

## Academic Stress Among Undergraduate Students Iijoe

Introduction In everyday life, working class people come across many situations where they have to cope with many situations and conditions, putting them in a lot of stress. Stress has become an inevitable part of human life in modern times. It is becoming a global phenomenon affecting all genres of people. The optimum level of occupational stress poses a risk to most organizations. “Teachers in particular not only have the stress of dealing with so many diverse children on a day to day basis; they are also entitled with educating and helping to mold these children into productive members of society. With rules, regulations, guidelines and performance expectations can induce very high levels of stress; the job can be demanding and has hardly any relief. Quite often teachers must take their work home overnight or on the weekends in order to be prepared for the next class or session on the field, or the teachers will have to score the test given to the children, in free time, which is possible only when he/she gets home. The traditional summer break that so many teachers once looked forward to, has began to reduce over the past few years, as well with most schools beginning to adopt block schedules which require yearlong school sessions with no more than nine week vacation period”(Kaur, 2011).

From an early age a sense of achievement is a source of good motivation and self esteem. Failure is a source of anger and frustration when the learner faces failure, not only feels frustrated but also feels ridiculed by others and is more prone to stress. Thus the process of education itself creates stress. Stress is condition producing disturbance within the individual and it is envisaged as a continuum of stimuli. Anything that

# Online Library Academic Stress Among Undergraduate Students Iijoe

cause to stress is known as stressors. The forces are either within the person or within the environment that affect the individual. For academic excellence as well as taking advantage of future opportunities that come in the way of one's life learning is important. Particularly it assumes a great importance at Pre university course. Based on this a need was felt to study academic stress among PUC students. The results showed that high aspiration, poor study habits, more study problems, change in medium of instruction and low socio-economic conditions were the factors that conditioned to academic stress and these become stressors for stress among selected respondents. Highest percentage of students have adopted one or the other coping strategies.

This book presents the empirical analysis on status of stress among the higher secondary students and factors determining the same and thus offer insight to critically examine the social, familial, and individual factors that pose risks for student development and identify points of intervention. This book will enable school administrators/principals understand student responses towards difficult situations, which can help in making provisions for intervention at necessary point/stage for corrective and remedial measures. It will help educational leaders to provide a school happy learning climate marked by caring and supportive human resources and opportunities for meaningful participation that can promote resilience and counteract the risk factors in a student's life. It will also help to involve family and community members in supporting their personal or academic growth and in fighting unpleasant life experiences, strengthening child-raising skills, mentoring and tutoring students.

Abstract: The purpose of this study was to provide knowledge of undergraduate students' patterns of stress and alcohol use. Also, this study sought to understand the experience of a

## Online Library Academic Stress Among Undergraduate Students Iijoe

diverse group of students. The study was based on quantitative data from 2 temporal online stress and alcohol surveys. This study used Cohen's Perceived Stress Scale (PSS-10) and the Alcohol Use Disorders Identification Test (AUDIT). A total of 65 participants completed the PSS-10 and 66 participants completed the AUDIT. In this study, 32.4% of the respondents identified themselves as Asian/Pacific Islander, and 32.4% of the respondents identified themselves as Hispanic/Latino. The study found that there was not a significant relationship between drinking levels and high stress levels among students. However, the study depicted temporal differences in stress and alcohol consumption. Implications for future research are discussed. Continued research is needed to understand the temporal relationship between stress and alcohol use among students.

Is this a time for a sleeping giant to rise? We have known since study of the lymphocyte and plasma cells really began in earnest in the early 1940's that the pituitary adrenal axis under intimate control of the hypothalamus could influence immunological functions profoundly. We have also known for at least 20 years in my recollection that female sex hormones can maximize certain immunity functions while male sex hormones tend to suppress many immunological reactions. The thyroid hormones accelerate antibody production while at the same time speeding up degradation of antibodies and immunoglobulins and thyroidectomy decreases the rate of antibody production. Further, much evidence has accumulated indicating that the brain, yes even the mind, can influence in significant ways susceptibility to infections, cancers and to development of a variety of autoimmune diseases. More than 20 years ago, my colleagues and I convinced ourselves, if no one else, that hypnosis can exert major influences on the effector limb of the classical atopic allergic reactions. We showed with Aaron Papermaster that

## Online Library Academic Stress Among Undergraduate Students Iijoe

the Prausnitz-Kustner reaction may be greatly inhibited, indeed largely controlled, by post-hypnotic suggestion. And it was not even necessary for us to publish our discovery because scientists in John Humphrey's laboratory at Mill Hill Research Center in London had beaten us to the punch. They described hypnotic control of both the PK reaction and delayed allergic reactions to tuberculin by hypnosis. This gives me an immense pleasure to announce that 'RED'SHINE Publication, Inc' is coming out with its third volume of peer reviewed, international journal named as 'The International Journal of Indian Psychology. IJIP Journal of Studies' is a humble effort to come out with an affordable option of a low cost publication journal and high quality of publication services, at no profit no loss basis, with the objective of helping young, genius, scholars and seasoned academicians to show their psychological research works to the world at large and also to fulfill their academic aspirations. This book focuses on the importance of human factors in optimizing the learning and training process. It reports on the latest research and best practices and discusses key principles of behavioral and cognitive science, which are extremely relevant to the design of instructional content and new technologies to support mobile and multimedia learning, virtual training and web-based learning, among others, as well as performance measurements, social and adaptive learning and many other types of educational technologies, with a special emphasis on those important in the corporate, higher education, and military training contexts. Based on the AHFE 2018 Conference on Human Factors in Training, Education, and Learning Sciences, held July 21–25, 2018 in Orlando, Florida, USA on July 21–25, 2018, the book offers a timely perspective on the role of human factors in education. It highlights important new ideas and will fosters new discussions on how to optimally design learning experiences.

## Online Library Academic Stress Among Undergraduate Students Iijoe

Digital technology covers digital information in every form. The world lives in an information age in which massive amounts of data are being produced to improve our daily lives. This intelligent digital network incorporates interconnected people, robots, gadgets, content, and services all determined by digital transformation. The role of digital technologies in children's, adolescent's, and young adult's lives is significantly increasing across the world. New and emerging devices and services promise to make their lives easier as they create new ways of connecting, creating, and relaxing. They also promise to support learning at home and school by enabling ready access to information and new and exciting pathways for young people to follow their interests. Yet, alongside these conveniences come trade-offs with implications for privacy, safety, health, and well-being. *Impact and Role of Digital Technologies in Adolescent Lives* provides a deeper understanding of how digital technologies impact the lives of children, adolescents, and young adults; this includes the navigation of developmental tasks and the issues faced when utilizing these technologies. Covering topics such as adolescent stress, cyberbullying, intellectual disabilities, mental health, obesity, social media, and mindfulness practices, this text is essential for sociologists, psychologists, media analysts, technologists, academicians, researchers, students, non-government and

## Online Library Academic Stress Among Undergraduate Students Iijoe

government organizations, and professors. This edited volume brings together research on symbiotic themes of entrepreneurship, resource planning, and regional development and their impact on global-local business imperatives. Discussions in this volume critically analyze the convergence of entrepreneurship, innovation, technology, business practices, public policies, political ideologies, and consumer values for improving the global-local business paradigm to support regional development. This book also enriches knowledge on contemporary entrepreneurship models, converging business strategies towards entrepreneurial and industrial alliance in manufacturing, services, and marketing organizations. It contemplates the development of new business models and hybrid entrepreneurial perspectives to match the changing priorities of regional economic development in developing countries. This volume offers scholars new entrepreneurial visions and business perspectives of industries in emerging markets, while presenting a more integrated view to enable companies to innovate for long-term profitability and sustainability. There is growing pressure and stress placed on organisations to fight for customers and service/product placement in an increasingly competitive global marketplace. It has, therefore, never been more important to get the best out of the workforce. To achieve this, the role of the leader can

## Online Library Academic Stress Among Undergraduate Students Iijoe

be a fundamental factor in organisational success or failure. Leaders need to have the requisite skills to reflect the demands placed upon them in the 21st century. There are the “accidental managers” who just drop into the role of leadership and others who may develop skills and knowledge in readiness for a leadership role. There are also those who may have the innate ability to lead. Within the mix are those who are characterised by traits associated with the “dark triad” or who may use “pathocratic influence” on others to conform, reinforcing values (or lack of values) associated with toxic leadership. They create damage and harm. They become “passion killers”. The result can lead to a “pathocracy”. This book discusses the role emotional intelligence plays in helping people deal with stressful and challenging experiences, suggesting different ways to cope. The author reflects on the values that are integral to the success or failure of an organisation. “Passion” is identified as an added value that can differentiate one organisation from another. If passion is harmed, it can affect motivation, creativity, output, performance, and productivity. Therefore, this book provides the reader with examples of “passion killing” while making suggestions as to factors that can be adopted to engage and encourage passion. Conclusions are drawn and recommendations made to support those faced with “passion killers”. This book is aimed at those of all ages and educational

## Online Library Academic Stress Among Undergraduate Students Iijoe

backgrounds interested in developing their leadership knowledge and skills. It is also aimed at those interested in learning more about differences in personality, emotional intelligence, stress, coping, values, and the importance of understanding the impact of “passion killers”.

This is the 22nd AFBE Conference, a proud record for an academic conference, and we hope it is also an indication of the value of AFBE to business and management scholars within the region. Sampoerna University organizes the 2018 AFBE Conference with the theme of “Business Innovation, Sustainability, and Disruption Technology: Challenges and Opportunities”. This topic has taken growing attention among not only practitioners but also academics. Nowadays there are numerous new ventures that offer novel products or services that may disrupt established industry. More and more people should be aware of the challenges and opportunities and thus forced to become more agile and competitive in the today's business environment. There is four invited speakers, Ir. Airlangga Hartanto, MBA (Minister of Industry of the Republic of Indonesia), Dr. Chris Perryer (University of Western Australia), Dr. Marthin Nanere (La Trobe University, Australia), and Reza Ashari Nasution, Ph.D .(Institut Teknologi Bandung).

This book reports on cutting-edge findings and developments in physical, social and occupational

## Online Library Academic Stress Among Undergraduate Students Iijoe

ergonomics. It covers a broad spectrum of studies and evaluation procedures concerning physical and mental workload, work posture and ergonomic risk. Further, it reports on significant advances in the design of services and systems, including those addressing special populations, for purposes such as health, safety and education, and discusses solutions for a better and safer integration of humans, automated systems and digital technologies. The book also analyzes the impact of culture on people's cognition and behavior, providing readers with timely insights into theories on cross-cultural decision-making, and their diverse applications for a number of purposes in businesses and societies. Based on three AHFE 2020 conferences (the AHFE 2020 Virtual Conference on Physical Ergonomics and Human Factors, the AHFE 2020 Virtual Conference on Social & Occupational Ergonomics, and the AHFE 2020 Virtual Conference on Cross-Cultural Decision Making), it provides readers with a comprehensive overview of the current challenges in physical, social and occupational ergonomics, including those imposed by technological developments, highlights key connections between them, and puts forward optimization strategies for sociotechnical systems, including their organizational structures, policies and processes.

These conference proceedings showcase a rich and

## Online Library Academic Stress Among Undergraduate Students Iijoe

practical exchange of approaches and vital evidence-based practices taking place around the world. They clarify the complex challenges involved in bringing about a holistic educational environment in schools and institutes of higher learning that fosters greater understanding and offer valuable insights on how to avoid the pitfalls that come with rolling out holistic approaches to education. To do so, the proceedings focus on the subthemes Support and Development, Mobility and Diversity and Networking and Collaboration in Holistic Education.

This fifth edition of Historical Dictionary of Botswana contains a chronology, an introduction, appendixes, and an extensive bibliography. The dictionary has over 500 cross-referenced entries on important personalities, politics, economy, foreign relations, religion, and culture.

This book adopts an interdisciplinary approach with a wide scope of perspectives on primary healthcare, describing related principles, care models, practices and social contexts. It combines aspects of development, research and education applied in primary health care, providing practitioners and scholars with a comprehensive overview of the current knowledge and delivery models of healthcare in community settings. It covers the practical, philosophical and scholarly issues pertinent to the delivery, financing, planning, ethics, health politics, professional and technological development, resources, and monitoring in primary health care. Contributors are from a diverse range of

## Online Library Academic Stress Among Undergraduate Students Iijoe

academic and professional backgrounds, bringing together collective expertise in mainstream medicine, nursing, allied health, Chinese medicine, health economics, administration, law, public policy, housing management, information technology and mass communications. As such, the book does not follow the common clinical practice or service-based approach found in most texts on primary care. The contents will serve as a useful reference work for policymakers, researchers, community health practitioners, health executives and higher education students.

As a popular and powerful medium, mobile use has increased significantly across the world. The effects of these communication devices have not only transformed how we communicate but also how we gather and distribute information in a variety of industries including healthcare, business, and education. *Impacts of Mobile Use and Experience on Contemporary Society* provides cross-disciplinary research that ties together use and experience examining the transformative influence of mobile technology and how it is reshaping who we are and what we do. Featuring research that investigates the impacts on both actors and activities with topic coverage that includes academic application, economic value, and mobile learning, scholars from different disciplines from all over the world identify the crucial implications behind mobile technology. Included amongst the targeted audience are educators, policymakers, healthcare professionals, managers, academicians, researchers, and practitioners.

The World Health Organization approximates that 350

## Online Library Academic Stress Among Undergraduate Students Iijoe

million people worldwide are affected by depression and anxiety as a leading cause of disability worldwide (World Health Organization, 2018). Nutritional Psychiatry as “Mental Health Nutrition” is an emerging field that explores the changes that how nutritional interventions can maintain one's mental health. Researches indicate that the foods we consume significantly influence our brain function and gut health, which in turn shape our mental health and behaviour. Ensuring dietary intake of essential vitamins and minerals is vital for optimal mental health. Minerals, especially choline, zinc, magnesium, iron and iodine have important roles in neurological function through production of neurotransmitters. Insufficient levels of vitamins: Vitamin D, Folic Acid and Vitamin B Complex give a rise in levels of both anxiety and depression. Methylation is an important process in the body that prevents the build-up of homocysteine, a substance that may be toxic to the brain. Folate and vitamin B12 are both crucially required to prevent accumulation of homocysteine that may be toxic to brain. Similarly, omega-3 fatty acids and amino acid- specially tryptophan is needed to create a mood-modulating chemicals serotonin and functioning of nervous system. Besides the foregoing, cysteine, a sulphur-based amino acid gets converted into glutathione: the body's most powerful antioxidant. When cysteine is given as a supplement known as N-acetyl cysteine, it is converted into glutathione, evidently helpful in treatment of bipolar depression, schizophrenia, and other neurotic and addictive behaviours. Conclusively nutritional psychiatry is supplementation of essential nutrients should be

## Online Library Academic Stress Among Undergraduate Students Iijoe

acknowledged as a treatment to maintain good mental health and wellbeing.

College students are subject to a massive input of stresses which require successful and ever-changing coping strategies. These stresses include inside and outside pressures by the world to succeed, financial worries, concerns about uncertain futures, social problems and opportunities since college is often the meeting place for future mates, and homework and tests in multiple and complex subjects requiring preparation and focus with often conflicting priorities. Unsuccessful coping often results in anxiety, heavy drinking, depression and a host of other mental health problems. This new book presents new and important research in this important field.

This book reports on research and developments in human-technology interaction. A special emphasis is given to human-computer interaction and its implementation for a wide range of purposes such as health care, aerospace, telecommunication, and education, among others. The human aspects are analyzed in detail. Timely studies on human-centered design, wearable technologies, social and affective computing, augmented, virtual and mixed reality simulation, human rehabilitation, and biomechanics represent the core of the book. Emerging technology applications in business, security, and infrastructure are also critically examined, thus offering a timely, scientifically grounded, but also professionally oriented snapshot of the current state of the field. The book gathers contributions presented at the 5th International

## Online Library Academic Stress Among Undergraduate Students Iijoe

Conference on Human Interaction and Emerging Technologies (IHET 2021, August 27-29, 2021) and the 6th International Conference on Human Interaction and Emerging Technologies: Future Systems (IHET-FS 2021, October 28-30, 2021), held virtually from France. It offers a timely survey and a practice-oriented reference guide to researchers and professionals dealing with design, systems engineering, and management of the next-generation technology and service systems.

This anthology is the official publication of World without Anger (WWA), a non-profit organization whose mission is to promote peace. This collection of peer-reviewed papers stemmed from presentations given at the 6th International WWA conference, titled “Global Peace and Emotional Intelligence for Education, Cultural Diversity, Harmony and Behavior Management”. The contributions reflect diverse, international perspectives on peace-related subjects. The topics include anger cognition and management; the study of self-referential and inclusive language; indigenous perspectives on peace; associations of stress with cardiovascular parameters; strategies to reduce anger through dance; personality traits including agreeableness among public employees; human resource development; emotional intelligence and technology project outcomes among ethnic minorities; the association of emotional maturity and academic performance; and emotional awareness and decision-making. The contributors’ backgrounds in psychology, business, education, and other fields bring a rich, multidisciplinary perspective to this publication.

The Journal of International Students (JIS), an academic,

## Online Library Academic Stress Among Undergraduate Students Iijoe

interdisciplinary, and peer-reviewed publication (Print ISSN 2162-3104 & Online ISSN 2166-3750), publishes scholarly peer reviewed articles on international students in tertiary education, secondary education, and other educational settings that make significant contributions to research, policy, and practice in the internationalization of higher education. visit: [www.ojed.org/jis](http://www.ojed.org/jis)

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The main objective of this Seminar proceedings book is to analyse the performance of the present development programmes, the issues and challenges and also reflect and think about whether and to what extent the benefits of these programmes have percolated to the weaker sections of our society- indeed, have they reached those they were meant to reach ?

As a developing country, India stands at advantage than other countries in terms of youth Population. Youth is not only the backbone of a nation, but they also determine its future. Because young people are

## Online Library Academic Stress Among Undergraduate Students Iijoe

innovative, creative, passionate and skilled, they are instrumental in creating a meaningful change nationwide and globally. This enthusiasm, vibrancy and skills when channelled properly can promise us and our generation a secure and progressive future. It is both an asset and challenging on being a country with highest number of youth. With emerging advancement and development, multiple challenges continue to occur. This paper attempts to explore the social and psychological challenges and the causes behind them that the modern youth of our country faces. It is very important to address these issues and to work on ways to empower the younger generation since they shoulder a plethora of responsibilities.

As an annual event, International Conference on Religion and Mental Health (ICRMH) 2019 continued the agenda to bring together researcher, academics, experts and professionals in examining selected theme by applying multidisciplinary approaches. In 2019, this event will be held in 18-19 September at Auditorium Faculty of Psychology, Syarif Hidayatullah State Islamic University, Jakarta. The conference from any kind of stakeholders related with Religion, Psychology, Social-Political and Social Related Studies. Each contributed paper was refereed before being accepted for publication. The double-blind peer reviewed was used in the paper selection.

## Online Library Academic Stress Among Undergraduate Students Iijoe

The International Journal of Indian Psychology (e-ISSN 2348-5396 | P-ISSN 2349-3429) is an psychological peer-reviewed, academic journal that examines the intersection of Psychology, Education, and Home science. The journal is an international electronic and print journal published in quarterly. The International Journal of Indian Psychology (ISSN 2348-5396) is an academic journal that examines the intersection of psychology, home sciences, and education. IJIP is published quarterly and is available in electronic versions. Our expedited review process allows for a thorough analysis by expert peer-reviewers within a time line that is much more favorable than many other academic publications.

Objective: Academic stress and alcohol use accompany the transition from secondary to tertiary education for some university students and are associated with a variety of negative outcomes. Although a dearth of research exists on academic stress and alcohol use, independent of one another, there appears to be limited research into the association between academic stress and alcohol use in university students within the South African context. The current research investigates the relationship between academic stress and alcohol use in second year university students reporting on their first year experiences. Methodology: Second year university students ( $n = 81$ ) from the Faculty of

## Online Library Academic Stress Among Undergraduate Students Iijoe

Humanities of a prominent Gauteng university were surveyed. The students reported their experiences of stress (academic and perceived stress) and alcohol use, based on their first year experiences, through the following measures: the Academic Stress Scale (ASS), the Perceived Stress Scale (PSS) and the Alcohol Use Disorder Identification Test (AUDIT). Results: The sample reported moderate levels of academic stress and perceived stress, and fairly low levels of alcohol use. Neither academic stress nor perceived stress were found to have a significant relationship with alcohol use. Results did not support the findings from past research of a relationship between academic stress and alcohol use among a sample of university students. However, differing degrees of academic stress and patterns of alcohol use were identified based on the demographic characteristics of the population a<sup>22</sup> gender, race and place of residence. Conclusion: Despite the small sample size obtained and the delineation from literature reviewed, the research allowed for a number of relevant hypotheses to be posed and explored by future research endeavours.

The Guest Editors would like to express their profound gratitude to Dr Isabella Giulia Franzoi for her valuable work in initiating this Research Topic and actively contributing to it. This book is narration by a psychiatrist. The purpose of this book is to provide education, information and knowledge about mental health and prevention of psychological illnesses. For this reason, Dr Shrivastava, a long time

# Online Library Academic Stress Among Undergraduate Students Iijoe

psychiatrist, has compiled stories of problems faced by patients and treatments they received with frank discussion and academic facts. One out of five people in our society suffer from a mental disorder. The experience of psychological illness disconnects them from their own selves. Though it is a treatable condition, patients seldom receive treatment. One of the main barriers is the stigma which is a clinical risk factor. We are unable to deal with stigma because people do not speak up about their experiences. We are unable to project examples of successful treatment. This limitation increases stigma.

This essential resource addresses a range of student wellness issues confronting professionals in college and university settings. Building on *Wellness Issues for Higher Education*, this latest volume comprehensively covers key topics that not only contribute to students' success in college, but also help students maintain wellness after graduation. Taking a holistic perspective of wellness, coverage includes numerous issues, including body image, time management, financial wellness, dependence and recovery issues, career planning, and civic engagement. It also addresses ways of organizing campus efforts on wellness. Each topical chapter includes proactive wellness advice and prepares the reader to better understand the facts, issues, controversies, misconceptions, and strategies for addressing the issue. This practical guide prepares higher education and student affairs professionals to understand the wellness and health issues contributing to their students' overall well-being both during and after college.

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