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A study on stress and its management among young adults- An empirical study

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ABSTRACT

Stress is a physical, mental or emotion factor which causes mental tension. Everyone needs stress free life irrespective of their life span. But how many do live stress-free life is the big question now days? Stress has become a common worry for every individual in this present generation people. Mainly students are facing lots of stress from different factors and are not able to control their stress levels and suffer with some health issues which are a huge damage for the younger minds of this generation, which in turn damages the new ideologies which are to be generated as the nation's development is in the hands of young minds. The main objective of the study is to find the stress levels and reasons of stress and the ability of handling stress among young adults (17-22 years) and the sample size is 84 where 64 males and 24 females are responded for the survey and data is collected through primary data collection method with a questionnaire of 25 questions and the results found the factors and level of handling stress among them.

Keywords— Stress, Younger minds, Generation, Ideologies

1. INTRODUCTION

1.1 Stress

Living life can be confusing, tough, uncanny and well...stressful. Stress is a wanted psychological and physical response to the day to day demands of life in every human being. The feeling of overburden with emotional or mental pressure can turn into stress when you feel impotent to cope. Too much stress causes the body's immune system to get damaged. While a certain level of stress can be motivational for an individual, the same might overwhelm another person. The nervous system releases certain fluids like adrenaline and cortisol which are the main fluids which damage one's immune system. These fluids make one's brain more alert and create disturbances in one's immune system. The unexpected stress counter causes the heart to pound faster, blood pressure to increase, muscles to tighten and breathing becomes more. Persistent stress can cause the body to be in an intensified state of stress most of the time, which leads to immunity, digestive and reproductive problems, heart attack and stroke. Stress can leave us more unprotected to depression and anxiety. Almost every person in their life span face a lot of stress and students face a lot of stress due to many reasons like study workload, grades, family issues, financial problems etc., In short bursts, stress can be positive when it helps one's to avoid danger or meet any sort of deadline. But when it lasts for a long time, it might damage one's health. As stress can also be classified into 2 types i.e., acute stress and Chronic stress. Acute stress is the stress which goes away quickly and it doesn't have much effect on the person. But chronic stress lasts for a longer phase of time and it is the cause's lots of damage to the body. When we have chronic stress, the body stays alert, even though there is no harm. Meanwhile, this puts one at high risk for health problems like Diabetes, Obesity, Heart disease, High blood pressure, Skin problems, Menstrual problems. The symptoms of having too much stress are Forgetfulness, aches and pains, Headaches, Constipation, lack of energy, sexual problems, upset stomach, stiff jaw, tiredness, trouble sleeping and weight loss or gain. These are the symptoms which one might not realize so easily. But these lead to even more problems in health. The causes of the stress might be of different reasons for different persons, but one can have stress for good and bad challenges. Especially students have lots of stress these days. There are many reasons for the occurrence of stress like expectations from parents, neighbours, relatives, peer pressure, cutthroat competition, pressure, grades and relationships with teachers, parents. A very workload, homework, tests, poor sleep schedule, participation in class, lack of support, and different environment are also reasons for the occurrence of stress among students.

1.2 Stress management

Stress management is a key factor one should adopt in their whole life which is aimed to control a person's chronic stress especially which is normally for the motivation of improving everyday functioning of one's life. Regardless stress often being thought of as a subjective experience, level of stress can be measured using different physiological tests. Many stress management

techniques are available for controlling and not harming one's immune systems. Few stress management techniques are finding a hobby, daily exercise routine, writing your feelings and thoughts. Evaluating stress management techniques can be tough as it is limited and will be different in different kind of people. Not all techniques are suitable for different kinds of persons. It might require different techniques for the same factor of stress among different persons. Stress management is the one every individual should adopt in everyone's life as it will be useful not to harm themselves and accomplish their daily routines successfully and live happily.

2. LITERATURE REVIEW

Najmoddin Nekzada and Selamawit, Selamawit Fisseha Tekeste and Kiflemariam Hamde have done research on "A qualitative study on stress and management mechanisms at Volvo Trucks AB, Umea." The objective of the study is to find the causes of stress at a multinational company such as Volvo Trucks AB Umea, and how stress by the employees as well as the company's management are managed or handled and methodology involved is a Descriptive and Exploratory research and results found were inability to manage time, work overload and noise are the main stressors at the workplace, sharing of feeling and emotions, proper time management and emotion focused strategies like leisure activities, companionship and exercise can also be used to relieve stress.

Dr. S. T. Surulivel, Dr. R. Alamelu, Dr. S. Selvabaskar has done a research on "A study on workplace stress and its management- a structural equation model (sem) approach" to find the factors which cause job stress and to examine coping strategies personally taken to overcome the workplace stress by the employees of the company and methodology involved was SIMPLE RANDOM SAMPLING' and results obtained were factors like physical and mental stress and work overload are the causes of stress among employees and the company could provide coping strategies like employee counselling, training and development programs, autonomous work groups, health clubs and transport to the employees.

Mahdi KarimyarJahromi, Shahnaz Minaei, SarehAbdollahifard and Majid Maddahfar have done a research on "The effect of stress management on occupational stress and satisfaction among midwives in obstetrics and gynaecology hospital wards in Iran" and methodology involved was CENSUS and a sample size of 70 midwives who had worked at Obstetrics and Gynaecology Hospital Wards and results found were due to their occupational nature was stressful they have to develop adaptation and interpersonal relationship in order to cope up with stressful work conditions.

Gao Shuncheng has done research on "The psychological stress of employees – a questionnaire survey". The objective of the paper id to investigate the front-line employees of private and foreign capital enterprise in Suzhou Industrial park and results found were as the study only examined the stress factors from the staff employees it founded that only when the employees received psychological support from a comprehensive society, then only the pressures can be relieved.

Qadir Bukhsh and Abid Shahzad and Muzammil Nisa (2011) have done a paper on "A Study of Learning Stress and Stress Management Strategies of the Students of Postgraduate level: A Case Study of Islamic University of Bahawalpur, Pakistan". The main purpose of this study is to find the symptoms of stress, its causes and to suggest few strategies for coping up with stress and methodology used in this study is "Descriptive" method of research. The data collection was done on the survey method with 39 questions and with 200 students from different departments and results found that students felt fatigue and assignments were factors of the stress and activities like listening to music, watching T.V will be helping them in reliving them from stress and few changes in their academic area will be reducing stress on them.

Susan Michie (1996) has done an article on "Reducing absenteeism by stress management: valuation of a stress counselling service". The main purpose of the study is to find whether proper training over stress leads to less absenteeism or not. This is done by giving training to 163 staff in Occupation Health Unit and giving questionnaire before and after training at a period of 6 months gap and results found that good stress management in the training lead to less absenteeism and even there was a significant upgrade in satisfaction and anxiety and life outside work.

Barbara M. Morgan (2017) has studied "Stress Management for College Students: An Experiential Multi-Modal Approach". The study is done on "Qualitative" analysis of covariance between experimental and comparison group with a student's count of 24 for experiment and 18 for comparison for a 15-week course. The study proposes that yoga, mindful hiking and equine-assisted activities will be helpful in minimizing the stress among the students.

James F. Sallis and Tracy R. Trevorrow and Carolyn C. Johnson and Melbourne F. Hovell and Robert M. Kaplan (1987) have done a paper on "Worksite Stress Management: A comparison of Programs". The main purpose of the study is to differentiate commonly used strategies to stress management at worksites. The study was conducted on 76 employees with different groups of employees and compared three intervention conditions: Relaxation Training, Multicomponent stress management and an Education/Support comparison condition and results found there was a significant change in their stress levels and relaxation in the work timings lead them to decrease the stress as compared with other comparative studies.

Sukran Ertekin Pinar, Ozlem Duran Aksoy, Gulseren Daglar, Z. Burcu Yurtsal and Busra Cesur (2017) has done a paper on "Effect of stress management training on depression, stress and coping strategies in pregnant women: a randomised controlled trail". The main purpose of the study is to find the outcome of stress management on pregnant women's depression, stress and methods of coping with stress and methods used are collected 202 pregnant women in which 103 for experimental and 99 for control group and experimental group will be given training with standard care and control group is subjected to only standard care. And data was collected by perceived stress scale (PSS) and personal information form, Beck depression inventory (BDI) and

ways of coping inventory(WCI) and results found BDI and PSS was low in experimental group than control group at 1st and 2nd assessments, but further evaluation showed higher BDI and PSS high in the experimental group than the control group.

Jong-Ho Kim and Stephen L. Brown (2018) has done a paper on “The associations between Leisure, Stress, and Health Behaviour among University students. The main purpose of the study is to explore the associations between leisure, health behaviour and perceived stress in university students and methods used for this study is done by issuing surveys in classes and outside classes in the university campus and results found that leisure lead to positive health behaviour and predicted perceived stress negatively and vice versa. Perceived stress mediated the relationship between these two.

Lokesh (2014) has done a paper on “comparative analysis of occupational stress among the employees in public and private sector banks in Dakshina kannad district”. The main purpose of the study is to identify the factors of occupational stress with the help of Chi-Square test and regression analysis and results found that performance pressure causes more stress in them.

Najmoddin Nekzada and Selamawit, Selamawit Fisseha Tekeste and Kiflemariam Hamde have done research on “A qualitative study on stress and management mechanisms at Volvo Trucks AB, Umea.” The objective of the study is to find the causes of stress at a multinational company such as Volvo Trucks AB Umea, and how stress by the employees as well as the company’s management are managed or handled and methodology involved is a descriptive and exploratory research and results found were inability to manage time, work overload and noise are the main stressors at the workplace 2)sharing of feeling and emotions, proper time management and emotion focused strategies like leisure activities, companionship and exercise can also be used to relieve stress.

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3. OBJECTIVES

- To study the stress levels among young adult aged people.
- To know what factors cause stress and how they control their stress.
- To know what symptoms they feel due to stress and recommend how to prevent them

4. METHODOLOGY

The research methodology involves primary data and secondary data and the research design used for the present study is empirical research. The secondary data is collected from the J-Gate digital library and IEEE official library. The sample size is 84 which include 64 males and 20 females falling in the Young adult age group.

5. FINDINGS AND DISCUSSIONS

5.1

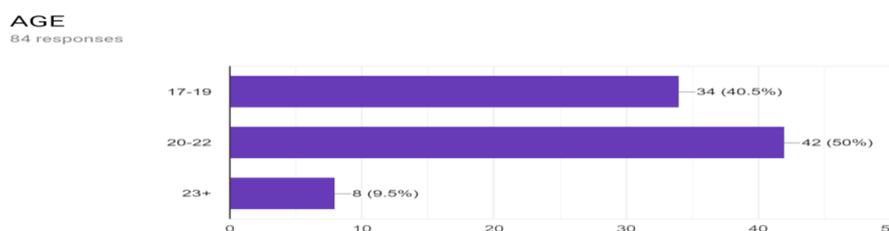


Fig. 1: Response of Age

The above bar diagram illustrates that the respondents are between the age group of 17-22 and only a few responses were collected above 23 years old people.

Overall it is clear that the responses are collected among Young adults.

5.2

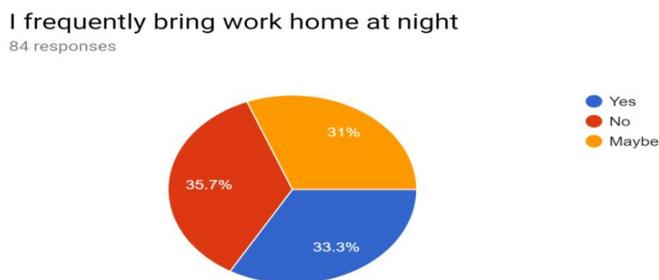


Fig. 2: Response to- I frequently bring work home at night

The above pie chart illustrates that 33.3% of people bring work home at night preceded by 35.7% of people who don't bring and 31% of people have equal chances of bringing or not bringing work to home without completing fully.

5.3

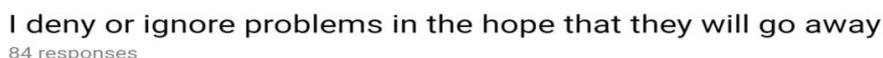


Fig. 3: Response of- I deny or ignore problems in the hope that they will go away

The above pie chart shows that 60% of people ignore their problems and 40% solve them without fail.

5.4

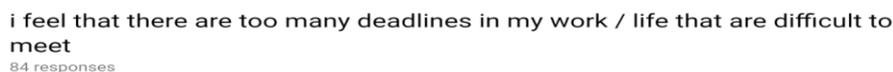


Fig. 4: Response of- I feel that there are too many deadlines in my work/ life that are difficult to meet

The above pie chart illustrates that 60.7% of people feel that deadlines in their work are difficult to meet and 39.3% feel that they accomplish their work in time.

5.5

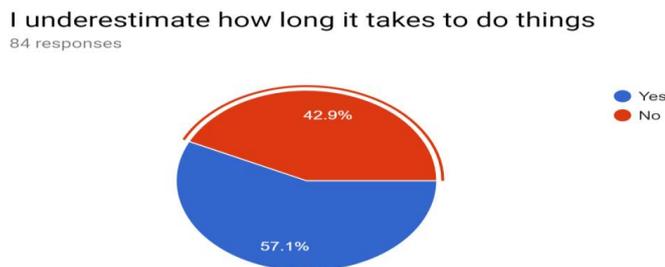


Fig. 5: Response of- I understand how long it takes to do things

The above pie chart illustrates that 57.1% people underestimate their work and neglect the work and postponed till deadline occurs and 42.9% of people do the work assigned and take further steps.

5.6

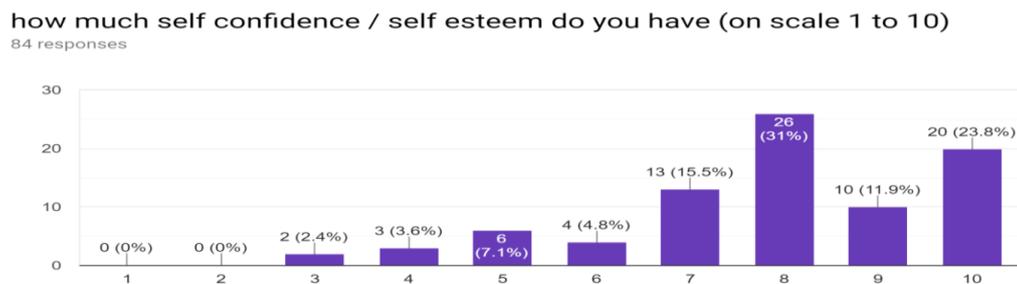


Fig. 5: Response of- How much self-confidence/self-esteem do you have (on scale 1 to 10)

The above bar graph illustrates that:

- 31% of people have 80% confidence in themselves.
- 24% of people have 100% confident in themselves.
- 15% of people have 70% confident in themselves.
- 12% of people have 60% confident in themselves.
- 7% of people have 50% confidence in themselves.
- And remaining is having low confidence in them.

From this, we can say that almost 94% of people are having more than 50% confidence in themselves, which is a great sign among young adults.

5.7

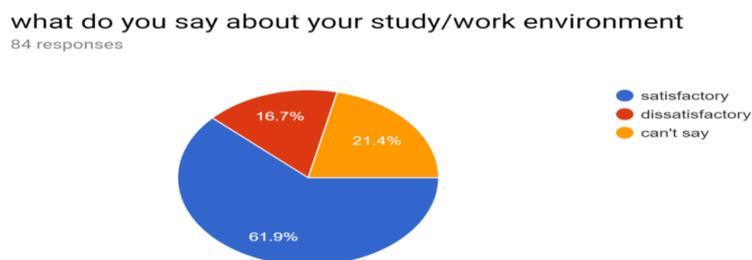


Fig. 7: Response of- What do you say about your study/ work environment

The above pie chart illustrates that 62% of people are satisfied with their working conditions and 21% are not satisfied and 17% are in a dilemma about their working conditions.

5.8

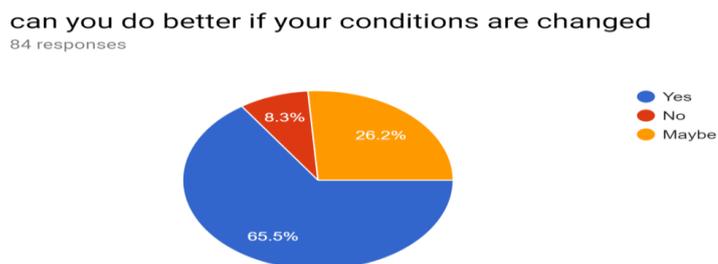


Fig. 8: Response of Can you do better if your conditions are changed

The above pie chart illustrates that 65.5% people feel they can perform better if the work conditions are controlled and changed and only 8% feel they cannot do better even though the work conditions are changed and remaining 27% don't have correct idea on what happens if work conditions are changed.

5.9

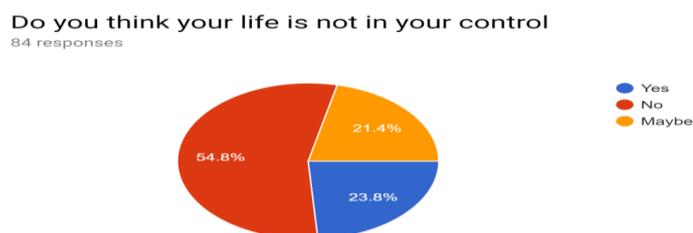


Fig. 9: Response of- Do you think your life is not in your control

The above pie chart illustrates that 54.8% people feel they have control on their own lives and 23.8% feel they don't have their life in control and remaining are in dilemma state having no clear response on their own lives.

5.10

how often you have conflicts

84 responses

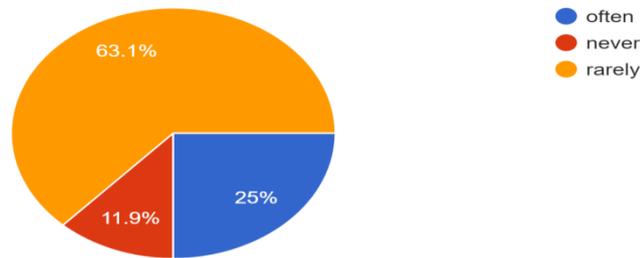


Fig. 10: Response of- How often you have conflicts

The above pie chart illustrates that 63.1% of people rarely engage in conflicts and 25% people engage often in conflicts and 11.9% people never involve in conflicts.

5.11

Do you need any support for handling your stress

84 responses

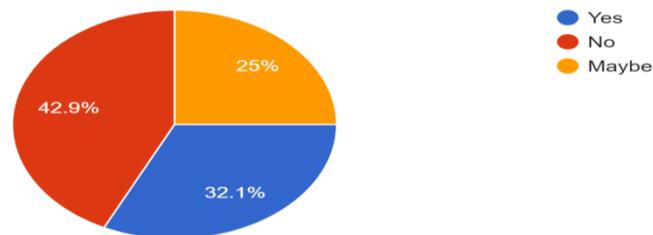


Fig. 11: Response of- Do you need any support for handling your stress

The above pie chart illustrates that 42.9% of people do not need support for handling stress, 32.1% need support and 25% people have May or may not need support in handling their stress.

5.12

Do you have access to your superiors

84 responses

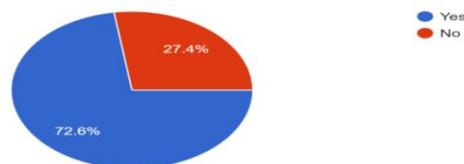


Fig. 12: Response of- Do you have access to your superiors

The above pie chart illustrates that 72% of people have access to their superiors and 28% doesn't have access to their superiors.

5.13

Do you feel you need appreciation for your work done

84 responses

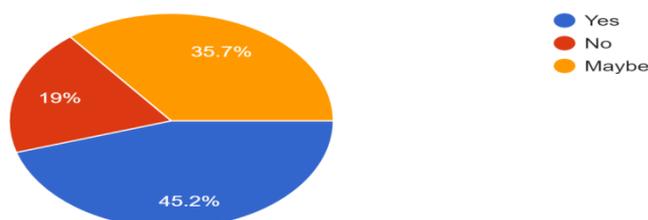


Fig. 13: Response of- Do you feel you need appreciation for your work done

The above pie chart illustrates that 45.2% people are expecting appreciation to be done for their work done and 35.7% people feel they might require appreciation and 19% people do not need any appreciation at all.

5.14

I find myself thinking about problems even when I am supposed to be relaxing
84 responses

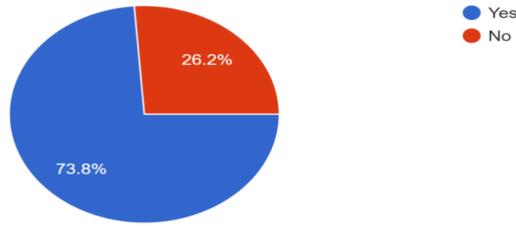


Fig. 15: Response of- I find myself thinking about problems even when I am supposed to be relaxing

The above pie-chart illustrates that 73.8% people think about problems they have in their relaxation time and 26.2% people do not think about their problems in their relaxation time, which is a bad sign among these young minds as they need to get relaxed well for further works to be done in proper manner.

5.15

Are you allowed to express your ideas
84 responses

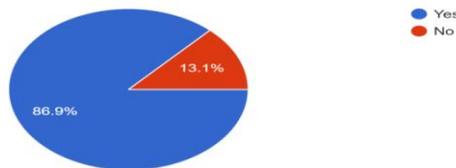


Fig. 15: Response of- Are you allowed to express your ideas

The above pie chart illustrates that 86.9% of people have scope in expressing their ideas easily and 13.1% have no scope in expressing their ideas. This is a great response from the young minds as the new ideas are generated only through these minds and which are very valuable.

5.16

I feel fatigued or tired even when I wake after an adequate sleep
84 responses

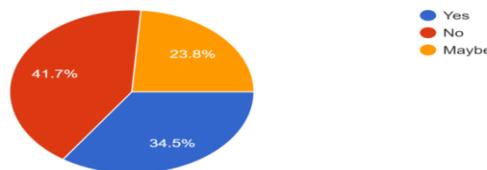


Fig. 16: Response of- I feel fatigued or tired even when I wake after an adequate sleep

The above pie chart illustrates that 34.5% people feel they are tired even after they have a sound sleep and 23.8% people feel tired at times and 41.7% people feel they are not tired after they have adequate sleep.

5.17

I often nod or finish other peoples sentences for them when they speak slowly
84 responses

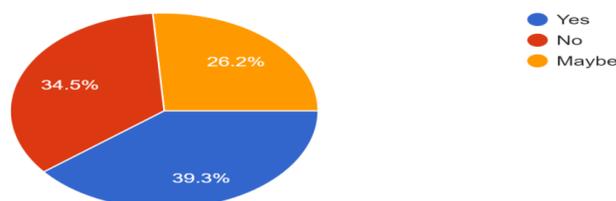


Fig. 17: Response of- I often nod or finish other people sentences for them when they speak slowly

The above pie chart illustrates that 39.3% people have urgency in completing the conversation not considering the sender point of view and 34.5% feel they don't complete sentences in advance to the sender's sentences and 26.2% people feel at times they do this sort of things.

5.18

I find fault and criticize others rather than praising, even if it is deserved
84 responses

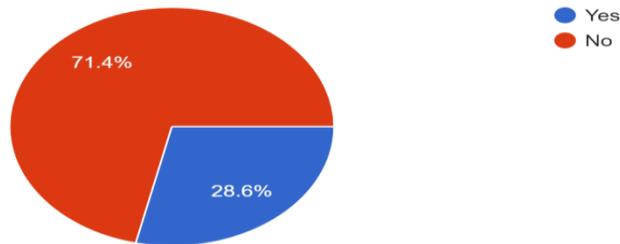


Fig. 18: Response of- I find fault and criticize other then praising, even if it is deserved

The above pie chart illustrates that 71.4% of people praise the person when the other person is deserved and 28.6 does not praise even if they deserve. This sort of people should overcome from this feeling so that they can rise in their career and achieve praising.

5.19

I find that I don't have time for many interests / hobbies outside of work
84 responses

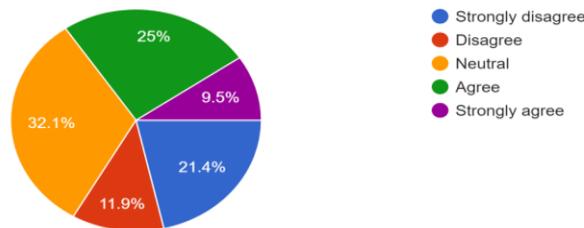


Fig. 19: Response of- I find that I don't have time for many interests/hobbies outside of work

As per the above pie chart:

- 9.5% of people strongly agree they have time for their interests/hobbies.
- 25% of people agree they have time for their interests/hobbies.
- 32.1% of people have a neutral opinion on having time for their interests/hobbies.
- 11.9% of people disagree they have time for their interests/hobbies.
- 21.4% of people strongly disagree they have time for their interests/hobbies.

5.20

Do you frequently suffer from any of the following?
84 responses

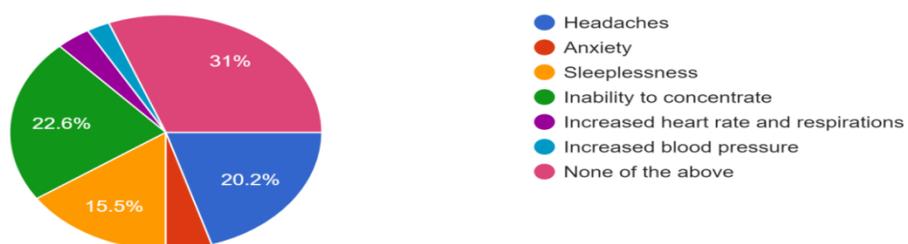


Fig. 20: Response of: Do you frequently suffer from any of the following?

The above pie chart illustrates that 22.6% people cannot concentrate on their works, 20.2% of people feel headaches and 15.5% of people having no sleep.

5.21

How stressed do you feel on a daily basis during the academic year?

84 responses

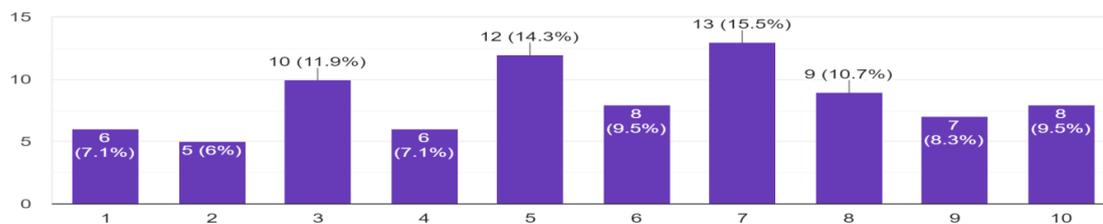


Fig. 21: Response of- How stressed do you feel on a daily basis during the academic year?

The above bar diagram illustrates that around 15.5% feel 70% stressed, 14.3% feel 50% stressed, 11.9% feel 30% stressed, 10.7% feel 80% stressed, 9.5% feel 100% and 60% stressed respectively, 7.1% feel 40% and 10% stressed respectively and 6% feel 20% stressed on the daily basis during the academic year.

5.22

What are the usual causes of stress in your life?

84 responses

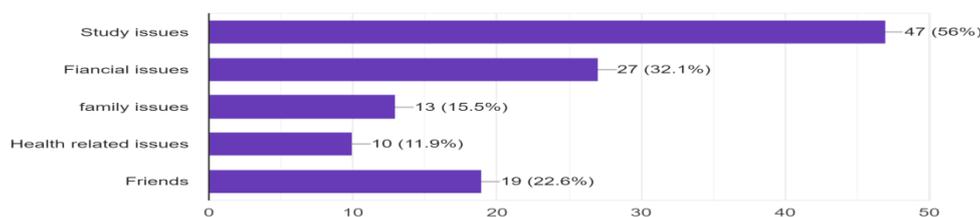


Fig. 22: Response of- What are the usual causes of stress in your life?

The above bar diagram illustrates that 56% people feel stress from their study life only and remaining 32%, 22.6%, 15.5%, 11.9% are through financial issues, friends, family issues and health-related issues respectively.

5.23

What are the most pressing stress factors in your current academic context (related to this program of study)?

84 responses

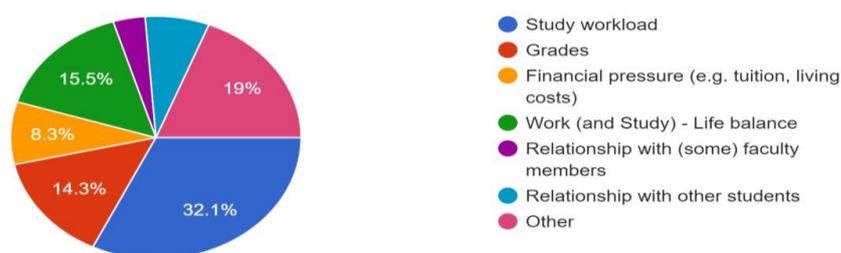


Fig. 23: Response of- What are the most pressing stress factors in your current academic context?

The above pie chart illustrates that 32% felt that study workload causes more work pressure in their academic context and 14.3% felt grades causes stress and 15.5% felt work-life balance also causes stress in their lives.

5.24

How able do you feel to handle stress when you are experiencing it?

84 responses

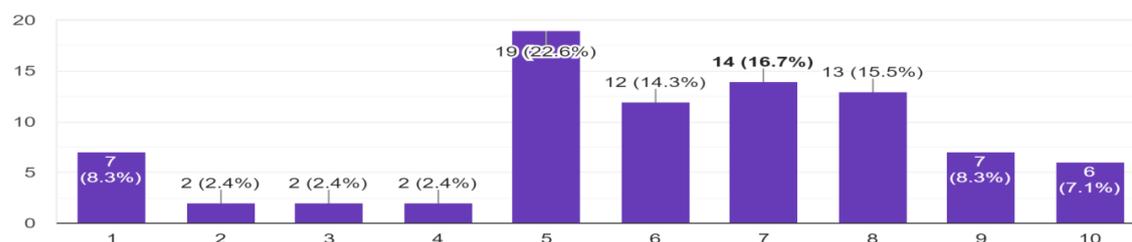


Fig. 24: Response of- How able do you feel to handle stress when you are experiencing it?

The above bar diagram illustrates that 70% of people are handling their stress more than 50% they are experiencing and remaining are failing to handle it properly.

5.25

Which is the best stress prevention method you would recommend
84 responses

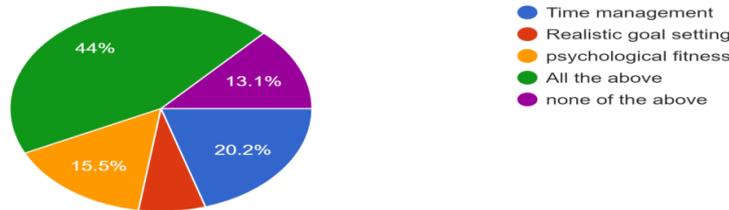


Fig. 25: Response of- Which is the best stress prevention method you would recommend

The above pie chart illustrates that 44% recommended time management, realistic goal setting, physiological fitness should be present among every individual in preventing the stress, as it is better to prevent rather than cure.

6. FINDINGS AND RESULTS

As the results were collected from almost 84 respondents which include 64 males and 20 female and the respondents belong to young adult age.

- The respondents are between the age group of 17-22 and only a few responses were collected above 23 years old people. Overall it is clear that the responses are collected among Young adults.
- 33.3% of people bring work home at night preceded by 35.7% of people who don't bring and 31% of people have equal chances of bringing or not bringing work to home without completing fully.
- 60% of people ignore their problems and 40% solve them without fail.
- 60.7% people feel that deadlines in their work are difficult to meet and 39.3% feel that they accomplish their work in time.
- 57.1% of people underestimate their work and neglect the work and postponed till deadline occurs and 42.9% people do the work assigned and take further steps.
- 94% of people are having more than 50% confidence in themselves, which is a great sign among young adults.
- 62% of people are satisfied with their working conditions and 21% are not satisfied and 17% are in a dilemma about their working conditions.
- 65.5% people feel they can perform better if the work conditions are controlled and changed and only 8% feel they cannot do better even though the work conditions are changed and remaining 27% don't have correct idea on what happens if work conditions are changed.
- 54.8% of people feel they have control on their own lives and 23.8% feel they don't have their life in control and remaining are in dilemma state having no clear response on their own lives.
- 63.1% of people rarely engage in conflicts and 25% people engage often in conflicts and 11.9% people never involved in conflicts.
- 42.9% of people do not need support for handling stress, 32.1% need support and 25% people have may or may not need support in handling their stress.
- 72% of people have access to their superiors and 28% does not have access to their superiors.
- 45.2% of people are expecting appreciation to be done for their work done and 35.7% people feel they might require appreciation and 19% of people do not need any appreciation at all.
- 73.8% people think about problems they have in their relaxation time and 26.2% people do not think about their problems in their relaxation time, which is a bad sign among these young minds as they need to get relaxed well for further works to be done in proper manner.
- 86.9% of people have scope in expressing their ideas easily and 13.1% have no scope in expressing their ideas. This is a great response from the young minds as the new ideas are generated only through these minds and which are very valuable.
- 34.5% of people feel they are tired even after they have a sound sleep and 23.8% people feel tired at times and 41.7% people feel they are not tired after they have adequate sleep.
- 39.3% people have urgency in completing the conversation not considering the sender point of view and 34.5% feel they don't complete sentences in advance to the sender's sentences and 26.2% people feel at times they do this sort of things.
- 71.4% of people praise the person when the other person is deserved and 28.6 does not praise even if they deserve. This sort of people should overcome from this feeling so that they can rise in their career and achieve praising.
- 9.5% of people strongly agree they have time for their interests/hobbies. 25% people agree they have time for their interests/hobbies. 32.1% people have a neutral opinion on having time for their interests/hobbies. 11.9% people disagree they have time for their interests/hobbies. 21.4% people strongly disagree they have time for their interests/hobbies.
- 22.6% of people cannot concentrate on their works, 20.2% people feel headaches and 15.5% people having no sleep
- 15.5% feel 70% stressed, 14.3% feel 50% stressed, 11.9% feel 30% stressed, 10.7% feel 80% stressed, 9.5% feel 100% and 60% stressed respectively, 7.1% feel 40% and 10% stressed respectively and 6% feel 20% stressed on the daily basis during the academic year

- 56% of people feel stress from their study life only and the remaining 32%, 22.6%, 15.5%, 11.9% are through financial issues, friends, family issues and health-related issues respectively.
- 32% felt that study workload causes more work pressure in their academic context and 14.3% felt grades causes stress and 15.5% felt work-life balance also causes stress in their lives
- 70% of people are handling their stress more than 50% they are experiencing and remaining are failing to handle it properly.
- 44% recommended time management, realistic goal setting, physiological fitness should be present among every individual in preventing the stress, as it is better to prevent rather than cure.

7. RESULTS

All people responded belong to the young adult age group and almost all the respondents irrespective of their gender and age are struggling with stress in their daily routine and in their life and the factors which are causing stress are study workload, grades, family problems, health problems, social media, friends and almost around 60% people are managing stress and leading happy life and the symptoms which they are feeling which caused by stress are frequent headaches, sleeplessness, tiredness, decreased concentration, anxiety, depression and they recommended that time management, realistic goal setting, physiological fitness will make stress free life and they can live a happy and successful life.

8. CONCLUSION

Irrespective of age groups all level of people either poor or rich, literate or illiterate, young or old feel stress in their life span, it is common in these days. The cause of stress may be different among different age groups, but there are many prevention techniques which can be useful for reducing stress and being healthy as stress is a huge damager for the human. And mainly students are the ones who are facing stress a lot these days due to competition, pressures, grades, tests, and social media over usage and getting ill health. The main area to look over and prevent stress levels among students is must and should as the young generation is the one who can develop the nation to higher standards.

9. FUTURE SCOPE

- As the study is done only on the young adult group, further study can be made on different age groups.
- The further study can be done on teachers ranging in the young adult group as this study is done only on the students belonging to the young adult group.
- Further study can also be done on illiterate people also as they also feel stress in their lifetime.

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