Research Paper

EPRA International Journal of Economic and Business Review-Peer Reviewed Journal
Volume - 13, Issue - 5, May 2025 | e-ISSN: 2347 - 9671| p- ISSN: 2349 - 0187

SJIF Impact Factor (2025): 8.862 || ISI Value: 1.433 || Journal DOI URL: https://doi.org/10.36713/epra2012

STUDENT'S ATTITUDE TOWARDS STRESS MANAGEMENT: EXPLORING AWARENESS, PRACTICE, AND PERCEIVED EFFECTIVENESS IN BELAGAVI CITY

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ABSTRACT **DOI No: 10.36713/epra21900** **Article DOI: https://doi.org/10.36713/epra21900**

The student life is a golden life, to make it golden student's commitment, dedication, hard work and patience is very important. So in recent times undergraduates and post graduates students have been facing problem of stress management. Expectation, fear, workload, mental health and competitions demand them to do excessive work with mind and body that can show way to stress full pain. It can lead students to irritation, depression and anxiety; in order to recover from this students must to use stress management techniques like yoga, exercise, meditation, communicating with family and friends. Additionally, the college environment and culture also important to students. The main aim of the study is to find out the sources of stress among students and examine the coping strategies students adopt to manage stress. A total 100 UG and PG student's response were gathered using stratified sampling method and also used Chi – square test to analyze the data. So university and colleges must take the initiation and conduct seminars, workshops and conferences pertaining to stress management for student's well-being.

KEYWORDS: ***Students, Stress management, Strategies, Mental health, Study***

1. INTRODUCTION

Students are the future of India and their holistic development is important for the nation progress. Government and educational institutions have been providing various facilities to support for student's growth and development and also many students are utilizing these benefits to increase their efficiency. However, the students are the psychological well-being and development rely on their efficiency and mental stability. They want recognition from the society and they are trying to prove themselves to the society and along with they want to achieve in their life, because of this students often face significant stress.

In today's fast paced academic environment, globally and across India student's stress has become growing concern in recent years especially in UG and PG students. Academic workload, vast syllabus, fear of examination, competition, bad health, no proper sleep, inter and intra personal conflict, fear of ragging, financial instability, are the primary factors for increasing stress in students. These stressors can lead to effects physically and mentally, leading to a weight gain/loss, headache, hair loss, heart palpitations, high blood pressure, depression, anxiety, mood swings, and irritation.

Additionally, to deal with stress many students are coping with unhealthy mechanisms like a sleeping too much, aggression, avoiding friends and family, taking out their stress on others, smoking and zoning in front of TV or PC for hours. Thus, these kind of negative strategies disturbing their mental health and having direct impact on their academic performance.

Stress management awareness is a state of study about how much the student's possess knowledge regarding stress and stress management whether through universities, colleges, social media, family and friends, seminar and workshop. However having awareness is not enough until and unless it translates into practice.

Many universities and colleges are actively conducting workshops, seminars and even in classes providing awareness about stress management. Exercise, Yoga, Meditation Mindfulness, Listening to music, open communication with friends/family, Time management strategies, Professional counselling, Group study or peer support. These are the positive strategies to contest with stress. The effectiveness of these techniques is measured by student's ability of development. In addition the support of college environment, climate and culture can creates positive attitudes and it can reduce absenteeism in students.

After having all the knowledge many students are still struggling to manage stress effectively, it's highlighting a gap between knowledge and practice.

2. LITERATURE REVIEW

Anagha Madan Gupte1, Madhura Yogesh Bedekar2, Meena Jitendra Agrawal3 & Deepa Sanjeev Nair4 (2016), Researcher stated how medical student's life is stressful, and how much they struggle with increased work and adjustment to new environment. Medical syllabus, subjects, examinations and practicals these factors are the reasons to increase stress for the students. The researcher also observed that hobbies like sports, music, and outing can help them to manage stress. Kashish Peswani, Dheeraj Kalani (2019), the researcher focused on the reasons of stress and finding ways to cope with the stress. The major stress faced by the employees is delay in job completion, increase in error, cognitive task, oversensitive and depression. Researcher suggested minimizing stress by sharing burden, reducing work, leave and time off work and improving work environment are suggested. To increase skill we must have a self-control and engage ourselves in work. Ashika M.P., Dr. Nitu Ghosh and Fazeelath Tabassum (2021), Researcher examined mental stress can lead depression it might impact on employee's personal and professional life during pandemic. The whole study is based on how stress impact and how to tackle daily challenges on health care workers and also researcher focused on mental health and workers attitude towards stress management. And suggested HR must focus on interventions that can reduce stress and improve productivity. Dr.K.Vimala, Ms.C.Gnanasoundhari (2023), Researcher stated that impact of job stress can reduce the job performance among the employees and the turnover of the organization. Stress can be serious problem to the working life of employees it can directly impact on employee's personal life also It leads to aggression, reduce productivity, turnover and increase absenteeism. Lovepreet1, Mahi Gupta1*, Sheetal Grover1, Aryama Balodi1, Vertika Mahar1, Anil Dhingra1 (2024), Researcher examined the levels of knowledge, perception, and attitude associated to stress and anxiety in undergraduate dental students. To analyze stress among student the researcher used questionnaire to collect data and inspected the challenges like an academic workload, identified stressors, encompassing examinations, faculty relations and others faced by dental students. The study highlighted the impact of awareness programs on decrease anxiety among dental students.

3. Statement Of The Problem

Students in Belagavi face significant academic and personal stress, yet their awareness, practice, and effectiveness of stress management techniques vary widely. While various coping strategies exist, many students struggle with execution due to lack of awareness, time constraints, or perceived ineffectiveness. This study aims to explore students' attitudes toward stress management, identifying challenges and evaluating the role of educational institutions in promoting mental well-being.

4. OBJECTIVE OF THE STUDY

- To identify the major sources of stress among students.
- To examine the coping strategies adopted by students to manage academic and personal stress.

5. NEED OF THE STUDY

The purpose of the study is demonstrate how stress affects student's academic performance and mental well-being. Because of the workload, Competition, Exams, Decision making and many more can lead them to depression, burnout, anxiety, and emotional exhaustion. For this a study is important to enhance student's academic performance and mental health by developing effective interventions to support students in managing stress more efficiently.

6. SCOPE OF THE STUDY

In today's competitive academic environment students are worrying about the stress and many of them have no idea that how to handle stress that can be effect on student's academic performance. The present study is limited to undergraduate (UG) and postgraduate (PG) students in Belagavi city. This study aims to explore Students attitudes toward stress management, with a focus on awareness, practical application, and perceived effectiveness of stress management techniques among students in Belagavi city.

7. RESEARCH METHODOLOGY

Nature of the study

The study is conducted based on both primary and secondary data sources and it is descriptive in nature.

Sources of data

The study is mainly based on primary data, which was collected from respondents using structured questionnaires with close ended questions. The study is also based on secondary data, which was collected from Research papers, Articles and academic journals.

Sampling Design

The researcher adopted a stratified random survey method to collect the data through a questionnaire. This approach ensured representation across different strata of the student's population.

Sampling Size

The sample size was 100 respondents from Belagavi city.

Data Analysis Tools

Microsoft Excel was used to analyse the data, and a Chi-square test was applied to examine associations between variables.

Hypothesis

H_0: There is no significant relationship between student's disciplines and stress management techniques.

H_1: There is a significant relationship between student's disciplines and stress management techniques.

8. LIMITATION OF THE STUDY

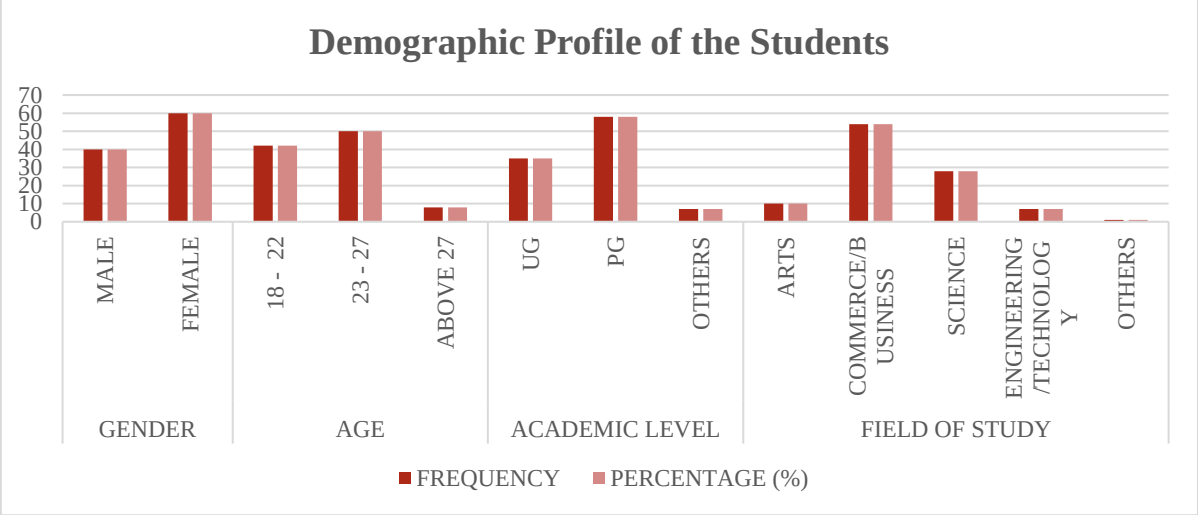
- The area of study and sample of study is only limited to Belagavi city.
- The study is conducted within a specific timeframe, which may limit long-term observations of stress management behaviours.

9. DATA ANALYSIS AND INTERPRETATION

Table 01

Demographic Profile of the Students

DEMOGRAPHIC VARIABLES	CATEGORIES	FREQUENCY	PERCENTAGE
GENDER	MALE	40	40
	FEMALE	60	60
AGE	18 - 22	42	42
	23 – 27	50	50
	ABOVE 27	08	08
ACADEMIC LEVEL	UG	35	35
	PG	58	58
	OTHERS	07	07
FIELD OF STUDY	ARTS	10	10
	COMMERCE/BUSINESS	54	54
	SCIENCE	28	28
	ENGINEERING/TECHNOLOGY	07	07
	OTHERS	01	01



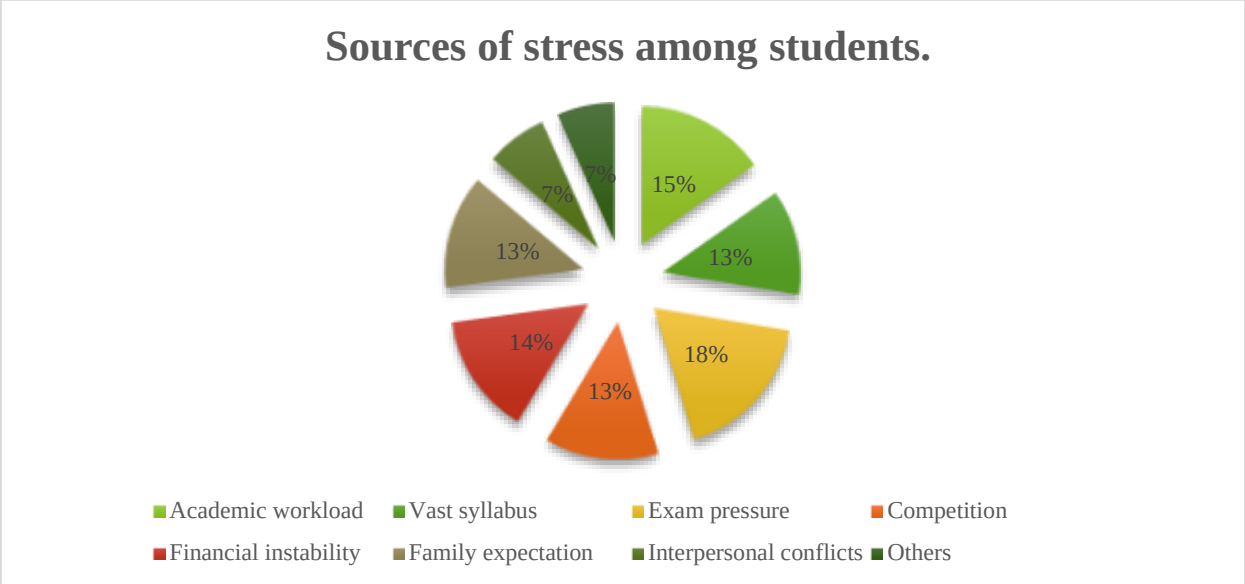
The above table shows the demographic profile of the respondents, majority of the respondent are the female with 60% and the rest are male. Most students fall under the age group of 23 – 27 are the majority respondents with 50%, majority of the respondents have a qualification of PG 58%, 54% of respondents are from commerce/business background.

Table 02

Sources of stress among students

Variables	Frequency	Percentage
Academic workload	32	15
Vast syllabus	26	13
Exam pressure	37	18
Competition	28	13
Financial instability	30	14
Family expectation	28	13
Interpersonal conflicts	15	07
Others	14	07

Source: Primary Data

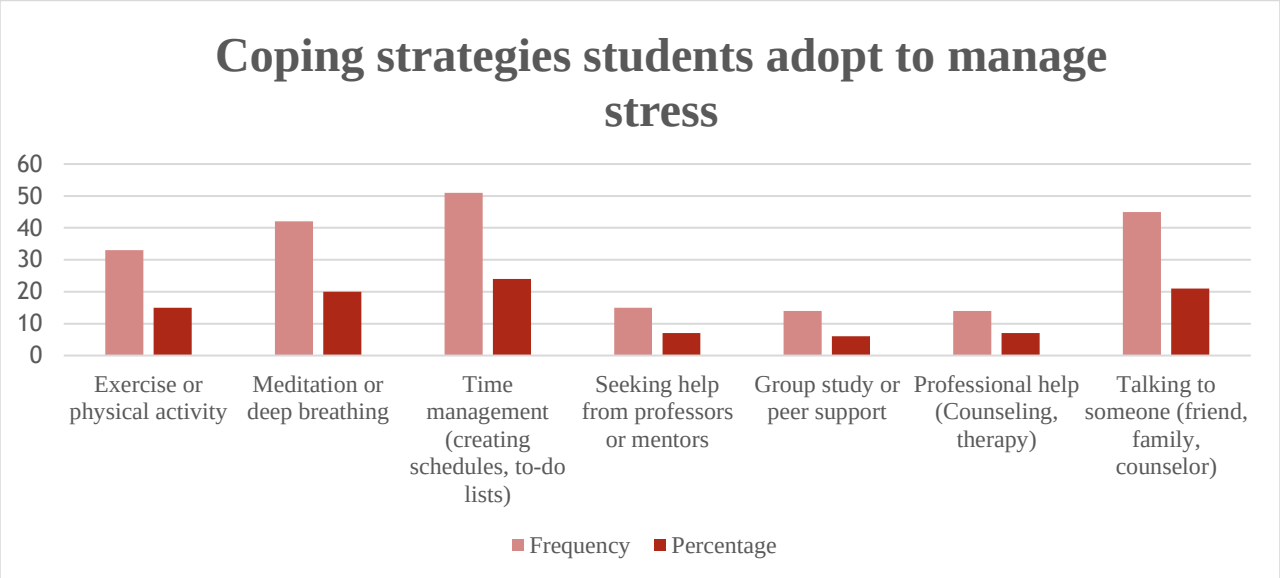


The above table and chart demonstrates various sources of stress among students. 18% of respondents are experiencing stress from the exams this one is the most significant source, 15% respondents because of the academic workload, financial instability also it is the main source of stress with 14%, competition, vast syllabus and family expectation also are the sources of stress with 13%, and remaining 14% comes under the interpersonal conflicts and others. Indicates that both academic and personal factors contributes to students stress levels.

Table 03
Coping strategies students adopt to manage stress

Variables	Frequency	Percentage
Exercise or physical activity	33	15
Meditation or deep breathing	42	20
Time management (creating schedules, to-do lists)	51	24
Seeking help from professors or mentors	15	07
Group study or peer support	14	06
Professional help (Counseling, therapy)	14	07
Talking to someone (friend, family, counselor)	45	21

Source: Primary Data



The above table witnessed that 24% respondents believed that time management is the best way to overcome from stress, 21% respondents says talking with someone such as a friend, family or counselor is the best, 20% respondent says adopting the strategy of meditation and deep breathing, and exercise and physical activities also good to control stress said by 15% respondents. Seeking help from professors or mentors and

Professional help (Counseling, therapy) are also good by 07% respondents. And used check box option to collect data.

Hypothesis Testing

H_0: There is no significant relationship between student's academic disciplines and stress management techniques.

H_1: There is a significant relationship between student's academic disciplines and stress management techniques.

Chi-Square Test

To analyze the student's disciplines and stress management techniques, a Chi-square test was conducted using Microsoft excel.

Significant level 5%

And the observed data were shown in the below table.

Observation (O)

	Exercise or physical activity	Meditation or deep breathing	Time management (creating schedules, to-do lists)	Seeking help from professors or mentors	Group study or peer support	Professional help (Counseling, therapy)	Talking to someone (friend, family, counselor)	Total
Arts	2	2	3	0	1	0	4	12
Commerce/Business	15	24	30	10	5	9	20	113
Science	12	12	15	5	4	4	16	68
Engineer/Tech	4	4	3	0	3	1	5	20
Others	0	0	0	0	1	0	0	1
Total	33	42	51	15	14	14	45	214

Expected (E):

Expected frequencies were calculated using this Formula

E = (Row Total * Column Total) / Grand Total

	Exercise or physical activity	Meditation or deep breathing	Time management (creating schedules, to-do lists)	Seeking help from professors or mentors	Group study or peer support	Professional help (Counseling, therapy)	Talking to someone (friend, family, counselor)	
Arts	1.850467	2.35514	2.859813	0.841121	0.785047	0.785047	2.523364	12
Commerce/Business	17.42523	22.17757	26.92991	7.920561	7.392523	7.392523	23.76168	113
Science	10.48598	13.34579	16.20561	4.766355	4.448598	4.448598	14.29907	68
Engineer/Tech	3.084112	3.925234	4.766355	1.401869	1.308411	1.308411	4.205607	20
Others	0.154206	0.196262	0.238318	0.070093	0.065421	0.065421	0.21028	1
Total	33	42	51	15	14	14	45	214

$\mathbf{X^2 = \sum (O - E)^2 / E}$ were calculated using this formula,

	Exercise or physical activity	Meditation or deep breathing	Time management (creating schedules, to-do lists)	Seeking help from professors or mentors	Group study or peer support	Professional help (Counseling, therapy)	Talking to someone (friend, family, counselor)
Arts	0.012083	0.053553	0.006872	0.841121	0.058856	0.785047	0.864105
Commerce/Business	0.337543	0.149757	0.35	0.545929	0.774319	0.34954	0.595507
Science	0.218602	0.13571	0.089691	0.011453	0.045237	0.045237	0.202333
Engineer/Tech	0.271991	0.001424	0.65459	1.401869	2.186983	0.072697	0.150052
Others	0.154206	0.196262	0.238318	0.070093	13.35113	0.065421	0.21028

X^2 25.49782

df 24 (No. of Rows – 1 * No. of Columns – 1)

p-value 37.9127

Hence, the X^2 value is 25.49782, df is 24, and p-value is 0.379127 or 37.9127. Since the p-value (0.379127) is greater than 0.05, the researcher failed to reject the null hypothesis. This means that there is not enough statistical evidence to conclude that the observed data significantly differs from the expected data.

10. FINDINGS

Hypothesis	Result
H0 There is no significant relationship between student's disciplines and stress management techniques.	**No Significant (P >.05)**

- Majority of the respondents are Female with 60%.
- Majority of the respondents have a qualification of PG 58%.
- The findings highlights the exam pressure and academic workload are the main reason in students to experience stress.
- Among the various stress management strategies time management (24%) and meditation and breathing exercises (20%) are the most effective.

11. SUGGESTION

- Universities and colleges must take initiation and conduct seminars, workshop and conference pertaining to stress management for students.
- Exam pressure and academic workload are identified as major sources of stress so universities should consider flexible deadlines, exam rescheduling options, and mental health breaks to reduce academic-related stress and improve student performance.
- Time management and meditation/breathing exercises were found to be the most effective strategies. Institutions should promote these practices through regular workshops, seminars, or wellness programs to equip students with practical stress-coping mechanisms.
- Encouraging students to adopt healthy stress management strategies such as yoga, meditation, physical exercise, and effective time management.

12. CONCLUSION

The study provides a detail analysis regarding "Student's attitude towards Stress management: Exploring awareness, Practice, and Perceived effectiveness in Belagavi city". The findings says most of the students are aware about the causes and stress management strategies. Expectation, fear, Academic workload, mental health, competitions and no proper sleep and daily routines make students feel constant stress. After knowing all the coping strategies still students has been failing to control stress because gap between knowledge and practice. Institutions, colleges and counselors should work collaboratively to create good well-being among students.

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