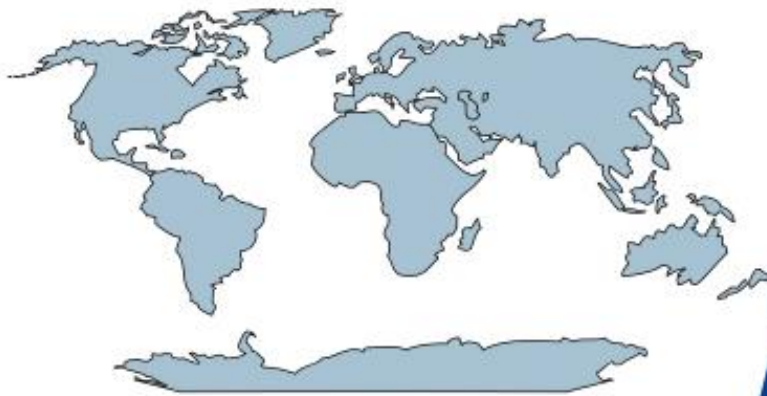


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A STUDY ON COPING MECHANISMS OF STUDENTS' STRESS DURING COVID

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ABSTRACT

Stress is often the result of feeling trapped or getting affected by the problems in our lives. Especially during this pandemic, when people are not allowed to go out or mingle socially, stress has drastically increased for students.

Methodology - Primary data was collected by questionnaire through online forms from 126 students of different schools and colleges of Mumbai region. Major respondents are in the age group of below 15 - 25 years.

Observation and results - The study concludes that academic pressure and loneliness are the major causes of stress for students. Some students may fare better in stressful situations where they may need just a push to perform well and some may deal with it too seriously allowing it to linger for a very long time.

Keywords: Students' stress, coping stress during covid, stress coping

1. INTRODUCTION

A rush of a threatening feeling or a surge of senseful thoughts, racing heart or shortness of breath. One has been through all of these at some point in their lives. Such periods of transition, trauma, challenges or loss is termed as Stress. Stress has a great impact on an individual's performance. Specially during the Covid time, when the people are not allowed to go out or mingle socially, stress has increased. One of the most affected stressed categories during covid is students. The manner in which students face stress determines the outcome of the impact it has had on their performance. The purpose of this study is twofold: to understand the history of stress related problems, and to provide a suitable model that brings all ways of dealing stress into one. Stress is often the result of feeling trapped and affected by the problems in our lives. Students are sometimes restrained by their inability to see a positive outcome for a difficult situation. By teaching them to solve problems one at a time, they have useful measures to deal with stress.

WHAT IS STRESS?

Stress is inevitable. It has become a critical part of our lives today, with increasing competition and an urge for success, it has reached a level where managing stress appropriately has become important. The feelings of anxiety, concern and worry is a natural tendency of humans. But sometimes these feelings become so powerful that it makes you unable to deal with these changes around or within you, leading to stress. These changes could bring positive or negative feelings about any situation and could be emotional, spiritual, social or physical. The ability of our body to respond to different situations and changes occurring around us leads to stress. When stress lasts for a long time, when it overpowers your wellbeing it may be detrimental to your mental and physical health.

Stress can be classified into different types depending on its level of gravity and its duration. There are three main types of stress :

- Acute Stress
- Episodic Acute Stress
- Chronic Stress

ACUTE STRESS

This type of stress is a short lived one. It would not linger for a long time. You could be in Acute stress when you would have a fight with your friend or get pulled up for overspending. It may happen when you do something new and exciting. Sometimes, it may also help you manage a difficult and a dangerous situation. At some point of life, students may have experienced acute stress which may have left them in a tight situation.

EPISODIC ACUTE STRESS

Episodic Acute Stress is having severe stress frequently. You may be under constant pressure of reaching the expected level or you may feel that things are always going wrong. It usually occurs to individuals who take everything too seriously, constantly thinking about it over and over again. They are not able to let loose from such stressful situations.