
The Causes and Impacts of Mental Stress Among Students In Education

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Abstract

Stress has become an inseparable component of student's life due to a variety of internal and external outlook placed upon their shoulders. The current study has made an attempt to review the existing literature stress experienced by the students. Causes of mental stress are lack of completeness, inability to cope with peer pressure. A lack of support from parents or teachers, even if it is only perceived, can add a lot of stress to students. Here we have mentioned some ways to reduce the stress of the students by which the stress of the students can be reduced. If these mental stress students are treated properly, we will hope that, they will get relief from stress. Promoting socio-emotion learning and psychological well-being, and ensuring access to mental stress care. Understanding the sources of stress would make possible the development of effective counseling modules and involvement by college psychologists and counselors in order to help students mental stress. Techniques like biofeedback, yoga, life-skills training, mindfulness, meditation and psychotherapy are also help to solved this problem. We will expect that, through all these awareness activities we can get the desired result in solving this problem.

Stress is a condition of mental pressure for particular in divisual facing problems from environmental and social well being which leads to so many discusses. Young age in the critical period because at this time youth faces lots of changes in his/her life. They are expected to be the elites in the society. This they should enhance their stress management abilities so as to live a healthy ide after entering the society.

When a child enters into the youth age, they need to not only adapt themselves to the new life and new environment but also be familiar with many new people, events and thinks. The life stress on them is considerable. Therefore, understanding the source of stress among them and how they can cope with the stress is very important. The researcher found that the stress mainly comes from academic tests, interpersonal relations, relationship problems, life changes, and career exploration. Such stress may useally cause psychological, physical

and behavioural problems. This study physical and behavioural problems. This study finds the causes of stress among youth.



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So after identifying causes the researcher suggests that more emphasis can be given to the outdoor activities and create hoslife learning environment by minimizing the negative impact of stressors, scholars, lectures, career and counselling centers. Effective techniques for stress management are varied. They typically include behaviours that improve physical health. Such as nutrition and excecise, but may also incorporate strategies that improve cognitive and emotional functioning. The stress reduction approach based on mindfulness practices has recently enjoyed an explosion of interest from a variety of health care and epidemiological researchers. The concept of mindfulness, which originates from practices of Buddhism, is defind as a focused awareness of ones experiences. Such as the mindfulness Based stress Reduction (MBSR) program, provide participants with the oppotunity to learn breathing meditation, body scraming techniques, and gentle, yoga-inspired physical exercise. The literature is replete with evidence suggesting that with practice, inareasing their capacity to fully process emotions. Thoughts, and sensations as they arise. Trait mindfulness has been associated with tower ratings of anxiety and depression in a variety of medical and non-medical populations. Trait mindfulness may emerge from a genetic predisposition. The same study also revealed that 66% of the variance in trait mindfulness was due to environmental factors. Infact, an MBSR study in university undergraduates revealed that, while increases in participants as a whole, effects may be more pronounced

among individuals higher is trait mindfulness at study entry. These data substantiate the utility of mindfulness training, even for high-trait individuals.



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key words: Mental Stress, Depression, Emotional and Physical Tension, Health Condition, Counselling.

Introduction

Focus on – Mental stress, Depression, Emotional and physical tension, Health condition. So, mental stress is not a new phenomenon in psychological, studies, stress is a negative physiological, psychological behaviour process. It can come from any event or thought, that make you feel frustrated, angry or nervous. Many things that can lead to stress: Family, academic, an expected money or being job problems. Mental stress effect physically like flu, headaches, sleeping too much, muscle tension etc.

It also effect mentally like poor concentration, learning problems, etc. it also effect emotionally depression, anger etc. mental stress is a feeling of emotional or physical tension.



Source:Google

Depression is a common and serious medical illness. 19-21 age students sometimes develop depression to major life transition, lack of coping skills, relationship issues etc is also causes of depression. And to help build a support system during this time of life, encourage them to talk with their doctor about symptoms, and to possibly see a therapist. In medicine, a health problem with certain characteristics or symptoms known as health condition, when stress becomes over whelming and prologed, the risks for mental health problems and medical problems increase.

So, we select this study titled on – ‘**THE CAUSES AND IMPECTS OF MENTAL STRESS AMONG STUDENTS IN EDUCATION.**’ With the purpose is to find out coping strategies to reduce mental stress and to identify the students under mental stress.

Emotional stress:- The feeling of psychological strain and uneasiness produced by situations of danger, threat, and loss of personal security or by intenal confliets, frustrations, loss or self-esteem, and grief, also called emotional tension.

Stress can come frome any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body’s reaction to a challenge or demond. Inshort bursts, stress can be positive, such as when it helps you avoid dengar or meet a deadline. But when stress losts for a long time, it may harm your health. There are two main types of stress: 1. Achte stress, 2. Chronic stress

- **Achte stress:** This is short term stress that goes away quickly you feel it when you slam on the brakes, have a light with your partner, or ski dwon a steep slope. It helps you manage dangerous situations.
- **Chronic stress:** This is stress that lefts for a longer period of time. You may have chronic stress in if you have money problems, an unhappy marriage or trouble at work.

What are Common Psychological Symptoms of Stress?



- **Mental:** decrease in concentration & memory, indecisiveness, mind racing or going blank, confusion, loss of sense of humor.
- **Emotional:** anxiety, nervousness, depression, anger, frustration, worry, fear, irritability, impatience, short temper.
- **Behavioral:** pacing, fidgeting, nervous habits (nail-biting, foot-tapping), increased eating, smoking, drinking, crying, yelling, swearing, blaming, throwing things, hitting.

Source:Google

Your body reacts to stress by releasing hormones. These hormones make your brain more alert, cause your muscles to tense, and increase your pulse.

Over time, this puts you at risk for health problems, including:

- High blood pressure
- Heart disease
- Diabetes
- Obesity
- Depression or anxiety
- Skin problems, such as acne or eczema.
- Menstrual problems

Signs of too much stress: Stress can cause many types of physical and emotional symptoms. Here are some signs that stress may be affecting you.

- Diarrhea or constipation
- Forgetfulness
- Frequent aches and pains
- Headaches
- Lack of energy or focus
- Sexual problems
- Stiff jaw or neck
- Tiredness
- Trouble sleeping or sleeping too much
- Upset stomach
- Weight loss or gain.

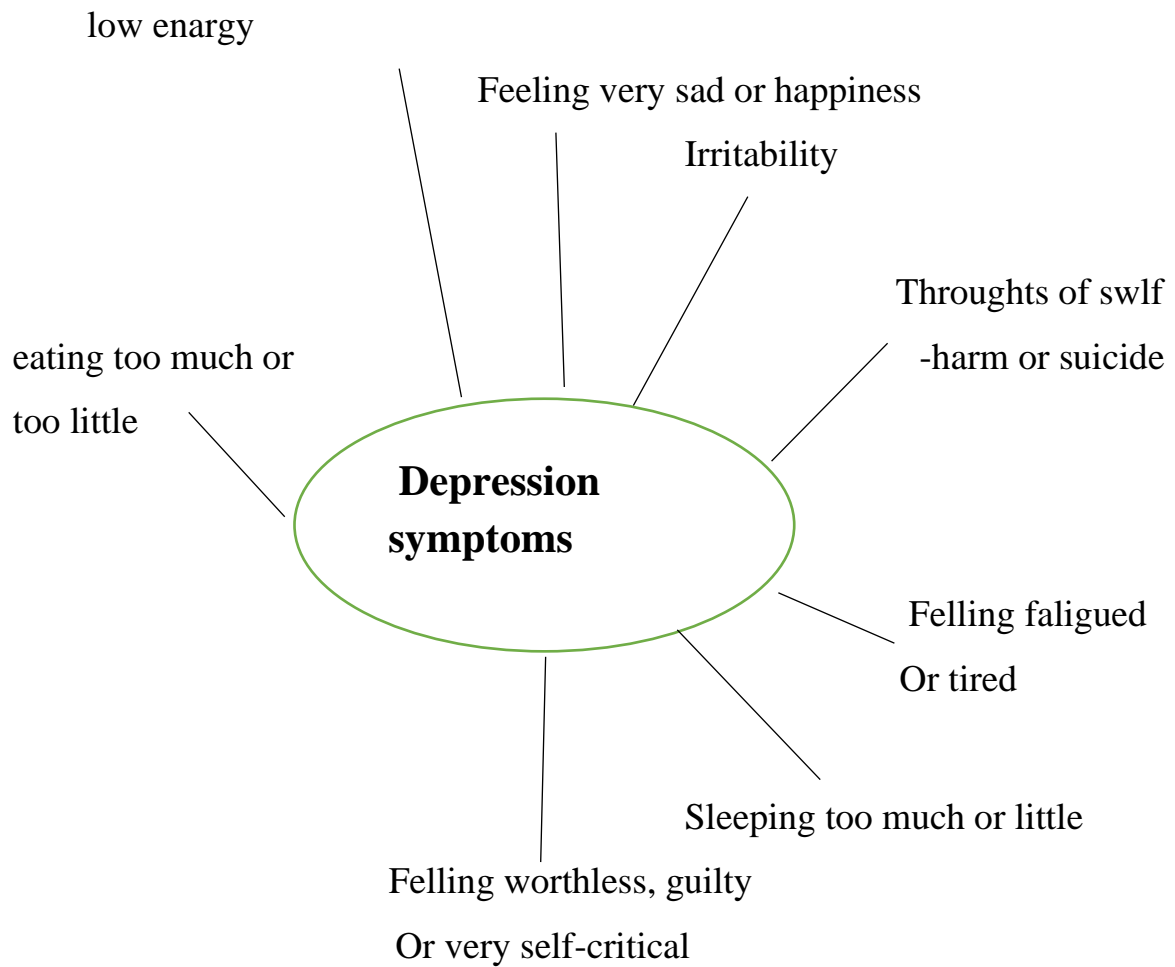


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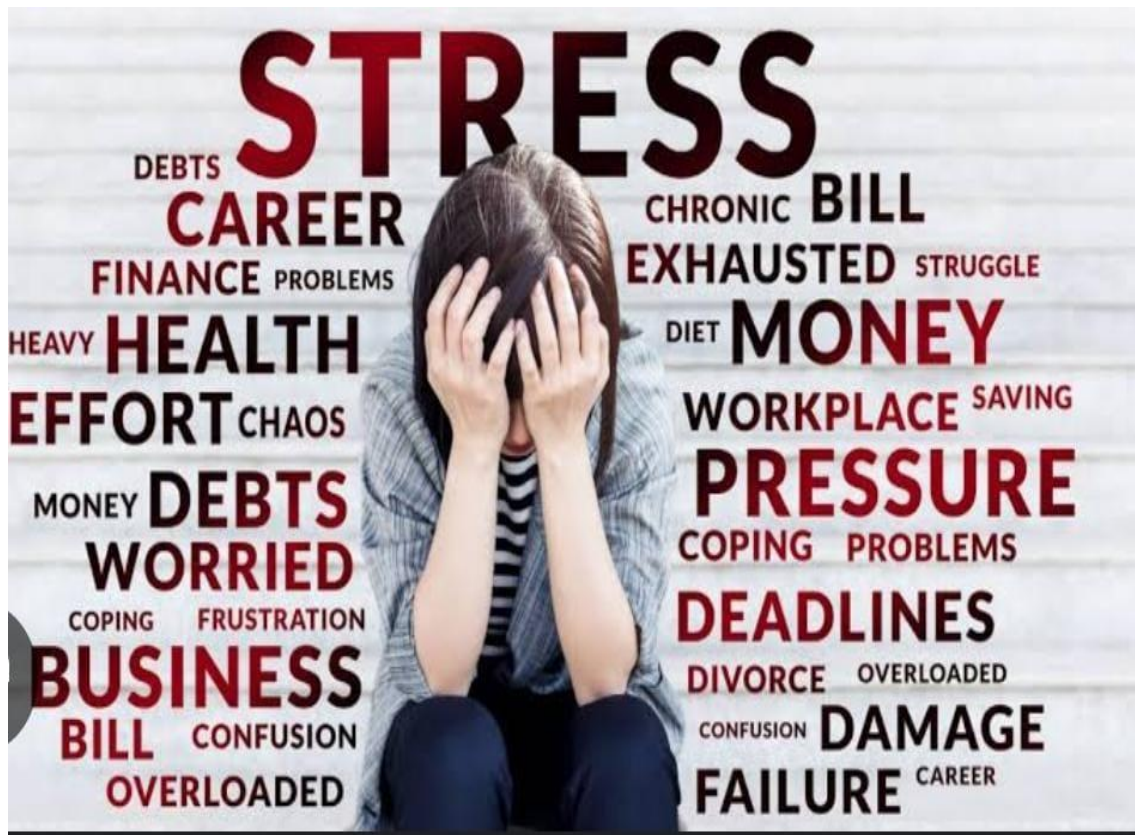
Mindfulness : Mindfulness means maintaining a moment-by-moment awareness of our thoughts and feelings with a gentle, nurturing lens. Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them as right or wrong, for instance, that there's a "right" or "wrong" way to think or feel in a given moment.

Yoga: Yoga is an ancient practice that involves physical poses, concentration, and deep breathing. Yoga is now a popular form of exercise around the world.

Depression: In psychology, a mood or emotional state that is marked by feelings of low self-worth or guilt and a reduced ability to enjoy life.



Treatment for depression:- There are three main treatments for depression. The two most important and widespread by far are psychotherapy and psychotropic medication, specifically antidepressants such as bupropion.



Source:Google



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Review of Literature

- According to Chebat (2001) Stress is here to study. What people must do is to learn more its nature source and alternative so that the people use the energy positively and they perform efficiently.
- According to Palmer (2005) Pressure for good grades often leads for high stress cheating professors say by barbare palmer.
- Bernstein et al. (2008) Says that stress is a part of life no matter how wealthy, pdwerful, attractive or happy people might be. However stress may take different froms depending on the situation, stress may occur when one is doing a difficult exam, an automobile accident.
- Bilala Valbona & Bilali Sokol (2013) In their study regarding students stress in nursing schools identified that 50% nursing students of third year experienced stress in comparison with first year and second year nursing students in the first year the stress was higher with school teaching staff and personnel which reduced during the period of third year by 35%. Stress is a situation provokes negative feelings. The impct of stress in academic factors is important. The findings of this survey are to confirm that nursing students experience high levels of stress. There is a need of collaborative approach of factulty and staff and preceptors.
- Busari (2011, 2014) Indicated that stress inoculation technique is on effective method of fostering adjustment to academic stress among university students.
- Busari (2012) Found that stress was leading to depression among secondary school students and is linked with effect on academic achievement. Introduction to preventive measures, teaching life-skills and other therapeutic techniques should be taken in to serious consideration.

- Dapaah et al. (2014) Carried out a research to identify the causes of stress among nurses. Their study results concluded that though the nurses were knowledge able in health-related issues, they still suffered stress. This study recommends that workshop, seminars and symposia should be undertaken by the counselor and stake holder.
- Damayanthi H.D.W.T. (2014) Stated in her study in relation to perceived stressors among undergraduate students stated that the highest mean score of the symptoms of stress were having trouble concentrating on what they are doing and unable to stop thinking about their concern at night or on weekends long enough to feel relaxed and refreshed the next day. The importance of maintaining proper academic environment for better learning. Also, the university has the responsibility to address probable sources of stress effectively to promote health being of the students.
- Dau lan (2002) Supported this conclusion by studying that students who care about learning are more likely to associate with peers who share this interest in academics than those who have less interest in learning.
- Deb et al. (2014) Studied on 400 males Students from five private secondary schools in Kolkata who were studying in grades 10 and 12. 35 percent students were found to have high academic stress and 37 percent were found to have high anxiety levels. Students involved with extra-curricular activities were noted to be more stressed as related to those students who were not involved with it.
- Abdullah et al. (2015) Conducted a study to explore the factors associated with stress among the nursing students. The study findings revealed that out of 50 subjects the third year showed the highest stress level. The commonest stressors included was lack of professional knowledge and skills. Here mean score of stress was 2.34 and the SD was 0.63. This was followed by stress caused by assignments and workload, where mean score was 2.21 and SD was 0.61. The students used the strategies to cope with the stress where they occupied themselves with other leisure activities. The researchers recommended that university should maintain a well-balanced academic environment conducive for students learning by focusing on students learning needs. Stress

management workshops and counseling services should be made available to the students.

- Ghosh , Smritikana (2016) Conducted a study on academic stress among government and private high school students her study findings included that the students studying in private high school have higher stress than students studying in government high school. Female also has more stress than male student.
- Holmes and Rahe (1967) Define stress as a stimulus event they explored the relationship between stressful life events and physical illness. According to their theory, stressors are welcomed events. Based on their analysis, they developed the social re-adjustment scale on this scale one assigns numerical values to major life events which require re-adjustment due to change.
- Huli (2014) Noted that disturbed family dynamics, peer pressure, inability to cope with studies, drug abuse, lack of competence are major reasons for stress during adolescence.
- Jayakumar , A. (2014) Carried out an empirical study on stress management for higher secondary. This study's findings revealed that the students in higher secondary practice few unhealthy coping mechanisms such as negative strategies to avoid failure, aiming too low, over study to daily life. This is a real cause of concern and needs the stress issue to be addressed.
- Kaur (2014) Acknowledged that mental health of teenagers gets affected due to academic stress. Girls with academic stress were found to have poor mental health as compared to the boys. This was accounted for in the study that parents at times put pressure and strain on students that leads to deteriorated mental health.
- Kedar Noora Abdul (2014) In her study findings concluded that significant differences were found in the mean scores of lifestyle factors and coping skills. Also, she mentioned that there is a great danger in developing healthy wellness lifestyle: A key factor for negative strategies in coping, better coping skill among higher secondary school

students of kerala, Noora Abdul kader, International journal of advanced research (2014), volume 2, issue 6, pp.35-40, ISSN 2320-5407. There occurs great danger in developing ineffective coping strategies for dealing with stress such that they may become habitual or even addictive. The present study paves way.

- Khan & Kaur (2013) Concluded that stress definitely impacts the academic performance in a negative way through no significant difference was found as per the gender. The difference was evident between junior and senior students. Stress for sure, effects the ability to study efficiently and managing the time. Studying regularly is important, this helps reduce the academic pressure and helps them fulfill their goals.
- Kumarswamy Narasappa (2013) Conducted study with the aim to explore the stress, anxiety and depression among college students. His study findings described that nature about psychiatric moreability, emotional problems and adjustments and psychological problems of college students. It is suggested to have mentor mentee program in all colleges. There should be regular seminar and workshop for teacher and college students to minimize anxiety and depression.
- Kyreaa Dapaah, Abena. (2014) Carried out a research to identify the causes of stress among nurses. Their study results concluded that though the nurses were knowledgeable in health-related issues, they still suffered stress. This study recommends that workshop, seminars and symposia should be undertaken by the counselor and stake holder.
- Lal krishan (2014) Did research on academic stress among adolescent in relation to intelligence and demographic factors.
- Lewinsohn et al. (1999) According, in young people the first onset of depression is often preceded by major life stressors.

- Lin & Chen (1995) Also noted negative impact of academic pressure on students intellectual, psychological, and physical growth.
- Majeed Ajmal (2016) Studied about salat offset the negative health effects of stress salat is acting as a very effective treatment on stress. It helps in giving more strength and in normal terms and helps in maintaining human psychology and physiology healthy.
- Marzo Generoso, N. (2015) Political science students conducted a study to find out causes and stress and coping mechanisms. The findings indicated that causes and levels of stress vary. It was observed that the causes and effects of stress between the male and female respondents were not different. School requirements projects was exhibited as the most common cause of stress. Listening to music was the common stress coping mechanism.
- Mareela et al. (2012) Conducted a study regarding analysis of stress-causing factors in the final undergraduate year of the nursing course. This study informs about the severity of stress caused by various factors, which includes that out of 47 samples 38.3% of samples rated at intensity of three and 36.2% rated intensity of 4 out of this the commonest cause for stress was academic studied. Followed by lack of leisure time and fear about unemployment after completion of graduation. The findings is interpretive of undergraduate studentys have lot of stress to bear.
- Mehta , Prakash (2014) Conducted a research with an aim to explore anxiety, significant number of students had psychological problems. The score for stress is 15 is high and it did not co relate to scores to anxiety and deoression. The score also did not differ after 8 weeks period. This suggest that there was a situation of constant stress on students and disturbed emotional stability. Study recommended for screening of students during their study period.

- Miranda (2002) Specified that the most effective way of managing stress is through relation and exercise which are extremely asthetical acts which involved dynamics of the mind and body.
- Kurt, D. Michael et al. (2006) Studied regarding depression among college students. Their study finding revealed male college students presented with increased levels of stress. It also concluded that male college students utilized alcohol and substances to reduce the symptoms of depression but simultan cously, they refused to take medical help.
- Mustaq Irfan et al. (2012) Studied factors affecting student's academic performance. He studied the aspects like approach towards communication learning facilities, proper guidance and family relations regarding student's performance in intermediate examination. The study findings identified that communication learning facilities, proper guignance showed the positive effects while the family stress showed the negative impressive on student's academic performance.
- Nagaraja, G. M et al. (2015) Stated in his study that prevalence of depression is highly prevalent among nursing students. It gives impotance of broad screening and psychiatric counselling. The study finding s also discussed about 18 girls had decided to harm themselves, which indicates they suffered highest degree of stress and needed immediate psychiatric attention. The was also a prevalence rate of sadness by having symptom of pessimism and depression from mild to moderate degree.
- Naveen (2015) Studied on a topic of stress management types and techiques. Hids study findings revealed that stress if well managed can tresult inleading the individual productive. Can make person productive, workload, family burden and divorce factors were responsible for study for stress among employee.
- Ongori Henry & Agola Joseph E (2009) Carried out a research to assess the stressors, symptoms and effects that are possible among undergraduate students. The findings revealed that the factors of stress were academic workload, inadequate resources, low

motivation, poor performance in academics, overerowed lecture halls and insecurity of getting job zfter graduation. They suggested in their recommendation that the for debate on academic stress is required.

- Pariet et al. (2014) Conducted a study on levels of stress among college students. The study findings were suggestive of from academic stressors, family expectations and teacher's expectations contributed major stress. The social stressors included were adjusting and maintaining the romantic relationships. The financial stressors contributed to stress were, parents control the money spend not getting financial support from family for pursuing students for paying mobile bill and internet expenses. Studies, trouble in managing a budget, insufficient money to pay the mobile bill and internet bill. The coping strategies used included both negative and positive. Positive strategies were listening to music, watching television, sleeping, pursuing hobbies or interests talking to parents and family members. Negative coping techniques included spending more time on social networking, smoking, consuming alcohol and drugs. This means the students need help, guidance and support to manage their stress.
- Persaud Indeira & Persaud Nadini (2016) Conducted study regarding the relationship between demographics and stress levels, stressors and coping mechanisms. The research finding of this study revealed that there was no significant difference in academic stress of average and low I.Q. student. There was significant difference in academic stress among male and female students. The findings were also suggestive of that there was no significant difference in academic stress among students from the institutions which were situated either in rural or urban areas and there was no significant difference among the students studying in government or private senior secondary. This study findings reveals that the financial problem and family problem were the common factors of stress.
- Prabu (2015) Researched on the higher secondary students and implied that male students are more stressed than the female students. Urban student's academic stress is greater than the real students. Government school students stress is lower than the

private school student's stress. Student from science stream are more stressed than the students from arts.

- Prabhu, P. Suresh (2015) Conducted a study to find out stress among higher secondary student's. The study findings revealed that the higher secondary students face moderate level of academic stress. The male students academic stress is higher than female students.
- Ranada, A. R (2015) In his study on stress among first MBBS students mentioned that the factors causing stress more frequently were not getting enough leisure time, academic performance, financial pressures and school attendance. The most common symptoms were poor concentration, headache, restlessness, sudden change in mood, lack of sleep, low energy and fatigue, these all symptoms may lead to various physical and mental illnesses if not controlled well.
- R. Raghuram et al. (2014) Studied on occurrence of social anxiety among nursing students. Study findings discuss about there was no significant correlation between social anxiety and professional adjustment. But there was significant association between social anxiety and demographic variables such as gender and year of study.
- Reddy et al. (2018) In their study concludes that stream wise difference in stress does exist in student. It is important to deal with stress at personal, social and institutional level. Remedies such as feedback, yoga, life-skills training, mindfulness, meditation and physiotherapy has been found useful to deal with stress. To identify the main reason of stress is the key to deal with it.
- Ross et al. (2008) Sources of stress among college students. Their study findings concluded that 38% responses for stress were intrapersonal, 28% responses were to environment and 15% sources from academic situations contributed to stress. The interpersonal sources were daily hassles which accounted nearly 88.2% the environmental stressors contributed to 77.3% and 67.2% were of the academic

resources. The most common stressors included change in sleeping habits, vacations, change in eating habits, new responsibilities and increased class workload.

- Sarita & Sonia (2015) Conducted research on academic stress among students role and responsibilities of parents. The study findings revealed that there is academic pressure from both parents and students themselves. When they fail to achieve the demands or failure in satisfying their needs it turns into stress and depression. Hence parents and caregivers need to understand the is aspect and try to help the student to overcome the stress.
- Selye (1976) Defines stress as a response psychological arousal elicited by different external events (stimuli) selye(1956,1974) formulated a theory about a theory about stress reactions which he referred to as general adaptation syndrome. In this model the body's stress responses to through three stages, alarm, persistence, and exhaustion selye pointed out that there was a link between.
- Shah Kalagi et al.(2015) Stated in their study that students stress is unavoidable. Factors as physical and mental; family; job relation and social were the main source. The findings also conclusive of the most common factor of stress was academic factors and the symptoms exhibited were greying of hair and headache was more. The other symptoms seen were insomnia, high blood pressure, sleep problems which needs to be care for.
- Sharma et al. (2016) In their study stated the use of various methods to curb stress. Doing one physical exercise on daily basis can address the concern of stress. One can also adult to various time management tools and get involved with leisure activity suggested that colleges should have a conducive ambience to curtail the stress. Change in the style of delivery from teachers end and providing mentors can bring fresh air to the teaching style.

- Sharon Dhyana et al. (2014) Conducted a conceptual study regarding conceptual study on impact of stress on work-life balance. With the belief that increased working hours is having an important effect on the lifestyle. Her interest in this study was because it may affect mental well-being of the people. The study findings conclude employe's initiation in assigning the workload and addressing the about.
- Sultana Razia (2015) Researched the academic stressors among 50 MBA students. She used self-administered questionnaire. The ANOVA and descriptive statistics was used. The fear of the failure was the major source of stress, while financial problems and high family expectations resulted in moderate stress and other factors like academic workload, meeting deadlines of course assignments, inadequate time to study etc resulted in low stress. The findings also revealed that there was no significant difference in academic stress among the different background of the students such as education and specialization.
- Swaminathan Anandhalakshmi, et al. (2006) In their study, pereceived stress and sources of stress among first year medical undergraduate students in private medical college studied that the demographic factors and other factors such as the stage of learning of the students, the external environmental and country situations are stress factors among the stress situations.
- Wilson vj et al. (2015) In their study on perceived stress among dental students the university of western cape, the stressors which werew responsible for stress among dental students were very like findings state in the still suffered with stress, International literature. The stressors increased and their intensity also increased during fourth year of their study. The researcher suggested for the need of interventions at faculty level which will help in adverse effects on student's academic performance.

Aims and Objectives

Main aims and objectives of our project are:-

- To find out the coping strategies to reduce mental stress in students.
- To identify the students under mental stress.
- To study the influence of mental stress among students.
- To study the level of mental stress in students and to find out the relationship between mental stress and depression.
- To solve early detection frustration depression.

Research Questions

- 1.** Determine what is the reason for stress in the students?
- 2.** Determine how the impact of mental stress between the students is the effect of viewing and effect?

Analysis

30 questions on three scales if yes, no, don't know have been presented in our questionnaire. In our work data is collected from 100 students in 5 colleges. Out of 100 students (19-21) we have 67 girls and 33 boys.

Regarding the cause of stress, 83% of the total boys and girls (55% girls, 28% boys) said long-term physical illness. 80% (53% girls and 27% boys) students cited economic factors as the cause of stress. 74% (48% girls and 26% boys) students cited educational reasons as the cause of stress. 72% students (46% girls and 26% boys) mentioned love relationship as a cause of stress. 66% students (42% girls and 24% boys) cited personal factors as the cause of stress.

Also the causes of stress mentioned by the students are-family cause, cause by classmates, social cause etc.

92% of the total students (61% girls and 31% boys) students said that physical impact is more common among the total students as a result of stress 77% students (49% girls and 27% boys) said that the student's family members. 74% students (48% girls and 26% boys) stress has more impact on student's personal life. 70% students (49% girls and 21% boys) mentioned inability to fit in with the society as an effect of stress.

Also the effects of stress mentioned by the students are: Anger increases in the classroom, affects his classmates, affects the society, Increases suicidal tendencies etc.

We have analyzed the matter on MX excel sheet and determined its graph below the whole matter through descriptive statistics.

Methodology

Our research project follows, on overall methodology to make conduction in relation to the overall objectives. The method through which our project is carried out is survey method. Population is UG level with 19-21 age group students has been select as sample for this study in Paschim Medinipur 5 colleges. For the purpose of our project 100 students has been selected for data collection. Stratified random sampling has been selected for data collection. Self-made 30 questions regarding mental stress has been prepared and standardize by research. Also, interview has been conducted by the researcher to identify the influential factor regarding stress. Descriptive statistics has been applied for data analysis.

Methodology is required in order to systematically solved the research problem by only sing the logic behind the different research method implemented.

Research methodology simple referd to the practical “ how” of a research study. More specifically, its about low a researcher systematically designs a study , to ensure valid and reliable results that address the research aims, objectives and research questions. Specifically, how the researcher went about deciding:

- What type of data to collect
- Who the collect it from
- How to analyse it.

In its most common sense, methodology is the study of research methods. However, the term can also refer to the methods themselves or the philosophical discussion of associated background assumptions. A method is a structured procedure for bringing about a certain goal. In the context of research, this goal is usually to doscover new knowledge or to vering pre-existing knowledge claims. It includes evaluative aspects by comparing different methods to assess their advantages and disadvanteges relative to different research goals and situations. This way, a methodology can help make the research process efficient and reciable by guiding researchers on which method to employ at each step.

Having a sound research methodology in place provides the following benefits.

- Other researchers who want to replicate the research have enough information to do so.
- Researchers who receive criticism can refer to the methodology and explain their approach.
- It can help provide researchers with a specific, plan to follow throughout their research.
- The methodology design process helps researchers selected the correct methods for the objectives.
- It allows researchers to document what they interd to achive with from the outsit.

Types of research methodology: When designing a research methodology a researcher has several decisions to make, one of the most important is which data methodology, to use qualitative, quantitative or a combination of the two. different methodologies are-

Qualitative:- Qualitative research involves collecting and analyzing written or spoken words and textual data. It may also focus on body language or visual elechents and help to erea to a detailed description of a researchers observations. Researchers usually gather qualitative data through in terviewer observation and focus groups using a few carefully chosen participations.

This research methodology is subjective and more time consuming than using quantitative data.

For example, when they perform research to under stand human perceptions regarding an event, person or product.

Quantitative:- Researchers usually use a quantitative methodology when the objective of the research is to confirm something. It focuses on collecting, testing and measuring numerical data, usually from a long sample of participations. They then analyze the data using statistical analysis and comparisions. Popular methods used to gather quantitative data are:

- Surveys
 - Questionnaires
 - Test
 - Databases
 - Organizational records

Mixed method: this contemporary research methodology combines quantitative and qualitative approaches to provide additional perspectives, create a richer picture and present multiple findings. The quantitative methodology provides definitive facts and figures, while the qualitative provided, human aspect. This methodology can produce interesting results asit presents exact data while also being exploratory.

Steps of Methodology:

1. Method
2. Population
3. Sample technique
4. Sample
5. Data collection
6. Data analysis
7. Result

Method:- Method are only one fact of research methodology. We used survey method for our project work.

Survey method: The essence of survey method can be explained as “questioning individuals on a topic or topics and then describing their responses”. In business studies data collecting is used in order to test concepts, refecet attitude of people, established the level of customer satisfaction, conduct segmontion research and a set of other purposes. Survey method can be used in both quantitative, as well as, qualittitative studies.

Survey method pursues two main purposes.

1. Describing certain aspects or charecteristics of population.
2. Testing hypothesis about nature of relationships within population.

Survey method can be broadly divided into three categories: Mail survey, telephone survey, personal interview.

Major survey method are ----

- i. **Questionnaires:** Conducted in order to gather large size of information in a short period of time
- ii. **Interviews:** Conducted in order to reflact emotions and experiences, and explore issues with a greatar focus.

- iii. **Documentation review:** Conducted in order to study issues that have developed over a specific period of time.

Advantages of survey method:-

- i. Surveys can be conducted faster and cheaper compared to other methods of primary data collection. Such as observation and experiments
- ii. Primary data gathered through surveys are relatively easy to analyse.

Disadvantages of survey method:-

- I. In some cases, unwillingness or inability of respondents to provide information.
- II. Human bias of respondents, i.e. respondents providing inaccurate information.

Population:- A population is the complete set group of individuals, whether that group comprises a nation or a group of people with a common characteristic. He has taken 19-21 age group students of UG level from 5 colleges of Paschim Medinipur and Purba Medinipur as population.

Sample technique:- The sampling method or sampling technique is the process of studying the population by gathering information and analyzing that data.

It is the basis of the data where the sample space is enormous. There are several different sampling techniques available, and they can be subdivided into two groups.

Sample:- A sample is a smaller set of data that a researcher chooses or selects from a larger population using a pre-defined selection method. These elements are known as sample points, sampling units, or observations. Creating a sample is an efficient method of conducting research. Researching the whole population is often impossible, costly, and time-consuming. Here examining the sample provides insights the researcher can apply to the entire population.

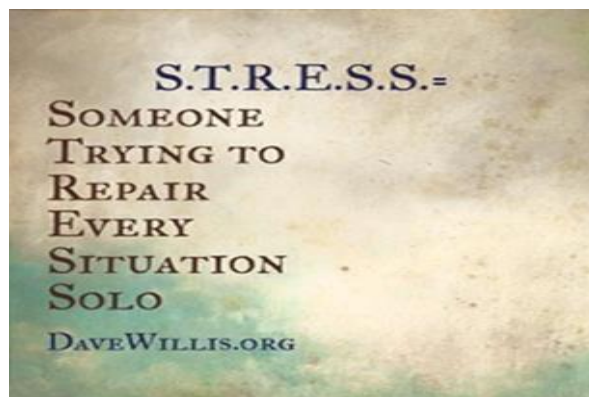
We have adopted stratified sampling of probability sampling to sample our project work.

Tool:-**1st dimension:**

- Have you ever faced stress due to academics,
- What is the stress caused by long-term illness,
- A cause of stress is the economic cause?
- Love relationship are currently a major cause of stress is the argument correct,
- Can misbehaviour from peers in the classroom cause stress in students?
- Can there be any physical damage in the person under the influence of mental stress?
- What effect does a stressed student have on his class mates in the classroom?
- What are the problems faced by the family members of students suffering from mental stress?
- Stress has a major impact on personal life.
- Stress increases anger.
- Stress has as impact on society.
- Under the influence of mental stress, there is a tendency to commit suicide.

Conclusions and expected outcome

Mental stress has become a pervasive problem across countries, culture, and their groups. The present study brought into light that mental stress still continues to be a devastating problem affecting a student's mental health and well-being. Stream will difference in the experience of stress were also highlighted.



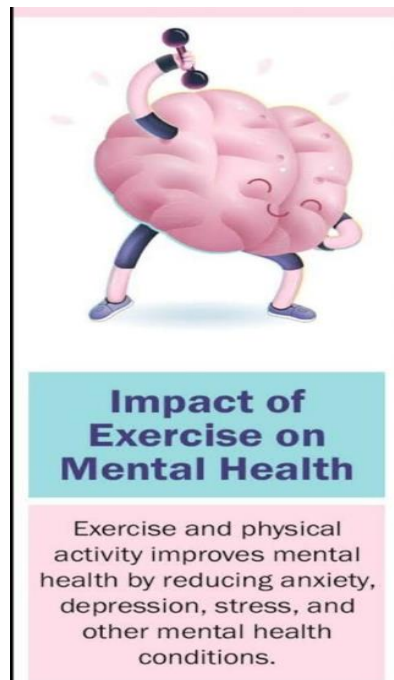
Source:Google

Management of the condition thus becomes fundamental at every level namely, personal, social and institution. Techniques like biofeedback, yoga, life-skills, training, mindfulness, meditation, psychotherapy have been found to be effective in reducing mental stress among students.



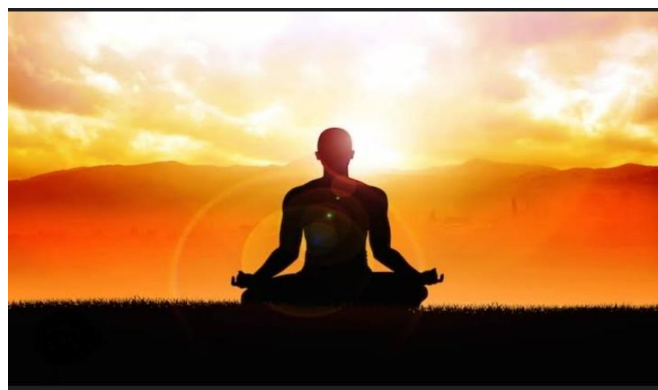
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As a results or out-come we can make the students healthy mentally and physically. And we can make them good citizens of the country. By which they will lead the country towards further development in the future. As a result, people from all walks of life will benefit and create a beautiful and harmonious environment. We can make the students life of these relatively beautiful and healthy. We can help our work, public awareness, and people will became more experienced in this matter. We will get through this project work, proper knowledge about the causes of mental stress and awareness of society.



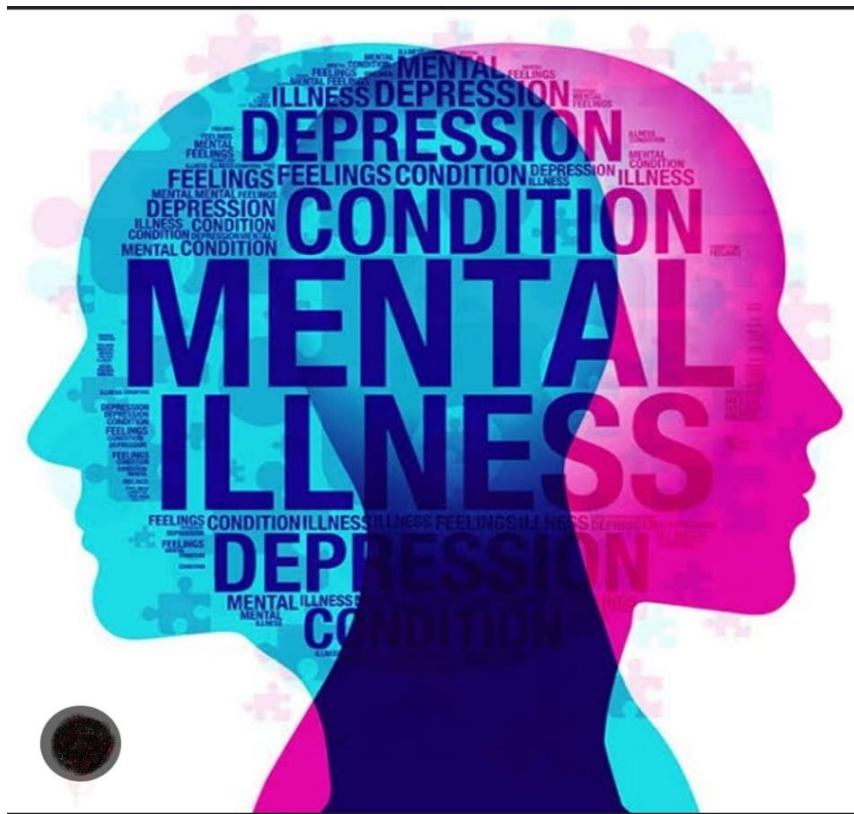
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The achievement in the field of education at the causes of reduce of mental stress. We find the effect in the field of education at the cause of increase of mental stress. We are aware the family of a mental depressed person how we will give them the freedom of mental stress. We convey those family the various type of freeness of mental stress in brief. What is depression, emotional and physical tension; what is the effect of those abstract in human life and how will be reduce thosw subjects; we are aware the society in those subjects.



Source:Google

We can powerfull the social men from the mental site through our these activities. We are aware the people in the subject of freeness of mental stress. We can produce our environment more healthy and beautiful through our these activities. We can come back the mental depressed persons to the normel life of our society. We are success to make a man as a perfect social man. We can aware the society in the subject the necessity of co-operation to a mental depressed person. We can convey, how to behave the mental depressed persons. We can convey, the friends are more helpful comperatably the family, when a teenager is mental depressed. Mental depressed persons are think that all the persons of society are perfect to them. The weather or environmental changeness is more necessity to the mental depressed person. We are aware the family member if they go to tour with mental depressed men for entertainment. By this project we can free our society from different types of prejudices and superstitions we can make it by awaring society with different types of subjects. We can search the effect of mental stress in education. We will aware students family how to free the student from his/her mental stress. We shall aware them about different types of ways to free from mental stress. We shall also inform them about the role of advisors through this types of work. We shall flowerish their understanding level. We shall make the people out how to behave with the students who are mentally stressed or depressed. We can improve the students mental state and assure the parents that they must not take the way of suicide through this projects. We can improve the awareness about the source of anxiety and depression. Through this type of project we can aware of the people about the therapist cuncelor. We also aware of the people about a students mental state or mental stability. It is also known to them that a mentally stressed man can not keep only bad effect to the society. People are also awared of that they must help or assist only mentally stressed students. A mentally stressed person can bear pressure or stress not for only his/her personal cause but for different causes happening around. When a person becomes mentally stressed or depressed, his/her family must give him full assistance. A mentally stressed person must not be lived alone. His/her family must live with him. We also aware of people that natural beauty is the best way to reduce mental stress of a man. So the nature takes an important role to improve ones mental health.



Source:Google

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