

Available online @ [www.iaraindia.com](http://www.iaraindia.com)  
 RESEARCH EXPLORER-A Blind Review & Refereed Quarterly International Journal  
 ISSN: 2250-1940 (P) 2349-1647 (O)  
 Impact Factor: 3.655 (CIF), 2.78 (IRJIF), 2.62 (NAAS)  
 Volume IX, Issue 33  
 October-December 2021  
 Formally UGC Approved Journal (63185), © Author

## STRESS MANAGEMENT

**Ms. M.BALAMIRTHAM**

Assistant Professor

PG & Research Department of Commerce

STET Women's College (Autonomous), Mannargudi.

### Abstract

*Online education may fail if faculty members are not trained in using online programs, if online courses are not designed properly, or if there is inadequate financial management. Stress is anything that puts demands upon our bodies and minds to cope, adjust, change, or accommodate on-going, routine, and chosen activity like long online call attend the hours, or a hurried student institution it is often associated with an intense reaction to an event in our lives which can be either pleasant or unpleasant. We often seek out positive, stressful events such as roller coaster rides or white water rafting or competitive sporting events. A stress condition seems relative in nature. Extreme stress conditions psychologists say are determinate to human health but in moderation stress is normal and, in many cases, proves useful. Stress nonetheless, is synonyms with the negative conditions today with rapid diversification of human activity we come face with numerous causes of stress and the symptoms of anxiety and depression.*

**Keywords:** Psychologists, Stress Management, financial Management, Depression.

### INTRODUCTION

The current world context of social distancing, stay-at-home mandates, online or cancelled college classes, fear of contagion, and uncertainty of the future due to COVID-19 puts additional stress on students' mental well-being as well as colleges' capacity to provide emotional support for their students. As a result, stress management interventions for college students have never been timelier and more relevant.

*Paramasivan, C. (2015)*

Education is a light that shows the mankind the right direction to surge. The purpose of education is not just making a student literate but adds rationale thinking, knowledgeable and self sufficiency. When there is a willingness

to change, there is hope for progress in any field.

Although there have been a handful of meta-analyses on stress management interventions in different populations, Systematic review and meta-analysis of stress management interventions for college student populations, restricting studies that intervene with highly stressed students, from those that intervene with unselected student populations, restricting studies to guided stress management programs, and excluding interventions that focus on additional aspects to stress. Stress management interventions have moderate effects on stress and anxiety and small-to-moderate effects on depression. Furthermore, they found that target

population, type, and length of intervention are important; highly stressed student benefit more than unselected samples, CBT-based interventions have greater effect than other theoretical types, and skills training leads to smaller effect than other types of interventions, with lengthier interventions more beneficial than shorter interventions for highly stressed students.

When it comes to online education and learning, many factors help it succeed or cause it to fail. For online education to succeed, both students and instructors must see the value of how it functions and have trust in the medium and the various online platforms. Just as students trust their instructors, teachers and professors to use these media to teach and explain whatever subject they are delivering, they must feel immersed and engaged in a rewarding social and educational experience.

### **STRESS MANAGEMENT**

Stress management is method of controlling factors that require a response or change within a person by identifying the stressors, eliminating negative stressors, and developing effective coping mechanisms to counteract or manipulative men oeuvres to reduce physical or emotional stress and tension. A set of techniques and programs intended to help people deal more effectively with stress in their lives by analyzing the specific stressors and taking positive action to minimize their effects most stress management programs deal with online class on attend the student stress management.

#### **Positive Stress:**

Stress can also have a positive effect, spurring motivation and awareness provides the stimulation to cope with challenging situation. Stress also providing the sense of urgency and alertness needed to survival when confronting threatening situation.

### **Negative stress**

It is contributory factor in minor conditions, such as headaches, eating problem Excessive, prolonged and unrelieved stress can have a harmful effect on mental, physical and spiritual health. Stress created by undesirable out comes is known as distress.

### **SYMPTOMS OF STRESS**

Stress is a pressure to people feel in life. When stress persists and become excessive it culminates to strain and, in turn adversely affects a person's physique, psychology and behavior. The body prepares itself for Neck pain the excessive stress develops various symptoms that harm the online class attend the student's behavioral changes due to stress and health and threaten their inability to cope with the environment the various symptoms of stress can classified into three broad categories.

#### **Behavioral Symptoms**

Behaviorally related stress symptoms include changes in productivity, absence, and turnover, as well as changes in eating, habits, sleeping problem disorders.

#### **Physiological Symptoms**

Most of the early concern with stress was directed at physiological symptoms this was predominately due to the fact that the topic was researched by specialists in the health and medical science. This research led to the conclusion that stress could create changes in metabolism, increase heart and breathing rates, increase blood pressure, bring on headaches, and induce heart attacks.

#### **Causes of Stress**

The causes of stress include any environmental conditional that place a physical or emotional demand on the person. There are numerous stressors in organizational setting and other life activities types of online class related stressor, Interpersonal, Role-related, Tack control and Organizational and physical environment stressors.

**Interpersonal stressors**

Interpersonal stressors are likely the most pervasive in the contemporary online class. The trend toward teamwork generates interpersonal stressors because students must interact more with stress.

**Role-Related Stressors**

Role-related stresses include conditions where students have difficulty understanding, reconciling, or performing the various roles in their lives. Three types of roles-related stressors are role conflict, role ambiguity, intensification. Role conflict refers to the degree of incongruity of incompatibility of expectations associated with the person's role. Some people experience stress when they have two roles that conflict with each other.

**Task-Control Stressors**

One of the most important findings emerging from stress research is that employees are more stressed when they lack control over how and they perform their tasks as well as over the student institution. Study is potentially more stressful when it is paced by a phone, involves monitoring equipment, or the online class schedule is controlled by someone else.

**Organizational and physical Environment stressors**

Organizational and physical environment stressors come in many forms. Organizations create stress by altering the psychological contract, reducing the stress. Some stressors are found in the physical students study, such as excessive noise, poor lighting, and safety hazards.

**PROBLEM OF STUDY**

The time factor is the major constraints because of which the researcher is not able to collect more data in a short period.

The study has been undertaken on the assumption that the responses of the respondents are genuine.

The sample size consists of only 100 respondents therefore generalization cannot be made.

The researcher had difficulty with more of the respondents who were not willing to co-operate with the researcher. This project titled "A study on the stress management of students through online class at Mannargudi" is carried out to promote a better understanding of stress faced by the college students. This study sought to analyze how much stress college students perceive that they are experiencing and what are the most common sources of stress within this group.

**RESEARCH METHODOLOGY**

The topic selected by the researcher is "A Study on Stress Management of Students through Online Classes at Mannargudi".

**OBJECTIVES OF THE STUDY**

- To study the socio-Demographic characteristics of the respondents.
- To study the studying environment in organization.
- To study the factors influencing study satisfaction in institution.
- To study the level of stress among the respondents.
- To identify the causes for stress through online class.

**Scope of the study**

The present world is fast changing and there are lots of pressures and demands at online class these pressures at online class lead to physical disorders. Stress reference to individual's reaction to a distributing factor in the environment. Hence this study would help the measure to reduce the stress among the students of the effective study climate.

**Sample Design**

The research used random sampling method. The sample were draw from three designations of the students including high level, middle level, low level of study level in the concern. For the

present study the data was collected with the help of a structured questionnaire from 100 respondents. 28

### Statistical Analysis

The researcher used percentage analysis and null hypothesis analysis to measure the stress level of the students and teacher in the online class.

### SUGGESTIONS

- Under stress time use any stress releasing strategy like talk to friends, listen music doing hobbies etc. Colleges are thus suggested to design a flexible course of career education based on students' future career development.
- This course must cover psychological, mental, social, and cultural contents and be incorporated into formal curricula of each department.
- College authorities should take care while preparing rules and regulations. It will not hurt the minds other students.
- Colleges should provide more support and care to help students hope with various stressors and identify students having stress reactions as soon as possible.
- Besides, through use of emotion related questionnaires, colleges can keep a close eye on student's physical and mental conditions and provide consulting services to avoid development of physical or mental problems in students.
- If necessary, colleges can also refer students to professional consulting institutions. Faculties take care of students, and they will try to be good with students Practice good sleeping habits to ensure that you are well-rested.
- Sleep deprivation can cause many physical and mental problems and can increase stress. Family support

is helpful for students faced with stress, no matter how they are adaptable to the stress. While college students should take advantage of family support.

- Family members should try to understand their interests, specialties, and abilities so as to avoid having too high expectations of them and causing them additional stress.

### CONCLUSION

Stress is an inevitable part of today's fast life. In this age of globalization everywhere we feel competition due to this people take any risk in order to win. Especially Stress in academic institutions can have both positive and negative consequences if not well managed. Academic institutions have different work settings compared to non-academic and therefore one would expect the differences in symptoms, causes, and consequences of stress by identifying the sub issues of each component of stress among college students. College stressors have wide varieties, from academic work to uncertainty about the future, from difficulties in interpersonal relationships to dating problems, from self-doubt to family issues, and the list goes on. There on world problem COVID-19 but student's compulsory attend the online classes

### Reference Book

- Development Managerial Skill in Organizational Behavior 2nd Edition Lisa "A.Mainiem Chery L.Tromely" Dorling kindersely (India) Pvt. Ltd.
- Human Resource Development and a management "Biswanath Ghosh" Publishing 2000.
- Human Resource Management "Gupta C.P" – Sulthan Chant and Sons Educational Publishers, 2000 5th Edition.

- Management process and Organizational Behavior “Amil Singh sudan N.Kumar” Anmol Publications Pvt. Ltd.,
- Management Human Resource “Wayne F.Gascio” Tata Mc-Grew Hill Publishing Pvt. Ltd.,
- Organizational and Management “Fremont E.Kast” “James E.RosenZweig” Mc-Grew- Hill International Edition.
- Organization behavior “Stephen P.Robbins” Prentice Hall, U.K 1999
- Organization Behavior “Fred luthans” 7th Edition International Edition.
- Organizational Behavior “John W.Newstrom and Keith Davis” Tata Mc Graw- Hill Edition.
- Organizational Behavior “K.Aswhappa” Himalaya publishing House.
- Organizational Behavior “K.C.S.Ranganajakulu” Atlantic Publishers and distributors.
- Organizational Behavior “Mishra-M.N.” Vikas Puplicing House, Pvt.Ltd., 3rd Edition
- Organizational Behavior “S.S.Khanka” Sultan chands & Company Ltd.,.
- Paramasivan, C. (2015). Conventional Methods of Training to Teacher and its Impact in Higher Education. International Journal of Advanced Scientific Research & Development, 2.