

# A Study on Academic Stress Faced by College Students in Dimapur District, Nagaland

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**Abstract-** Academic stress is a growing concern among college students, significantly influencing both academic performance and overall well-being. It arises from various factors, including environmental pressures, fear of failure, peer comparison, and high expectations from parents, teachers, and society, academic demands such as assignments, exams, projects, etc. Chronic academic stress can impair critical thinking, decision-making, and problem-solving skills, making it difficult for students to excel in their studies. For many students, stress becomes a persistent part of daily life, significantly affecting their academic performance and overall well-being. So, the present study will emphasize on the need to address academic stress to foster a healthier, more balanced educational experience for students. This study will investigate the level of academic stress, causes and the strategies employed by college students in Dimapur District, Nagaland. By understanding these factors, the study aims to suggest ways to reduce academic stress and improve students' well-being and overall academic environment.

**Key words:** Academic stress, college students, anxiety, coping strategies, mental health, academic performance.

## 1. INTRODUCTION

In recent years, stress among college students has become a significant concern due to its profound impact on emotional well-being and educational outcomes. Stress is an unavoidable part of life. It can arise from both academic and non academic life. Academic stress refers to the unpleasant psychological situations that mostly occur due to environmental factors, fear of failure, peer and social comparison, educational expectations from parents, teachers, peers, and society, pressure about academic performance, assignments, project, class test, examination, unhealthy competitions, excess curricular activities, etc. Academic stress is the mental distress experienced when apprehending academic failure or recognizing the possibility of not meeting academic standard.

For some students, stress becomes a regular part of their daily lives. Academic stress is a key factor contributing to variations in academic achievement. Academic stress can have a severe influence on college students' mental and physical health, affecting their academic performance, motivation, and general well-being. Therefore, students need to overcome it by developing strategies to cope with the stress in order to reduce the negative impact on their learning and performance. Proper steps should be taken to reduce the negative impact of stress that hinders students' well being and overall academic environment.

## 2. OBJECTIVES

1. To assess the level of stress experienced by college students.
2. To identify the primary causes of academic stress among students.
3. To understand the strategies employed by college students to manage stress.
4. To suggest ways to reduce academic stress among the college students.

## 3. REVIEW OF THE RELATED LITERATURE

Deso Barman, NeahaDkhar , SalvezzaPerim Mukhi , Dr. Melissa D. Kyndiah , Dr.Porsara Mesha J Kharbhih (2003) did a research on A Study on Understanding Academic Stress and Coping Strategy Amongst College Students in Shillong, Meghalaya. The analysis of results by age group and academic stress revealed that students aged 21-23 experienced notable levels of stress. Additionally, the study found that the majority of BA students exhibited a moderate level of academic stress. Based on the findings, the study recommended that educational institutions implement proactive measures to address and manage academic stress among students.

Marwan Zaid Bataineh (2013) conducted a study on Academic stress among undergraduate students: the case of education faculty at King Saud University and found out that academic overloads, course awkward, inadequate time to study, workload every semester, exams awkward, low motivation, and high family expectations were drive moderately stress among students. It was also found that fear of failure is the major source of stress among undergraduate students.

Dawit Yikealo, Bereket Yemane, IkaliKarvinen, (2018) conducted a study on The Level of Academic and Environmental Stress among College Students: A Case in the College of Education. And the findings reveal that majority of the College of Education students experience a moderate level of academic and the students practice healthy stress coping strategies like engaging in sports, reading, watching movies, listening to music, waking, chatting with friends, etc.

Osenweugwor Ngozi Aihie, Blessing IjeomaOhanaka (2019) Perceived Academic Stress among Undergraduate Students in a Nigerian University. The findings revealed that male undergraduate students reported higher academic stress level than the females and final year students have higher academic stress than the other students. The study suggested that Students' counselling is important.

J. Nagabhooshanam (2022) conducted a research on A study on Academic Stress among Undergraduate students in Hyderabad District and found out that the primary sources of academic stress among students were due to course overload and the pressures associated with academic evaluation procedures

Utkarsh Shrivastava , Aditya Thakur , Tej Pratap Singh , Jagmohan Singh Dhakar , Sanjay Jain ,Ambika Agrawal , Hariom Pachori , Shubhangi Thakur (2024) conducted a study on Comparative Analysis of Stress Levels Among Undergraduate Students at St. John's College, Agra. The study revealed that the majority of students (64.4%) experienced moderate levels of stress. Furthermore, female students were found to be more likely to experience higher stress compared to their male counterparts. Additionally, students from urban areas reported higher stress levels than those from rural backgrounds.

## 5. METHODOLOGY OF THE STUDY

Descriptive survey method was adopted for the present study. Primary data was collected through questionnaire from 100 college students in Dimapur, District Nagaland. Further secondary data was collected from books, journals, researches, websites, etc.

## 6. FINDINGS OF THE STUDY

### A. Findings related to the level of stress experienced by college students.

| Sl. No. | Levels of Academic Stress. | Score   | Percentage |
|---------|----------------------------|---------|------------|
| 1       | Very Low Stress            | 30-55   | 2%         |
| 2       | Low Stress                 | 56-80   | 10%        |
| 3       | Moderate Stress            | 81-105  | 48%        |
| 4       | High Stress                | 106-130 | 37%        |
| 5       | Very High Stress           | 131-150 | 3%         |
|         | Total                      |         | 100%       |

### B. Findings related to the primary causes of academic stress among students.

- 84% of the students often feel stressed due to academic workloads like assignment, class test, exams and presentations.
- Majority of the students were of the opinion that the expectation and pressure, from parents and family and uncertainty about future career prospects contribute to their stress levels.
- 63% of the students find it difficult to balance academic works and personal responsibilities.
- 60% of the students were of the opinions that lack of educational resources impact their academic stress.
- Limited study materials, inadequate explanation, excessive academic workload, lack of preparation, difficulty concentrating, and being slow learners cause academic stress for many students.
- Majority of the students were of the opinion that poor university exam schedule with no breaks contribute to academic stress.
- 70% of the students were of the opinion that depression, anxiety, low-self esteem and personal problems are major causes of academic stress.

### C. Findings related to the strategies employed by college students to manage stress.

- Majority of the students regularly take breaks during study sessions and organize study material to manage stress.
- Most students find support from friends, teachers, AI or classmates when dealing with stress and maintain a proper study schedule.

3. 78% of the students prioritize self-care as a strategy to manage stress.
4. Majority of the students spend time with family, friends and pets to manage stress.
5. 90% of the students manage stress by doing exercise, writing journals, listening to music, watching movies, reading novels, playing games, playing sports, reading Bible, using social media, doing physical activities and by maintaining an optimistic outlook.
6. 50% of the students seek help and advices from trusted individuals and participate in peer mentoring for guidance and shared experiences.
7. 65% of students prioritize rest and proper sleep to manage stress.

#### **D. Suggestions to reduce academic stress among the college students.**

1. Students should engage in activities like exercise, yoga, walking, or listening to music to maintain a positive mindset and enhance overall well-being.
2. Colleges should consider reducing assignments and presentations to lessen the academic load of students.
3. Teachers should provide study materials in a timely manner so that students can prepare effectively and avoid last-minute pressure.
4. Students should know the effective time management skills, maintain a proper study timetable and prepare in advance for their lessons, as this allows them to understand concepts more thoroughly.
5. Students should engage in discussions about lessons with their peers, fostering collaborative learning and deeper understanding. This approach can help reduce academic stress by enhancing comprehension and providing mutual support.
6. Students should not compare themselves with others, as this can lead to unnecessary stress and anxiety. And cultivate a sense of self-belief to understand one's abilities and potential better.
7. Students should seek support from friends, teachers, and counsellors, and colleges should ensure that counsellors are available to assist students with their concerns. Additionally, colleges must promote participation in extracurricular activities which can provide a well-rounded experience and reduce stress.
8. The college must organise seminars focused on stress management techniques, resilience building, and coping strategies.
9. The university must revise the exam schedule to include breaks between exams.

## **7. CONCLUSION**

Academic stress is an unavoidable part of student's life. But it can be overcome with proper measures. The study highlights the contributing factors of academic stress on college students such as academic workloads, parental expectations, and uncertainties about future career prospects and addressing these factors will enhance their overall well-being and academic performance. In addition with the effective strategies that student employs to manage stress, including taking breaks, seeking support from peers and mentors, and prioritizing self-care. The educational institutions can also play an important role by providing access to counselling services. Ultimately, these combined efforts can foster a more balanced, supportive environment, enabling students to overcome stress and thrive both personally and academically.

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