ABSTRACT

Stress is a significant problem as it badly impacts physical, mental and social health of students. Stress Management is a part of Life-skill and Soft-skill. Many Trainers and Research scholars from Institution of Soft-skills and English Language Trainers of India, Aurora Scientific, Technological and Research Academy, IGNIS Careers and Vignan’s Institute Of Technology and Aeronautical Engineering say that support in studies, particularly from Teachers for their students, has a protective effect and stress prevention is better than cure.

Keywords: Stress; Management; Students; Teachers; Training; Person; Engineering; Study

INTRODUCTION

Stress can be defined in simple terms as an individual’s response to pressure, wear and tear of body experiences, while adjusting to changing environment. It could be emotional-physical tension. Stress management is the blend of life-skills and soft-skills training aimed to control an individual’s level of negative stress for leading a healthy and happy life. Hormone known as cortisol is released in human body in response to stress.

OBJECTIVE

To skill-train engineering and MBA students in stress Management Life-skills to lead a healthy and happy life.

DATA ANALYSIS

A survey was conducted among 300 students studying Engineering and MBA Course in various JNTU-H affiliated colleges. The respondents were supplied with a questionnaire about the knowledge of stress Management life-skills. 70 Percent of respondents are not aware of the stressors. Only 14 percent of respondents are being trained in stress management soft skills. 86 percent of students lack stress management life-skills.
Sources of Stress in Engineering and MBA Students

1. Students who do not have good social life-skills and initiative taking life-skills always find it stressful to adjust in new situations and time. For fresh students, normally environment and the people around are new. So when trying to adjust life in unpleasant situation and time.

2. Poor time Management makes the students not to know how to plan and execute daily routine activities like studying time, leisure time and sleeping time. Rush in tension at the last moment to meet deadline leads to stress.

3. Excessive pressure, undue expectations and control from parents and teachers leads to stress in students.

4. When the learning style of the students and teaching style of the faculty mismatch, the students surely undergo mental stress.

5. Students who think more of money, friendship and enjoyment rather than studying well are prone to stress.

6. Teachers who undervalue students’ performance are the producers of guilt, envy and depression leading to stress in students. Guilty feelings, overreaction to failures, unfulfilled expectations, desires and wants are the sources of stress. Teachers who do not have good communication life-skills teach core subjects in local language even when they are supposed to teach all subjects only in English Medium, some teachers lack perception life-skills and do not use student centered Methods of teaching leading, it leads to de–motivation stress in students.

7. Excessive use of mobile phones for chatting messages results in mental stress.

8. Poor communication skills. Students lacking basic listening skills find it difficult to listen, grasp and understand in the engineering classroom. Life skills such as good communication skills have to be developed.

9. Negative attitude, insecure feeling, helpless, rejection, illness, depression, nervous weakness, sinful thinking, hypersensitivity. Love failure, multiple love affairs, family problems and over excitement leads to stress.

10. Poor interpersonal communication causes inability to work with others; it leads to frustration and open hostility leading to stress.

CONCLUSION

The solution to problem of stress lies in learning how to Control Stress. Many students who join the engineering course are not aware of the Life-skills and Soft-skills. Adding to this many teaching faculties especially those who teach core subjects are poor in Soft-skills, communication skills and life-skills. Students and teachers need training life skills such as social skills, initiative taking skills, Time management, conflict management, initiative taking skills etc. The teachers must have the knowledge of learning styles of the students. The college management must conduct faculty development training, lectures, seminars and workshops for teachers. The teachers who undervalue students must be banned by the concerned university and legal action must be taken. To reduce the release of cortisol in human body, take deep breaths which allow more oxygen into blood and helps feel invigorated. Regular Exercise and meditate in the early morning. Listen to soft music and news. Eating more fruits gives energy to beat stress.

REFERENCES


