PERCEIVED STRESS AND WELL BEING AMONG FINAL YEAR STUDENTS

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Abstract:
Coronovirus which is also called as COVID 19 had made a huge impact on the life of the entire world. It had affected more than 213 countries, declared as pandemic. Lockdown has been announced in all the countries. The stress among the final year UG and PG students is high due to many reasons. Students have to train themselves well for the job market. To understand the level of stress among the final year students this research was carried out. Data were collected from 120 final year students and it has been found that there is moderate level of stress and well being among the respondents. There exists positive relationship between perceived stress and well being.

Key words: Perceived stress, Well being, COVID, online classes

Introduction:
Stress is common word used in the corporate world. People never thought stress would the students too. Today students were affected more by the stress due to the expectations of the parents, teachers and the society. Stress is now understood as a lifestyle crisis (Masih & Gulrez, 2006) affecting any individual regardless of their developmental stage (Banerjee & Chatterjee, 2016). People assumed that the student population was the least affected by any sort of stress or problems. Stress is now understood as a lifestyle crisis (Masih & Gulrez, 2006) affecting any individual regardless of their developmental stage (Banerjee & Chatterjee, 2016). The only task students were expected to undertake was to study and studying was never perceived as stressful. What proved to be stressful was the expectations parents had for their children, which in turn grew into larger burdens that these children could not carry anymore. The stress among the final year UG and PG students is high due to many reasons. Students have to train themselves well for the job market. This requires many additional certificates which make the resume more attractive and convincing for the employers, enhance communication skills, an up-to-date knowledge about new technology, the basic knowledge of the subject learned and get in touch with recruiters by various means. Preparing for various entrance examinations to get admission in good universities for higher studies and placements in public and private organizations is an additional academic burden on students.
during the final year. Adding to all these is the COVID 19. It has come as huge burden to the final year students. The exams were postponed, the industries were closed. So they could not plan for the internships, employment opportunities has become a question mark as of now. To understand the stress level and well being of the final year students an attempt is made by the researchers.

**Stress:**
Stress is defined as a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize( American Institute of Stress ). Hans Selye had defined, stress as essentially the rate of all the wear and tear caused by life, later he defined stress as the non-specific (common) result of the demand on the body be the effect mental or somatic.

Perceived stress is the feelings or thoughts that an individual has about how much stress they are under at a given point in time or over a given time period. It’s more about the feelings about the lack of control and unpredictability than the actual stressors. Perceived stress is a serious issue. It can cause:

- Tension, headaches, pain and fatigue.
- Digestive issues and stomach problems.
- Anxiety, irritability and anger.
- A lack of focus and motivation.
- Depression.
- Eating disorders.
- Substance abuse.
- Sleep disorders.

**Well Being:**

Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress.
Types of Well-Being

- Emotional Well-Being. The ability to practice stress-management techniques, be resilient, and generate the emotions that lead to good feelings.
- Physical Well-Being. The ability to improve the functioning of your body through healthy eating and good exercise habits.
- Social Well-Being. The ability to communicate, develop meaningful relationships with others, and maintain a support network that helps you overcome loneliness.
- Workplace Well-Being. The ability to pursue your interests, values, and purpose in order to gain meaning, happiness, and enrichment professionally.
- Societal Well-Being. The ability to actively participate in a thriving community, culture, and environment.

Review of literature

Kumar B et al (2019) Depression, Anxiety, and Stress Among Final-year Medical Students. They had found that Overall, 57.6% of the students suffered from moderate to extremely severe depression, 74% of the students suffered from moderate to extremely severe anxiety, and 57.7% students had moderate to extremely severe stress.

Reddy et al (2018) in their study on Academic Stress and its Sources among University Students. 48.80% of students fall under the category of having average to high stress levels, no significant difference in total academic stress experienced by males and females, Humanities stream has reported the least academic stress (Mean=47.97, SD=25.28) in comparison to the others.

Priyadarshini V. Ramteke and Rubeena J. Ansari (2016) studied the Stress and Anxiety Among First Year and Final Year Engineering Students. Data were collected from 200 undergraduate engineering students studying in private engineering institute in Rashtrasant Tukdoji Maharaj Nagpur University They investigated the stress and anxiety level among first year and final year undergraduate engineering students and found that gender differences in stress and anxiety among undergraduate engineering students.

Objectives:

- To study the level of perceived stress and well being among the final year students
- To study the factors influencing Perceived stress among the final year students
Research Design: Descriptive research design was adopted by the researcher.

Sampling: The final year UG and PG students of Madurai City constituted the sample. Totally 08 colleges affiliated to Madurai Kamaraj University is situated in the city. Out this data were collected from 4 college students, doing their final year UG and PG programmes. Disproportionate stratified random sampling was adopted and data were collected from 120 students.

Tools of Data Collection: Interview Schedule was to collect the data from the respondents. It consists of three parts. Part 1, questions related to personal profile and second part consists of scale to measure the Perceived stress developed by Cohen (1994) and the part three consist of the scale to measure the well being of the elderly. The WHO scale of Well-Being Index (1998) was adopted.

Findings:

Personal Details
It has been found that 39 per cent were in the age group 22-23 years, 30 per cent were in the age group less than 20 years and the remaining were in the age group above 23 years. 50 per cent of the respondents were male and the remaining 50 per cent were female. Similarly 50 per cent of the respondents were perusing Under graduation and the remaining were Post graduates. 62 per cent of the respondents had secured 60-70 percentage of marks and 23 per cent had secured more than 70 percentage. 35 per cent of the students had attended online classes, 54 per cent of the respondents they felt anger towards life during lockdown, 73 per cent had agreed that the physical activity is low, 95 per cent had stated that their life is affected due to COVID-19, 75 per cent had stated they had gained weight, 81 per cent of the respondents had agreed that the usage time of mobile is increased, PG students had stated that their internship were affected.

Level of Perceived Stress
It has been found that 42.5 per cent of the respondents were having moderate level of perceived stress, 29.2 per cent having low level and the remaining were having high level.

Level of Well being
It has been found that 42.5 per cent of the respondents were having moderate level of well being, 31 per cent have low level and the remaining were having high level of well being.

Association between personal factors and Perceived stress, well being
It has been found that there exists a positive relationship between Degree perused, felt anger due lock down and felt in secured due to lock down and Perceived stress. Degree of study has
a positive relationship with well being of the respondents. There is no relation between perceived stress, well being with other factors such as weight gain, usage of mobile time, Physical activity during lockdown.(Table No1)

**Relationship between Perceived stress and well being**

It has been found that there exists a positive relationship between Perceived stress and well being.(Table no1)

Table no1: Relationship between :Perceived stress and Well being

<table>
<thead>
<tr>
<th>Perceived Stress</th>
<th>Pearson Correlation</th>
<th>Well being</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perceived Stress</td>
<td>Pearson Correlation</td>
<td>1</td>
</tr>
<tr>
<td>Well being</td>
<td>Pearson Correlation</td>
<td>.264**</td>
</tr>
</tbody>
</table>

**. Correlation is significant at the 0.01 level (2-tailed).

**Conclusion:**

It has been found that the perceived stress and well being is at moderate level among the final year students. There exists a difference between the UG and PG final year students with respect to perceived stress. Since the PG students were expecting job opportunities during this period, the lock down had a hung impact on their career. so they were feeling anxious and insured. So the faculty members has to take steps to reduce the stress and feeling of insecurity among the final year students.

**References:**


