



Evaluation of Stress and Anxiety among Undergraduate Students from Different Education Streams of Trivandrum District

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ABSTRACT

AIM:

To evaluate stress and anxiety among undergraduate students from different education streams of Trivandrum district

METHODOLOGY:

A cross sectional survey was conducted among undergraduate students from different education streams of Trivandrum district .the study was conducted online through the medium of goggle forms. The data was analysed using descriptive statistics and association among variables were done using chi square test.

RESULT:

The study shows that 11.6 percentage were from nursing streams, 5.8 percentage from engineering, 53.1 percentage from dental and 29.5 percentage from other degree course.

CONCLUSION

The study has helped to take heed of the stress level in undergraduate students. Undergraduate student's experiences moderate stress. Academic related stress was found to be most important stressors among students.

KEYWORDS: Stress, anxiety, depression, dental students, academic performance, psychological health

I. INTRODUCTION

Stress is defined as the perception of discrepancy between environment demands and individual capacities to fulfil these demands. Stress develops due to excessive pressure or different types of demands placed on them. A number of studies on academic stress among students were previously conducted. Some identified the development of stress because of too many assignments, competition with other students, fear

of failure, poor relationship with other students or teachers, family problems, frequent examinations, phobia from examinations, demanding curricula, anxious patients, complicated treatments and possible conflicts with patients and limited time to perform and finish the planned treatment.

Stress has invaded the life of every individual and needless to mention even students haven't been spared. Dental education are often a large source of stress among dental students, and studies have observed higher levels of stress among dental students than the general population .

Stress may be considered as any physical, chemical or emotional factor that causes bodily or mental unrest and that may be a factor in disease causation. Physical and chemical factors that can cause stress include trauma, infections, toxins, illnesses and injuries of any sort. Emotional causes of stress and tension are numerous and varied. A mild degree of stress and strain can sometimes be beneficial. For example, feeling mildly stressed when carrying out a project or assignment often compels us to do a good job, focus better and work energetically. But if the students feel intense stress before and during examination, it has consequences for mental health and somatic symptoms

II. MATERIALS AND METHODOLOGY

This is a cross sectional study conducted between October 2022-november2022. Participants were selected using convenience sampling.

INCUSION CRITERIA

The study was conducted among the students of Trivandrum district. The questionnaire was sent to 207 students of undergraduate students in different streams.



EXCLUSION CRITERIA

People who did not consent to the survey were excluded from the survey

III. STATISTICAL ANALYSIS

The collected data was analysed using SPSS[17] software 25.0.the data was analysed using descriptive analysis and association among the variables were done using Chi square Test

IV. RESULTS

The study was completed with 207 response of which of 89.4 percentage respondents were females and 10.6 percentage were male. The study shows that 11.6 percentage were from nursing streams, 5.8 percentage from engineering, 53.1 percentage from dental and 29.5 percentage from other degree course.

Table 1 shows that the frequency of anxiety and stress of students from different streams. Majority (78.7%) of the students choose their streams as their aim. 70% of the students are stressed by studying their course. Majority (83.6%) of the students feel stressed during the examination.51.5% of the students may feel

apprehensive about the faculties. 37.7% of the students suffer health related issues due to stress.45.8% of the students feel stressed towards he attitude from faculties.56.7%of the students feel stressed due to the amount and lack to do assigned work.54.4% of the students feel very stressful due to the fear of failure of examination.52.7% of the students feel stressed due to difficulty in learning appropriate practical works.54.7% of the students are stressed due to criticism about academic or practical works. 52.2% of the students are stressed due to the lack of self-confidence.49.8% of the students are stressed in related to studies.62.8%of the students sometimes be stressed due to lack of relaxation time.37.6% of the students are unable to sleep due to restlessness.70.9%of the students are very stressed in difficulty in understanding lectures.57.5%of the students are sometimes lack of confidence to become successful in their career.63.8% of the students feel stressed regarding future career prospects.85% of the students are average in their college performance.87.3% of the students likes to listen music /movies when they feel stressed.

TABLE 1: FREQUENCY OF ANXIETY AND STRESS OF STUDENTS

		frequency	percentage
gender	Male	22	7.2
	female	185	60.3
Which is your stream	nursing	24	7.8
	engineering	12	3.9
	dental	110	35.8
	Other degree course	61	19.9
Is choosing your stream your aim or parents compel	aim	163	53.1
	Parents compel	44	14.3
Do you think studying your course makes you stress?	yes	145	47.2
	no	62	20.2
Do you feel stressed during the examination?	Yes	173	56.4
	No	7	2.3
	rarely	27	8.8
Do you feel apprehensive about the faculties?	Yes	67	21.8
	Maybe	106	34.5
	No	33	10.7
Does your stress give rise to any health related issues?	Yes	78	25.4
	No	56	18.2
	sometimes	73	23.8
Attitude of faculty	Stressful	92	30.0



towards students	Very stressful	43	14.0
	Not stressful	66	21.5
Amount and lack of time to do assigned work makes you feel	Stressful	115	37.5
	Very stressful	69	22.5
	Not stressful	21	6.8
Fear of failure of examination makes you feel	Stressful	81	26.4
	Very stressful	112	36.5
	Not stressful	13	4.2
Difficulty in learning appropriate practical works	Stressful	108	35.2
	Very stressful	51	16.6
	Not stressful	46	15.0
Criticism about academic or practical work	Stressful	111	36.2
	Very stressful	54	17.6
	Not stressful	38	12.4
Lack of self confidence	Stressful	107	34.9
	Very stressful	51	16.6
	Not stressful	47	15.3
On what basis your stress is related with?	College	61	19.9
	Studies	102	33.2
	Personal	35	11.4
	family	7	2.3
Lack of relaxation time	Always	60	19.5
	Never	17	5.5
	sometimes	130	42.3
Are you unable to sleep due to restlessness	Yes	77	25.1
	No	59	19.2
	Maybe	69	22.5
Difficulty in understanding lectures	Always	23	7.5
	Frequently	146	47.6
	never	37	12.1
Lack of confidence to become successful in your career	Yes	61	19.9
	Sometimes	119	38.8
	No	27	8.8
Do you feel stressed regarding future career prospects	Yes	132	43.0
	No	30	9.8
	frequently	45	14.7
How is your performance in college?	Excellent	19	6.2
	Average	176	57.3
	Poor	12	3.9
What do you like to do when you feel stressed?	Music/movies	178	58.0
	Sports	6	2.0
	Spiritual activity	16	5.2
	Addiction/medicines	3	1.0
	Yoga	1	.3
Your proposition to manage the stress level.	Reducing workload	17	5.5
	Extracurriculum activities	12	3.9
	Vacation/break	45	14.7
	All of the above	133	43.3



Table 2 shows that the comparison of different streams with variables. Most of the students from every stream was female. Most of the students from every stream responded that choosing their career was their own aim and not due to parent’s compel.83% of the engineering students said that choosing their career was their own aim. Most of the students from nursing (79.2%), engineering (58.3%) and dental (86.4%) stream responded that studying of course make them stressed whereas the students of other degree courses (60.7%) responded that studying of course didn’t make stressed. Values are significant statistically (p value<0.001).Most of the students from nursing(95.8%), engineering(50.0%), dental (91.8%) and other degree courses(70.5%) responded that they feel stressed during examination. Values are significant statistically (p value<0.001). Most of the students from engineering (66.7%) responded that they maybe apprehensive about faculties. Most of the nursing students responded that they always (41.7%) or sometimes (41.7%) suffer from health related issues due to stress whereas the most students of engineering(41.7%) responded that they didn’t suffer while dental students(47.3%) suffer from health related issues and most of the students from other degree course(42.6%) responded that they sometimes suffer from health related issues. Values are significant statistically (p value=0.027). Most of the students from nursing (62.5%), engineering (41.7%) and dental (50.9%) streams responded that attitude of faculty towards students was stressful whereas the most of the students of other degree course(57.9%) responded that as not stressful. Values are significant statistically (p value<0.001). Most of the students from nursing(50.0%), engineering (58.3%), dental(53.7%) and other degree courses (62.3%) feel stressed due to amount and lack of time to do works. Values are significant statistically (p value<0.001).Most of the

students from nursing (62.5%), engineering (50.0%), dental(63.3%) other degree courses (50.8%) feel very stressed due to fear of failure of examination. Values are significant statistically (p value=0.15).Most of the students from nursing (66.7%), engineering (41.7%), dental (57.8%) and other degree courses (40.0%) feel stressed due to difficulty in learning appropriate practical works. Values are significant statistically (pvalue=0.006). Most of the students from nursing (58.3%), engineering (50.0%), dental(55.0%) other degree courses(53.4%) feel stressed of criticism about academic or practical works. Values are significant statistically (pvalue=0.006).Most of the students from nursing(54.2%), dental(59.6%) and other degree course(41.7%) are stressed due to lack of self-confidence whereas students of engineering (41.7%) aren’t stressed. Values are significant statistically (pvalue=0.002) .Most of the students from nursing(50.0%), dental(55.0%)and other degree course (45.0%) are stressed on the basis of studies whereas the students of engineering (33.3%) are based on personal. values are significant statistically (pvalue<0.001) .Most of the students from nursing (66.7%)are sometimes stressed due to lack of relaxation time. values are significant statistically (pvalue=0.445).Most of the students from every streams are frequently stressed in difficulty in understanding lectures.76.7% of the students from other degree course are frequently stressed in difficulty in understanding lectures. Most of the students from nursing(58.3%), dental(54.5%) and other degree courses(63.9%) are sometimes stressed due to lack of confidence to become successful in their career whereas in engineering sometimes(50.0%)or always (50.0%) feel stressed. Values are significant statistically (pvalue<0.001).Most of the students from engineering (75.0%) feel stressed regarding future career prospects. values are significant statistically (pvalue=0.161)

TABLE 2: COMPARISON OF DIFFERENT STREAMS WITH VARIABLES

		stream				pvalue
		nursing	engineering	dental	Other degree courses	
gender	Male	0.0%	33.3%	5.5%	19.7%	P=0.001*
	female	100.0%	66.7%	94.5%	80.3%	
Is choosing your stream your aim or parents compel	aim	75.0%	83.3%	77.3%	82.0%	P=0.832
	Parents compel	25.0%	16.7%	22.7%	18.0%	
Do you think	yes	79.2%	58.3%	86.4%	39.3%	P<0.001*



studying your course makes you stress?	no	20.8%	41.7%	13.6%	60.7%	
Do you feel stressed during the examination?	Yes	95.8%	50.0%	91.8%	70.5%	P<0.001*
	No	0.0%	8.3%	1.8%	6.6%	
	rarely	4.2%	41.7%	6.4%	23.0%	
Do you feel apprehensive about the faculties?	Yes	37.5%	16.7%	39.1%	21.7%	P=0.292
	Maybe	50.0%	66.7%	45.5%	60.0%	
	No	12.5%	16.7%	15.5%	18.3%	
Does your stress give rise to any health related issues?	Yes	41.7%	25.0%	47.3%	21.3%	P=0.027*
	No	16.7%	41.7%	22.7%	36.1%	
	sometimes	41.7%	33.3%	30.0%	42.6%	
Attitude of faculty towards students	Stressful	62.5%	41.7%	50.9%	29.8%	P<0.001*
	Very stressful	20.8%	16.7%	26.9%	12.3%	
	Not stressful	16.7%	41.7%	22.2%	57.9%	
Amount and lack of time to do assigned work makes you feel	Stressful	50.0%	58.3%	53.7%	62.3%	P<0.001*
	Very stressful	41.7%	33.3%	42.6%	14.8%	
	Not stressful	8.3%	8.3%	3.7%	23.0%	
Fear of failure of examination makes you feel	Stressful	33.3%	41.7%	33.9%	50.8%	P=0.015*
	Very stressful	62.5%	50.0%	63.3%	36.1%	
	Not stressful	4.2%	8.3%	2.8%	13.1%	
Difficulty in learning appropriate practical works	Stressful	66.7%	41.7%	57.8%	40.0%	P=0.006*
	Very stressful	12.5%	25.0%	29.4%	21.7%	
	Not stressful	20.8%	33.3%	12.8%	38.3%	
Criticism about academic or practical work	Stressful	58.3%	50.0%	55.0%	53.04%	P=0.006*
	Very stressful	12.5%	33.3%	34.9%	15.5%	
	Not stressful	29.2%	16.7%	10.1%	31.0%	
Lack of self confidence	Stressful	54.2%	33.3%	59.6%	41.7%	P=0.002*
	Very stressful	8.3%	25.0%	29.4%	23.3%	
	Not stressful	37.5%	41.7%	11.0%	35.0%	
On what basis your stress is related with?	College	45.8%	25.0%	33.9%	16.7%	P<0.001*
	Studies	50.0%	25.0%	55.0%	45.0%	
	Personal	4.2%	33.3%	9.2%	33.3%	
	family	0.0%	6.7%	1.8%	5.0%	
Lack of relaxation time	Always	20.8%	41.7%	33.6%	21.3%	P=0.445
	Never	12.5%	0.0%	7.3%	9.8%	
	sometimes	66.7%	58.3%	59.1%	68.9%	
Are you unable to sleep due to restlessness	Yes	37.5%	33.3%	42.2%	30.0%	P=0.785
	No	25.0%	33.3%	25.7%	35.0%	
	Maybe	37.5%	33.3%	32.1%	35.0%	



Difficulty in understanding lectures	Always	8.3%	8.3%	13.6%	8.3%	P=0.689
	Frequently	75.0%	58.3%	68.2%	76.7%	
	never	16.7%	33.3%	18.2%	15.0%	
Lack of confidence to become successful in your career	Yes	0.0%	50.0%	36.4%	24.6%	P<0.001*
	Sometimes	58.3%	50.0%	54.5%	63.9%	
	No	41.7%	0.0%	9.1%	11.5%	
Do you feel stressed regarding future career prospects	Yes	45.8%	75.0%	70.9%	55.7%	P=0.161
	No	25.0%	16.7%	10.9%	16.4%	
	frequently	29.2%	8.3%	18.2%	27.9%	

V. DISCUSSION

The study was completed with 207 response to evaluate stress and anxiety among undergraduate students from different education streams of Trivandrum district. The study was conducted October 2022- november2022through the medium of goggle forms.

The female respondents were found to be more stressed when compared to male as their where more female participants. Most of the dental students were found to be more stressed compared to other streams due to complexity of syllabus. This was in accordance with the study the conducted by sumaya et al[1].Among other streams nursing students were found to be more stressed during examination due to lack of time interval between examination. This was in accordance with the study conducted by khalid et al[4]. Dental students were found to suffer more health related issues than other streams due to restlessness. This was in accordance with the study conducted by Dr anita et al [3]. Most of the students from other degree course are stressed in relation to amount and lack to do assigned works due to heavy workload. This is controversy with the study conducted by sumaiya et al[2]. The study stated that nursing students were more stressed in relation to amount and lack of time to do works. Among other streams the dental students were more stressed in terms of fear of failures in examination due to year back system. This was in accordance with the study conducted by najla et al [5]. most of the nursing students were found to be more stressed in learning appropriate practical works due to inadequate resources and lack of instructing nursing staffs. This was in accordance with the study conducted by najla et al [5].most of the nursing students were found to be more stressed about criticism about academic or practical works due to lack of friendly environment

and positive attitude and willingness to teach mentor and students. . This was in accordance with the study conducted by Xiu-Jiao et al [6]. Among students of other streams, the dental students are more stressed in terms of lack of self-confidence due to. This was in accordance with the study conducted by najla et al[5]. Among the other stream he dental students were found to be more stressed in terms of studies due to negative approach of mentors. This was in accordance with the study conducted by anita et al[3]. Among the students of other stream, students of other degree course were found to be more stressed in lack of confidence to become successful in their career due to lack of adequate training. This was in converse with the study conducted by Khalid et al[4]. This study said that the dental students were more stressed in lack of confidence to become successful in their career.

VI. CONCLUSION

Our study showed an alarming prevalence of depression among professional course seeking students. This multi-dimensional disorder continues to affect student's performance and professionalism. This may carry out later in their lives, thus leaving a long-term negative impact. Considering the high rate of depressive symptoms, establishing a unit or facility to identify or diagnose it at an early stage and providing psychological support to students is recommended. Majority of the participants of this study were in moderate stress. The main stressors within the present study participant are associated with studies and college. While listening music is that the best way they found to alleviate their stress. Academic counselling and stress reducing interventions are recommended.



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