

# Study of Stress Management and factors causing Stress in Youth

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## Abstract

In recent years, stress has been a major issue faced by today's youth. The young population represent the most valuable resource and there is a need to prioritize their needs., recognize their experiences, difficulties & challenges. The researchers in this found that stress mainly comes from academic tests, interpersonal relations, relationship problems, life changes, and career exploration, depression, inability to rest, increased use of Tobacco, alcohol, drugs, outburst of anger. Such stress may usually cause psychological, physical, and behavioral problems. This study finds the causes of stress among youth, about 134 respondents (youth-82%, Young adults - 18%) using stratified sampling method formed the sample of the study. The findings will help the individual students, scholars, lecturers, career and counseling centers. Chi Square test was used in analysis of data. The results of the study show that there is a significance relationship between Stress Management and factors causing stress.

Key Words : behavioral, causes, financial, youth

## INTRODUCTION

Selye (1956) defines stress as “any external event or any internal drive which threaten to upset the organism equilibrium is stress”. Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize. It can cause you to feel frustrated, angry, or nervous. It’s a body reaction or a kind of change that causes physical, emotional or physiological strain. Many factors result in stress. The sensation of overburden with emotional or mental pressure can become stress. The group which are most frequently affected by stress are youths. They need to be trained in handling stress. Handling stress is an art by itself and it needs some proven scientific methods to manage it.

Stress isn't always **Negative** it also can be **Positive Stress**. Often Positive Stress helps one's to avoid danger or meet any kind of deadline. But when it lasts for a long time, it can damage one's health. Too much stress causes the body's system to urge damage.

YOUTHS also faces tons of stress thanks to many reasons like study workload, grades, family issues, financial problems, lack of support, and different environments also are reasons for the occurrence of stress among students, poor sleep schedule, participation in school etc.

### STRESS MANAGEMENT

Stress management may be a key factor one should adopt in their whole life which is aimed to regulate a person's chronic stress. Regardless of stress often being thought of as a subjective experience, level of stress is often measured using different physiological tests.

In the present competitive age, it's reported that young generation are found to be more in stress leading to depression, plan to suicide and a few psychological. The measures have also been taken by the individuals and different organizations to conduct the varied programs to reduce the strain, stress and teach youth the ways to manage stress and stay motivated, an attempt is formed to understand the strain and emotional adjustments of today's youth.

## Literature Review

Stress is defined as a feeling of emotional or physical tension. There are many factors which lead to stress. It also depends upon the capacity of an individual to make adjustments.(Conrad Stöppler, MD(2020)

It's a very common phenomenon in daily life. It is unavoidable because it relates to any external event, which may result in pleasure or anxiety (Lazarus & Folkman, 1984). It can be both positive and negative. Positive stress leads you to grow in your life and make things done in the most proper way but if you turn to take it negatively then it can have a bad impact on the body which leads to major health problems (Lazarus & Folkman, 1984).

Stress is inevitable in life. In youth, stress is specific to the age (The International Journal of Indian Psychology [2018]). Stress is complex, as youth face many challenges in life. Stress is an area where psychological studies are abundant. However, in Indian studies, most of them are not in-depth and specific to youth (The International Journal of Indian Psychology (2018)).

Stress is the body's natural defense against predators and danger. It makes the body flood with hormones that prepare its mechanism to tackle dangerous situations. People generally refer to this as the fight-or-flight system to tackle stress (Medical News Today, Medically reviewed by Stacy Sampson, D.O. Written by Adam Felman, March, 2020).

The body activates resources that help people either stay and face the challenge or get to the safer side as soon as possible (Medical News Today, Medically reviewed by Stacy Sampson, D.O. Written by Adam Felman, March, 2020).

The body starts producing larger quantities of the chemicals Cortisol, Epinephrine, and Norepinephrine. These trigger the following physical reactions (Medical News Today, Medically reviewed by Stacy Sampson, D.O. Written by Adam Felman, March, 2020):

- Increased blood pressure
- Heightened muscle preparedness
- Sweating
- Alertness

These factors all improve a person's ability to respond to a potentially hazardous or challenging situation (Medical News Today, Medically reviewed by Stacy Sampson, D.O. Written by Adam Felman, March, 2020).

With all the talk about stress and stress management, it's important to know that much of the stress we experience is not damaging, and serves us in many useful ways. The stress you feel before taking an exam helps you to concentrate so that you can do your best (In Frontline Employee, Hans Selye, [1907-1982], 2018). This type of good stress is also called "eustress." This term was coined by Hans Selye, who is known as father of stress theory (In Frontline Employee, Hans Selye, [1907-1982], 2018). Stop stressing about stress. The type of stress to be watchful for is "chronic stress." Chronic stress can be physically and mentally harmful (In Frontline Employee, Hans Selye, [1907-1982], 2018). What it feels like: You have very little control over how much stress or tension you feel, how much the stress lasts, and when you'll next experience or feel it. Caregivers are highly prone to chronic stress. If you experience chronic stress, figure out how you will try to control it (In Frontline Employee, Hans Selye, [1907-1982], 2018).

Teenagers, like adults, may experience stress every day and can benefit from learning stress management skills (American Academy of Child and Adolescent Psychiatry, Jan 2019). Most teens experience more stress when they perceive a situation as dangerous, difficult, or painful and they do not have the resources to cope. Some sources of stress for teens include (American Academy of Child and Adolescent Psychiatry, Jan 2019):

- School demands and frustrations.
- Negative thoughts or feelings about themselves

- Changes in their bodies
- Problems with friends and/or peers at school
- Unsafe living
- Separation or divorce of parents.
- Chronic illness or severe problems in the family
- Death of a loved one
- Taking on too many activities or having too high expectations
- Family financial problems

Now we will move forward to understand what are the main factors that are causing stress in youth which are as follows: (Research journal on Stress Among Youth- A Scientific Inquiry, [IJIP] Jan-Mar 2018).

### **Personal Factors-**

This includes factors, which personally creates stress to individuals. This sub-factor includes items which talk about stress due to lack of punctuality, increasing age, waking up early and late, feeling of loneliness, bad dreams, inability to take responsibilities etc (Research journal on Stress Among Youth- A Scientific Inquiry, [IJIP] Jan-Mar 2018).

### **Environmental Factors-**

This sub-factor talks about factors in our surrounding which causes stress to the participants. Individuals who come under this category face stress due to different noises, traffic jams, untidy surroundings, unhealthy conditions and being in a queue for a long time (Research journal on Stress Among Youth- A Scientific Inquiry, [IJIP] Jan-Mar 2018).

### **Social Factors-**

Criticism from others, lack of interest in social relations, inability to maintain relationships, lack of social support and low social status in society or in particular groups, giving a speech and facing interviews are some factors discussed under this sub-factor (Research journal on Stress Among Youth- A Scientific Inquiry, [IJIP] Jan-Mar 2018).

### **Financial Factors-**

This sub-factor talks about financial problems which include financial difficulties like bank loans, increased gold rate, increased expenses, payments for credit cards, debts, rising cost of education and health, low income etc. Individuals with high stress on this sub-factor may face above-mentioned issues related to finance (Research journal on Stress Among Youth- A Scientific Inquiry, [IJIP] Jan-Mar 2018).

### **Familial Factors-**

Families act as a motivating factor of each youth but at times issues related to family can cause stress to the participants. This involved stress in family, such as fights in family, issues with in-laws, death of loved ones, broken family, parental conflict, problem of partner, arguments with spouse, parent, sibling or child, burden of

household chores etc (Research journal on Stress Among Youth- A Scientific Inquiry, [IJIP] Jan-Mar 2018).

### **Factors Related to Intimate Relations-**

Individuals high on this sub-factor feel stressful due to issues related to intimate relationships. Some of the features of this sub-factor include stress due to marriage proposals, love affairs and failures, pressure from family to get married, sexual issues etc. (Research journal on Stress Among Youth- A Scientific Inquiry, [IJIP] Jan-Mar 2018).

These are some factors that lead to stress in youth and which are the main reason for the stress and tension in every age group. Now we will try to understand what stress is faced by a management student and what is the ground reality for the same.

### **Causes of Students' Stress :**

Management education is a very demanding stream and apart from the regular curricular activities, students need to take part in various co-curricular and extracurricular activities etc (International Journal of Recent Technology and Engineering [IJRTE], May 2020). Due to an outcome based education and continuous evaluation system, students are evaluated based on all these activities. It results in a very hectic academic schedule and students hardly get any time for recreation and enjoyment etc. Being a Professional education, they need to face many challenges. Being a postgraduate course, they face the tension of good placements also. Apart from this, they also face family pressure, financial worries, relationship problems (Hartshorn, Kay., (1976). A Day in the Life of a Graduate Student.)

#### **➤ Impact of stress on Health**

As of now we've understood what is stress and what are the factors causing stress and causes of student stress now we'll understand the impact of stress on the body. (EXCLI Journal – Experimental and Clinical Science, July 2017)



As a result, suffer from more frequent illness (Khansari et al., 1990; Dantzer and Kelley, 1989).

#### **1. Stress and Immunity system:**

The correlation between stress and the immune system has been taken into account for decades (Khansari et al., 1990; Dantzer and Kelley, 1989). The prevailing attitude between the association of stress and immune system response conclude that people under stress are more likely to have an impaired immune system and, as a

## 2. **Stress and Nervous system:**

The effects of stress on the nervous system have been searched for 50 years (Thierry et al., 1968). Some studies have shown that stress has many effects on the human nervous system and can cause structural dysfunctions in different parts of the brain (Lupien et al., 2009). Chronic stress may lead to atrophy of the brain and decrease its weight (Sarahian et al., 2014).

## 3. **Stress and Cardiovascular system:**

The existence of a positive association between stress and cardiovascular disease has been verified (Rozanski et al., 1999). Stress, whether acute or chronic, has a deleterious effect on the function of the cardiovascular system. It results in a decrease, or even a total stopping of the heart-beat, decreased contractility, reduction in the impulses, and a decline in blood pressure (Rozanski et al., 1999).

## 4. **Stress and Digestive System:**

Stress has adverse effects on nutrition and the digestive system in the body. It decreases the appetite also. Stress adversely affects the normal function of the digestive tract. There are many studies concerning the effect of stress on the function of the digestive system. For instance, studies have shown that stress affects the absorption process, intestinal permeability, mucus and stomach acid secretion, function of ion channels, and intestinal inflammation (Bagheri Nikoo et al., 2014; Halataei et al., 2011; Ranjbaran et al., 2013).

## 5. **Stress and Mental Health:**

In addition to its effects on physical health, stress may also adversely affect mental health in vulnerable individuals. People who aren't able to tackle the stress may tend to go into depression, anxiety and panic attacks. In some cases, it might cause suicidal attempts too. Though it can be boon for many individuals but if it goes to chronic level then it may have deleterious effects on the life of the individual.

Research has linked perceived stress and/or stressful life events in adolescents and young adults to tobacco smoking (Siqueira, Diab, Bodian, & Rolnitzky, 2000), drug and alcohol use (Broman, 2005), and marijuana use (Siqueira, Diab, Bodian, & Rolnitzky, 2001).

In this way several effects of stress and their impact on the body.

## **RESEARCH METHODOLOGY**

The tool employed for generating responses was questionnaire-based survey of young candidates who are students or some are working under different organization. The information was collected from both primary and secondary data.

## Objective of the Study

The main objectives of this research are -

- To identify the reason / factors causing stress on youths' life.
- To identify the various symptoms of stress experienced by the youth
- To suggest recommendations to minimize the youth stress
- To analyze the effects/impact of stress among the youth and academic success.
- To find out possible measures that would reduce the stress level in youth
- To find out the stress management technique used by students
- To study the stress levels among young adult aged people.

## Research Design

The sample is collected from the young male and female from majorly Pune region and all over Maharashtra Region. The questionnaire was distributed among 136 young people and got 134 responses.

## Tools for data collection

A questionnaire was designed comprising of two section. One section details the demographic details, while the second section consisting of five point likert scale to assess other details like the parameters like causes of stress, behavioral issues, coping strategies used by the Youth for stress management.

## Data Collection:

### Data Sources:

- (i) Primary Data through structured Questionnaire (online Google Form)
- (ii) Secondary Data through Internet, Magazine, Journals, Books, blogs.

## Data Interpretation and Analysis

- The section presents findings & discussions of the study. The survey was conducted through a structured questionnaire and a total of 134 responses was collected out of which 94 males and 40 females.
- The study was made to find out the views of youth on stress issues mainly related to relationships, financial issues, and academics.

**Table 1 Demographic representation of respondents according to gender**

Gender	Number	Percentage (%)
Male	94	70.14
Female	40	29.86
<b>Total</b>	<b>134</b>	<b>100</b>

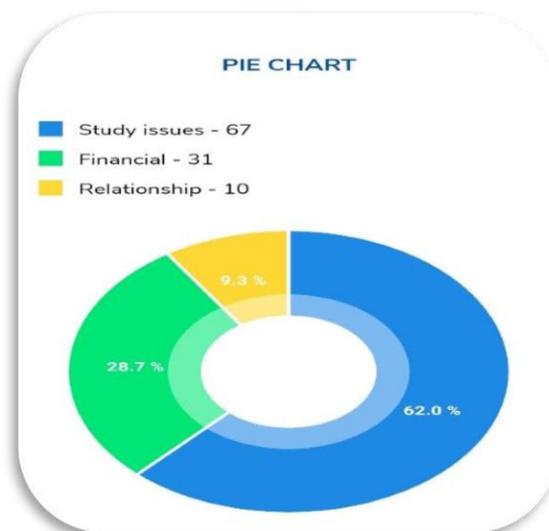
**Table 2 Demographic representation respondents according to age group**

Age group	Number	Percentage (%)
20-25yrs	110	82
25-30yrs	20	15
30-35	4	3
<b>Total</b>	<b>134</b>	<b>100</b>

- The respondents are mainly from the age group 20-25 years and very few responses were collected above 25 years of age. Therefore, it is clear that the respondents are young adults.

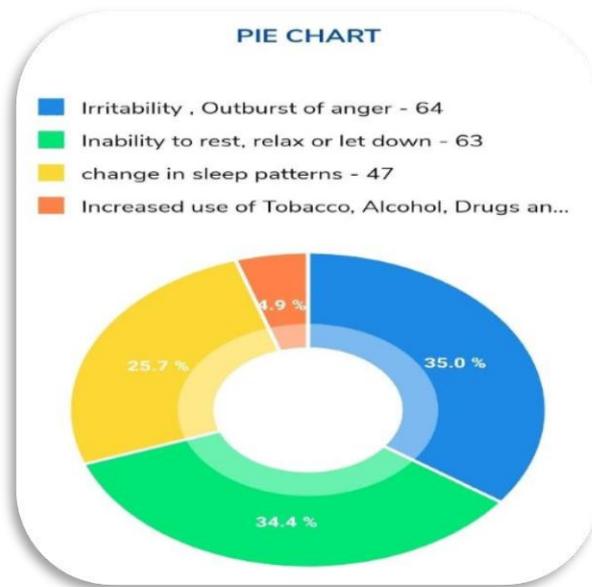
Now we'll try to understand different questions and their responses in analytical form which as following:

### 1. What are the usual causes of Stress in your life?



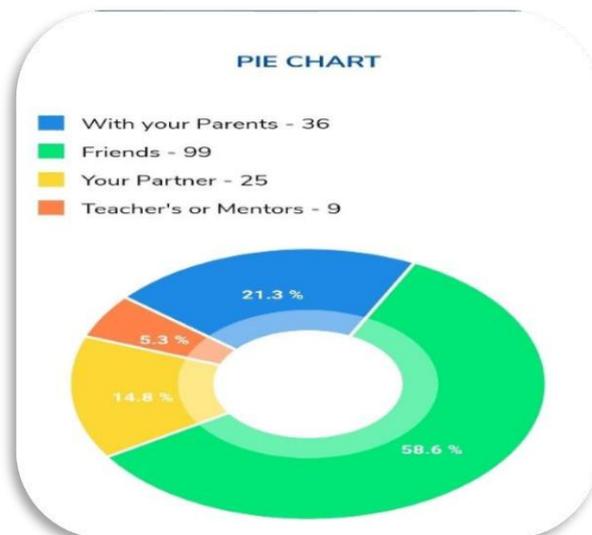
Out of 136 respondents, 67 respondents think study is their cause of stress, for 31 financial problems is their cause of stress, for 10 relationships is their cause of stress. And 28 respondents think none of this is their cause of stress. So, from this analysis we can conclude that study related issues are the main factor in the youth regarding stress.

**2. What are the usual behavioural effects of Stress you have noticed at yourself?**



Out of 136 respondents, 64 have effects of irritability, outburst of anger, 63 have effects of inability to rest, relax or let down, 47 respondents feel change in sleep patterns and 9 have effects of increased use of Tobacco, Alcohol, Drugs and Caffeine. So, from this chart we can conclude that irritability, Outburst of anger and inability to rest, relax or let down are the usual behavioral effects of stress in youth.

**3. With whom do you discuss your Stress related issues?**



Out of 136 respondents, 36 respondents discussed stress related issues with their parents, on other hand 99 discussed Stress related issues with their friends, 25 discussed stress related issues with their partners and 9 respondents discussed with their teachers or mentors. So, from this chart we can conclude that youth are more comfortable with their friends about discussing stress related issues.

## HYPOTHESES

**H<sub>0</sub>** There is a relationship between stress management and factor causing stress.

**H<sub>a</sub>** There is no relationship between stress management and factor causing stress

**Table 3 : Observed Data (O) as per Google form survey:**

Factors Observed (O)	Male	Female	Total
Financial	27	4	31
Study Related	50	17	67
Relationship	8	2	10
Others	19	7	26
Total	104	30	134

Table 1

**Table 4 : Data (E):**

Factors Expected (E)	Male	Female	Total
Financial	24.06	6.94	31
Study Related	52.00	15.00	67
Relationship	7.76	2.24	10
Others	20.18	5.82	26
Total	83.82	24.18	134

**Table 5 : Chi-square as per formulae:**

(O-E) <sup>2</sup> /E	Male	Female	Total
Financial	0.36	1.25	1.61
Study Related	0.08	0.27	0.34
Relationship	0.01	0.03	0.03
Others	0.07	0.24	0.31
Total	0.44	1.54	2.29

**Table 6 :Calculation of value of p:**

Sum of Chi-square	2.29		
Degree of Freedom (Row-1 * Column-1) From Table 3 expect Total.	3		
Value of p	0.51460		

### **Hypothesis Testing**

Chi Square test was conducted to assess the significance of factors causing stress. The Chi Square was calculated in Excel. The Pearson Chi Square value (Table 6) is 0.51460( $p>0.5$ ). Therefore the null hypothesis is accepted. Thus we conclude that there is a significant relationship between stress management and factors (Study, Financial & Relationship) causing stress.

## **Findings and Discussions**

- Stress is experienced by every individual and can affect them if it is above a certain limit. However, it totally depends upon how an individual manages and copes up with stress. The study helps us understand the major reasons, factors, its impact and management of youth stress.
- In the study, the major causes of stress among the youth have been the study issues with 50%; financial issues with 23.13% and relationships with 7.46% but as per the statistical analysis made above there is no relationship between stress management and these factors.
- Academic stress can cause serious effects on learning abilities, mental health, reduce self-esteem and may also affect academic achievements.
- The financial issues also affect the students study engagement in course and thus influences the study decisions.
- Family issues such as divorce, illness of a parent, fighting with siblings can cause distress. Apart from these issues such as job responsibilities, existing pandemic situation, lack of time management, etc.
- Stress can affect all aspects of life including physical, mental, emotions, etc. The usual behavioral effects of stress are mostly irritability and outburst of anger, inability to rest, change in sleep patterns, increased use of alcohol, tobacco, drugs, etc.
- The negative stress can create serious issues but positive stress helps us. Positive stress helps us to convert stress into an opportunity that can lead to a good outcome. The major positive outcomes from the study were the individual improvement in performance, brings one out of comfort zone, enhances decision making abilities, and is more efficient in dealing.
- The young find it uncomfortable to talk about their problems and issues with parents and feel more comfortable to share it with friends. This is mostly due to lack of communication, trust, fear of punishments, etc.
- The study showed that most of the participants communicated their problems with their friends rather than with their parents or teachers and mentors. This shows the gap between parents and the young adults. Therefore, it is very important that parents monitor the level of stress issues in their children and communicate more with them.
- However, stress can be managed by individuals through several ways for e.g., following healthy eating habits, regular exercises, meditation, listening to music, etc.

## Conclusion

Stress varies in different forms in different age groups. Stress can be temporary as well as permanent. From the research the authors found that there are stress factors which youth face and has a permanent mark in their life divorce among parents, illness of a parent, fighting with siblings, broken relationship many more. Due to the generation gap, youth find it difficult to confide in parents issues. There should be constant communication with family. Parents should spend more time with family. They should understand the need of the present generation. They should maintain harmony in the home front. Healthy relationship, family get together help in good bonding among youth. Workshops to beat stress along with lectures motivating a positive lifestyle have become part of the academic curriculum, so that youngsters are being inspired to live a healthy life This will help in reduction of depression, adoption of wrong habits in them.

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