



## Study on Stress Among Undergraduate Students of Government Aided College In Sivagangai District, Tamil Nadu

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### Introduction

A Student's life is subjected to different kinds of stress, such as the pressure of academics with an obligation of success, uncertain future and difficulties envisaged for integration into the system. For all the age groups, the stress leads to increased in blood pressure, depression and anxiety and increase in perspiration. Distress or bad stress may lead to poor decision-making. However, positive form of stress that motivates an individual to continue working.

### Objectives

The main focus of the present study is 1. To examine the level of stress among the undergraduate male and female students of sample study area. 2. To find out the causes of stress and coping strategies among the college students in the sample study area.

### Method and materials

The study used primary data to study the stress among the undergraduate students of government aided college in Sivagangai district of Tamil Nadu. The field survey for the study was conducted using pretested interview schedule. The collected data were tabulated, graphed and analysed with the help of SPSS and Origin software. Descriptive statistics such as means, frequency distribution, percentages were used to examine the level of stress among the undergraduate male and female students of sample study area. Garrett's Ranking Technique was used to find out the causes of stress among the college students.

### Results and conclusion

The study found that 38.1 percent (40) of the respondents have mild level of stress, 41 per cent (43) respondents have low level of stress and 21 per cent (22) of the respondents have moderate level of stress. The stress level of female students is comparatively higher than the male students. The prime cause of stress among the students was financial problem followed by family problems. The mean Garrett's score of financial and family problems were 73.76 and 66.19 respectively. The study suggested that yoga practices, tree planting activities in and around campus, education tour or industrial visit, motivational talk and counseling of professors to students to overcome stress level among students.

**Keywords:** Stress, levels of stress, cause of stress, coping strategies.

### Introduction

Teaching and learning has been identified as one of the most stressful professions today. For all the age groups, the stress leads to increased in blood pressure, depression and anxiety and increase