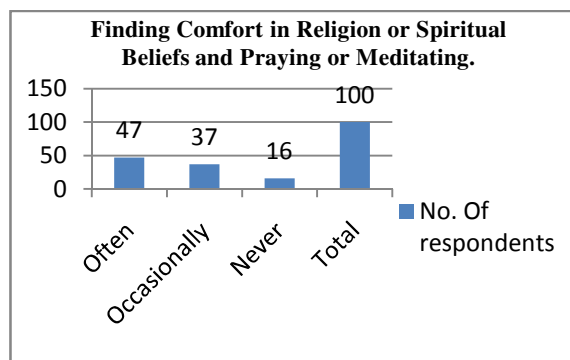
**Inference**

It is evident from the survey that 40% of the students are occasionally making jokes, fun of the situation, 40% of the respondents are often making jokes, fun of the situation, and 20% of them are not making jokes, fun of the situation when they are in stressful situations.

**Finding Comfort in Religion or Spiritual Beliefs, Praying or Meditating**

**Table 8: Finding Comfort in Religion or Spiritual Beliefs and Praying or Meditating**

S. No	Finding Comfort in Religion or Spiritual Beliefs and Praying or Meditating.	No. of Respondents	Percentage ( N=100)
1	Often	47	47
2	Occasionally	37	37
3	Never	16	16
<b>Total</b>		<b>100</b>	<b>100</b>



**Figure 8: Finding Comfort in Religion or Spiritual Beliefs and Praying or Meditating**

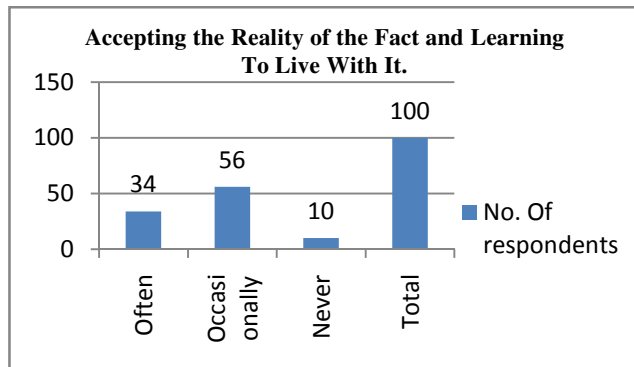
**Inference**

It is evident from the survey that 47% of the students are often found comfort in religion or spiritual beliefs and praying or meditating, 37% of the respondents are occasionally finding comfort in religion or spiritual beliefs and praying or meditating, and 16% of them are not finding comfort in religion or spiritual beliefs, praying or meditating, when they are in stressful situations.

**Accepting the Reality of the Fact and Learning to live with it**

**Table 9: Accepting the Reality of the Fact and Learning to Live with It**

S.No	Accepting the Reality of the Fact and Learning To Live With It	No. of Respondents	Percentage ( N=100)
1	Often	34	34
2	Occasionally	56	56
3	Never	10	10
<b>Total</b>		<b>100</b>	<b>100</b>



**Figure 9: Accepting the Reality of the Fact and Learning to Live With It**

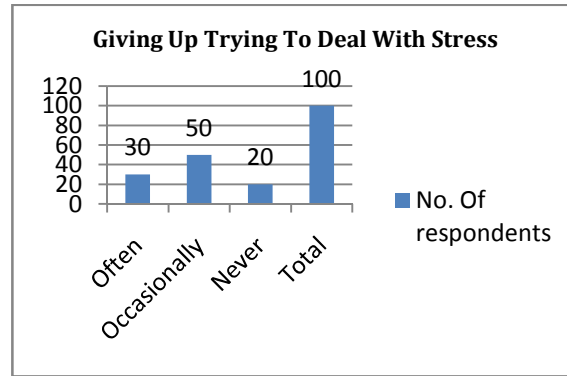
**Inference**

It is observed from the survey that 56% of the respondents have occasionally accepted the reality of the fact and learning to live with it., 34% of them have often accepted the reality of the fact and learning to live with it and 10% of the respondents don't accept the reality of the fact and learning to live with it while at stress.

**Giving Up Trying To Deal With Stress**

**Table 10: Giving Up Trying To Deal with Stress**

S. No	Giving Up Trying To Deal With Stress	No. of Respondents	Percentage ( N=100)
1	Often	30	30
2	Occasionally	50	50
3	Never	20	20
<b>Total</b>		<b>100</b>	<b>100</b>



**Figure: 10 Giving Up Trying To Deal with Stress**

### Inference

It is found from the survey that 50% of the respondents are occasionally given up trying to deal with stress, 30% of the respondents are often given up trying to deal with stress and only 20% of the respondents are never giving up trying to deal with stress.

### FINDINGS

- The majority of the students (80%) is occasionally turning to work or other activities (going to movies, watching TV, reading, daydreaming, sleeping, shopping, and others.) to manage stress.
- The majority of the students (76%) are not using alcohol or other drugs to manage their stress.
- The majority of the students (66%) are occasionally getting emotional support from others to help them to relieve from stress.
- The majority of the students (50%) are occasionally getting help and advice from other people to deal with stress.
- The majority of the students (46%) is occasionally criticizing and blames them while at stress.
- The majority of the students often and occasionally (40% each) making jokes, fun of the situation to deal with stress.
- The majority of the students often (47%) find ease in religion or spiritual beliefs and praying or meditating.
- The Majority of the students (56%) is occasionally accepting the reality of the fact and learning to live with it while at stress.
- The majority of the students (50%) are occasionally giving up trying to deal with stress.

### CONCLUSIONS

Stress during studies has become unavoidable for the students. Stress is caused due to various reasons and students should develop strategies to deal with it. The first thing to know is the factors and the reality that cause stress. The students should avoid situations that lead them to stress. Going to movies, watching TV, reading, daydreaming, sleeping, shopping and others will help them to reduce stress. When a person in stress couldn't take a right decision so gets emotional support, help and advice from other people is recommended to deal with stress.



It is difficult to smile during stress, but making jokes, fun of the situation will reduce stress. Faiths in God, religious or spiritual and praying or meditating are excellent options to deal with stress. Students are advised not to take alcohol and other drugs to manage stress. **“A Healthy student is a dynamic citizen”**

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