

# **Knowledge And Awareness Of Causes Of Stress And Coping Strategies Adopted By Undergraduate Students - A Survey**

**Running Title –**

**A survey on stress and coping strategies by undergraduate students**

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## **ABSTRACT:**

**INTRODUCTION:** Coping with stress is the process by which a person consciously attempts to master, minimize, tolerate, stressors, problems in life. Stress and coping are branch medicine, anthropology, management, etc. Nowadays many instruments for measuring coping are found. One of the most dominant in literature is the coping styles questionnaire. One of the most dominant in literature is the coping styles questionnaire. To reduce the stress as positive reappraisal, social support. Academic related stress is due to high academic work, high frequency of exams, lack of learning materials. Stress does not have an equal effect on people but can definitely need for its abatement coping was also seen as conscious and volitional.

**AIM:** The aim of the present study is to find awareness of causes of stress and how students cope up among undergraduate dental students

**MATERIAL AND METHOD:** This study aimed to compare the causes of stress and coping strategies for undergraduate students. The sample size used for the study is 102. A self structured

questionnaire was prepared and uploaded in Google forms. All data was tabulated and statistical analysis was done using SPSS software version 23

**RESULTS:** The percentage distribution about are you aware of stress, yes (73.27%) and no (26.73%). psychosocial stress due to parental expectation (39.60%), anxiety (31.68%), peer pressure (13.86%), lack of recreation (13.86%), all the above (1%).

**CONCLUSION:** From the present study more awareness and knowledge about causes of stress and coping strategies adopted by undergraduate dental student was studied it was found that they have varying levels of stress especially with online classes and they cope up this stress with support from family, friends and few self distracting activities

**KEY WORDS:** Innovative Dental Survey, Stress, coping strategy, emotional stress

### **INTRODUCTION:**

Stress is a part of our daily life. Stress is described as a situation where the society demands exceed the capacity of effective responses(1). Undergraduate students have different kinds of stress like a lot of pressure, school stress, exam stress and peer pressure (2). emotion focused coping strategies are releasing pent up emotion, distraction oneself, meditating(3). Coping with stress is the process by which a person consciously attempts to master, minimize, tolerate, stressors, problems in life(4). In recent years there has been a growing stress involved in medical training. Important point to consider is that stress is a matter of personal feeling(5). Stressors means the thing which causes stress in one group of society which is victim of system induced stress for students. Stress does not have an equal effect on people but can definitely be needed for its abatement; coping was also seen as conscious and volitional(6). Self- motivation is very important to make our mind stress free(7). Some research on medical students has shown more usage of positive coping strategies(8).

Uncontrolled stress can manifest as mental and physical causes many health problems. Stress has become an inevitable factor in the life of a student (8,9). Reducing stress or coping has been viewed as a stabilization viewpoint that could help the student in psychosocial over the span of more repeated stress(6). Many of the students indicate that online education causes more stress than normal classes (8). Nowadays many instruments for measuring coping are found. One of the most dominant in literature is the coping styles questionnaire, to reduce the stress as positive reappraisal or social support(10). The prevalence of psychological morbidity and severity of stress, their responsibilities come with their associated pressure of work, the degree of stress largely depends on their physical health, interrelationship with others. The stress was related to academics and health. The high level of psychological morbidity warrants intervention like psychological counselling (4,11). Positive reframing are very important for every person. Positive reframing is an adaptive process by which stressful events are reconstrued(5).

Our team has extensive knowledge and research experience that has translated into high quality publications (12–19),(20),(21),(22),(23,24),(25),(26),(27–31). Most of the students feel stress after online class. Sitting for longtime in front of a laptop and more than 6 hrs class pre day are the major problems that undergraduate students face (32). This research was done to assess the knowledge of stress and coping strategies adopted by undergraduate students

**MATERIAL AND METHODS :**

A descriptive cross-sectional study was done, the sample size used for the study was 102. A self structured questionnaire is being prepared and uploaded in Google forms. Only undergraduate students were included in the study. This standard questionnaire in Google forms is being circulated among the sample study population and at the end of the survey, all the data were collected and the data is been analysed by using Chi square analysis. The advantage of this study was fast interpreted. The study was approved by SRB of Saveetha Dental College. The chi square analysis was done using the software IBM SPSS 23.

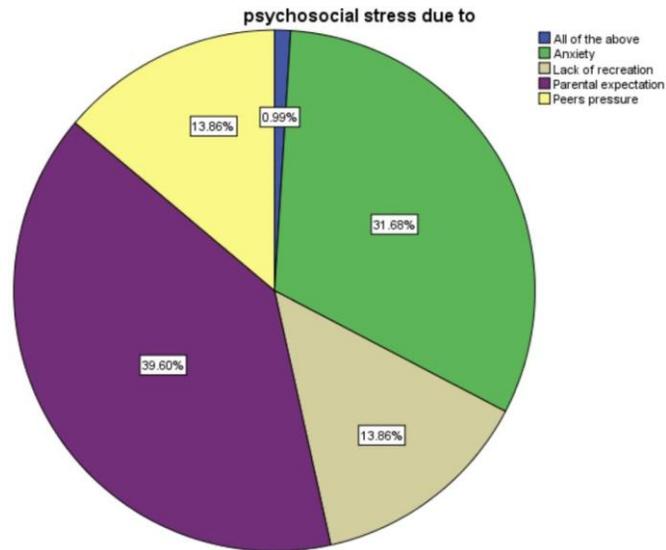
**RESULTS :**

The percentage of responses from the survey is represented in Table 1 and figures 1-4 shows the results as pie chart and figure 5 represents the bar chart for chi square analysis done between age and awareness of stress and Figure 6 the bar chart for chi square analysis done between self distraction activity for coping with stress and gender.

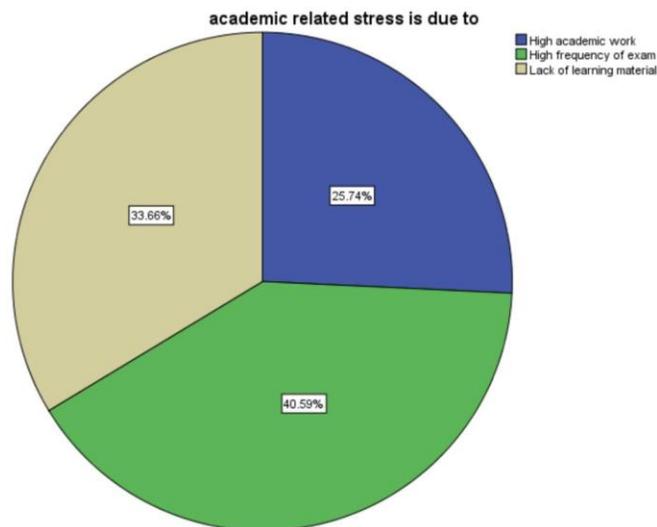
**Table 1 - percentage of responses for various questions**

Question	Response 1	Response 2	Response 3	Response 4	Response 5
Age	16-18 5%	19-21 36.3%	22-25 46.1%	More than 25 12.7%	
Gender	male 69.6%	female 30.4%			
Are you aware of stress	Yes 73.3%	no 26.7%			

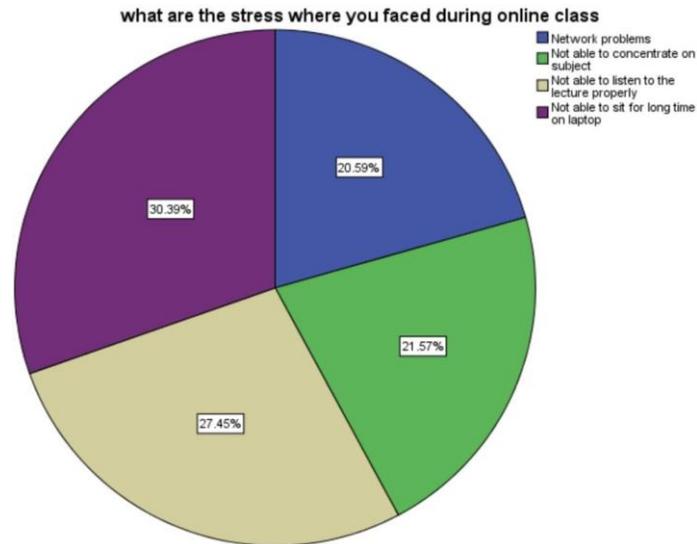
Academic related stress is due to	High academic work 25.7%	high frequency exam 40.6%	lack of learning material 33.7%		
Psychosocial stress due to	anxiety 31.7%	parental expectation 39.6%	peers pressure 13.9%	lack of recreation 13.9%	all the above 1%
Health related stress due to	irregular 34.7%	sleep 31.7%	tobacco or alcohol abuse 15.8%	Excise 17.8%	
Due you feel stressed after the online class	yes 76.5%	no 23.5%			
What are the stress due you faced during online class	not able to concentrate on subject 21.6%	Not able to sit for long time on laptop 30.4%	Not able to listen to the lecture properly 27.5%	network problem 20.6%	
Your stress level	No stress 5%	less stress 18.6%	Moderate 20.6%	stressed 43.1%	more stress 12.7%
Your emotion state following stress	Denial 33.7%	Venting 30.7%	Positive reframing 22.8%	Given up coping 12.9%	
Emotional support for coping with stress from	family 38.2%	friends 36.3%	self 17.6%	none 7.8%	
Self distraction activity for coping with stress	watching movie or TV 36.3%	sleeping 31.4%	listen to music 32.4%		



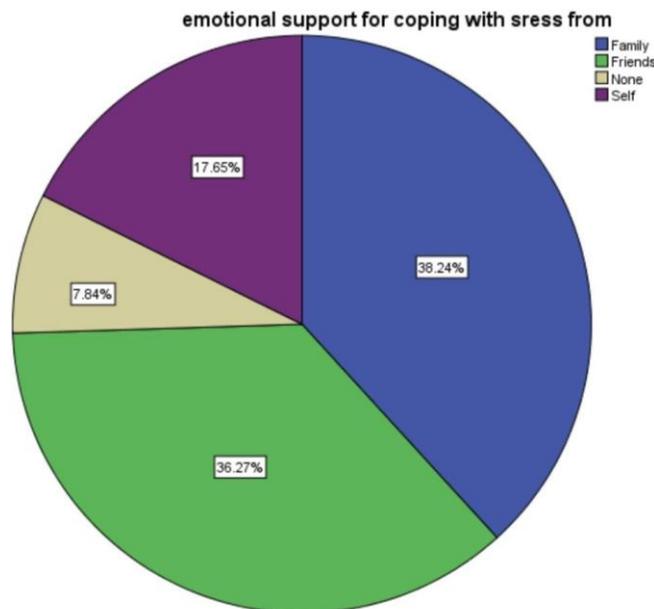
**FIGURE 1 :** Pie chart showing the percentage distribution about cause of psychosocial stress, violet colour represent parental expectation (39.60%), green colour represent anxiety (31.68%), yellow colour represent peers pressure (13.86%), beige colour represent lack of recreation (13.86%) and blue colour represent all the above (1%)



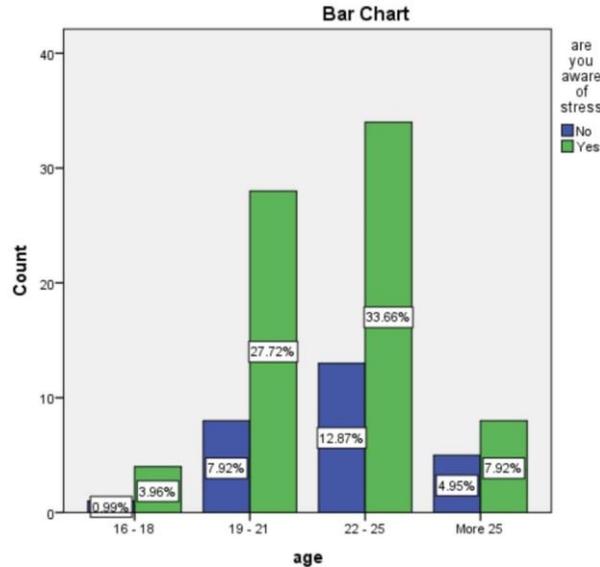
**FIGURE 2:** Pie chart showing the percentage distribution about causes of academic related stress, green colour represent high frequency of exam (40.59%), beige colour represent lack of learning material (33.66%) and blue colour represent high academic work (25.74%)



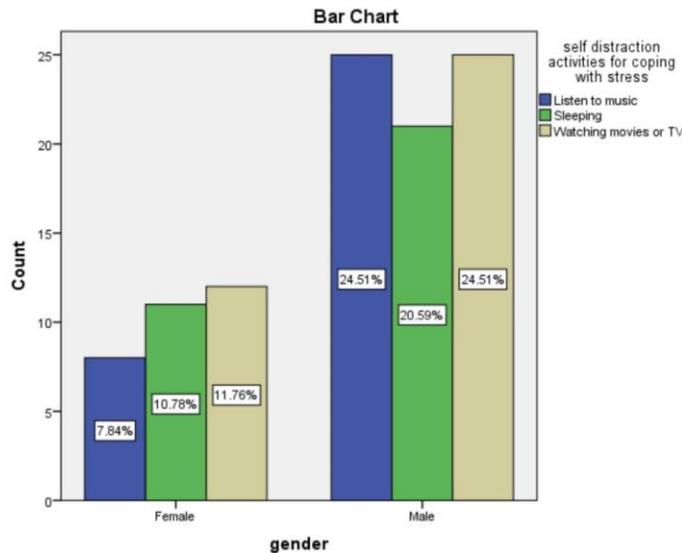
**FIGURE 3 :** Pie chart showing the percentage distribution about stress faced during online class. Violet colour represent not able to sit for long time on laptop (30.39%), beige colour represent not able to listen to the lecture properly (27.45%), green colour represent not able to concentrate on subject (21.57%) and blue colour represent network problems (20.59%)



**FIGURE 4 :** Pie chart showing the percentage distribution about source of emotional support for coping with stress, blue colour represent family (38.24%), green colour represent friends (36.27%), violet colour represent self (17.65%), beige represent none (7.84%)



**FIGURE 5 :** Bar graph showing association between opinion about awareness of stress and age. X-axis represent age and Y-axis represent are you aware of stress age among 16 to 18 responded yes (3.96%), 19 to 21 responded yes (27.72%), 22 to 25 responded yes (33.66%), More than 25 (7.92%). chi square analysis between age and aware of stress was done pearson chi square value 0.783( $p>0.05$ ), hence statistically insignificant



**FIGURE 6 :** Bar graph showing association between opinion about self distraction activity for coping with stress and gender. X-axis represents gender and Y-axis represents self distraction activity for coping with stress. 24.52% of male responded to listening to music and watching movies or TV. 11.76% of females responded watching movies or TV. Chi square analysis between gender and self distraction activities for coping with stress was done pearson chi square value 0.637( $p>0.05$ ), hence statistically insignificant

## **DISCUSSION :**

In a study by Shehnaz (2012) for health related stress was due to irregular diet (40%), sleep (17%), tobacco or alcohol abuse (13%), exercise (30%) but in our study irregular diet (34.7%), sleep (31.7%), tobacco or alcohol abuse (15.8%), Exercise (17.8%)(33). In a study by Kurogi (2000) for do you feel stressed after the online class yes (63%) and no (37%) but in our study the results were yes (76.47%) and no (23.53%) (3). In a study by Ksiksi (2012) for psychosocial stress is due to anxiety (21%), parental expectation (35%), peers pressure (27%), lack of recreation (12%), all the above (5%) but in our study anxiety (31.68%), parental expectation (39.60%), peers pressure (13.86%), lack of recreation (13.86%), all the above (1%) (2).

In a study by Fernandes (2019) for emotional support for coping with stress from family (27%), friends (55%), self (10%), none (8%) but in our study family (38.24%), friends (36.27%), self (17.65%), none (7.84%)(6) In a study by Gomathi (2013) for self distraction activities for coping with stress watching movies or TV (15%), listen to music (58%), sleeping (27%) but in our study watching movies or TV (36.27%), listen to music (32.35%), sleeping (31.37%) (1).

## **LIMITATION & FUTURE SCOPE:**

The sample size of this study was less and limited to undergraduate dental students. In future larger samples among various students, professions or even the general public can be done.

## **CONCLUSION :**

Our research is to bring more awareness and knowledge about causes of stress and coping strategies adopted by undergraduate dental students. It was found that a lot of undergraduate students have varying levels of stress especially with online classes and they cope up with this stress with support from family, friends and few self distracting activities.

## **AUTHOR CONTRIBUTIONS :**

Priyan .I Study Design, Questionnaire, Data collection, Data Analysis, manuscript writing  
Yuvaraj Babu K: Study Concept, Data verification, Data Analysis, manuscript drafting and correction

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## **CONFLICT OF INTEREST :**

The authors reported the conflict of interest while performing this study to be nil

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