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## **"Stress Management Among Pratibha College Students: - A Current Status"**

**Prof. Ekta A. Jadhav**  
and  
**Prof. Anand B. Lunkad, Ph.D.**

### **Introduction**

It is the evidence that from the middle of the twentieth century, the man was busy as long as in his day to day routine work. In the absence of modern means of life, he did not have the problems being faced by the today's man regarding his physical fitness. The development in the field of technology has provided numerous comforts to the modern man as compared to the ancient one. There is an increased efficiency in the work and also increase in leisure hours, drastic changes in communication system, transport system, advancement in the field of medicine and surgery have made possible to fight with dangerous diseases and reducing the death rate. On the other hand, all these advancements have made the man most inactive, sedentary and lethargic, which are creating problems of obesity, overweight, underweight, decrease in immunity, life relying on drugs, Stress, tension and so on (Thomas D. V. and Kotecki J. E, 2007).

In today's competitive scenario the inactivity or sedentary lifestyle is a common problem in all age group, especially the young generation which comprises of maximum population of India. The lifestyle of today's youth is confined only to gizmo gadgets, discos and pubs. They don't have any interest in what is happening around the world. Sitting long hours in front of computers or chatting on mobile, Night outs, lounging in the pubs, tapping your feet to the rocking music in discs, showing offi-pods, N-Series mobiles, Levis jeans and Woodland shoes and eating fastfood are the common lifestyle of the urban youth today. They feel if they do not have all these 'cool stuffs', then it will affect their image in college campus or their common hang-outs.

As we look towards the college students usually they have very busy schedules and often place exercise at the bottom of their list of priorities. They are spending their entire day sitting in the classes, practicals, studying in the library and completing assignments using the computer. Some of them are doing jobs and family commitments on the top of our educational responsibilities (Thomas D. V. and Kotecki J. E, 2007). And of course remaining time they are spending with their friends and family, so very less time they are giving for exercise. There is an evidence that as girls enter adolescence, they tend to stop engaging in physical activity or exercise as they had been in late childhood. In this stage boys are comparatively more active than girls (Miller K, Staten R, Rayens M and Noland M). The lack of physical activity or sedentary lifestyle can causes hypokinetic diseases. Hypokinetic Diseases or Conditions (*Hypo* means "lack off" and *kinetic* means movement or activity). Thus, hypokinetic means "lack of activity." A hypokinetic disease or conditions associated with lack of physical activity or too little regular exercise. Examples of such conditions include heart disease, low back pain, adult-onset diabetes, and obesity. So it is very necessary to motivate and generate awareness in the college girls to participate in any kind of Physical activity.

It is very necessary to do some kinds of exercise in our day to day life. The benefits of regular, consistent exercises are well documented. Exercise plays an important role in the prevention of chronic diseases and conditions including cardiovascular disease, certain types of cancer, type II diabetes, and obesity. (Physical Activity and Health: A Report of the Surgeon General. U.S. Department of Health and Human Services, 2002). It has been recommend that every day the school age children and the teenagers should accumulate at least sixty minutes of moderate to vigorous intensity physical activity to ensure healthy development (Williams L.H, Hall T.J, and Rink J.E, 2010). So we can say that regular participation in physical activities is associated with a longer and better quality of life, reduced risks of a variety of diseases and many psychological problems like stress, tension anxiety etc.





While performing physical activities or exercise we are facing lots of barriers such as lack of time and place, suitable facilities, lack of knowledge, enjoyment, self-motivation, self-management skills for e.g. Set personal goals, monitor progress or rewards progress towards such goals, lack of encouragement, supports as well as attitude towards physical activity etc. Many of them feel uncomfortable or shy to go in GYM, fitness classes or on the ground for physical fitness. (Williams L.H, Hall T.J, and Rink J.E, 2010). So it is very necessary to work on these kinds of barriers.

The various studies shows that lack of knowledge and awareness of physical activity or exercise, they are physically unhealthy and stressful. The generally accepted definition of stress is one of interaction between the situation and the individual. It is the psychological and physical state that results when the resources of the individual are not sufficient to cope with the demands and pressures of the situation. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the fight-or-flight stress response. Some stress is normal and even useful. Stress can help if you need to work hard or react quickly. But if stress happens too often or lasts too long, it can have bad effects. It can be linked to headaches, an upset stomach, back pain, and trouble sleeping. It can weaken your immune system, making it harder to fight off disease. If you already have a health problem, stress may make it worse. It can make you moody, tense, or depressed. This stress should be managed properly. Especially, youth should take effort on the stress management techniques. But due to busy lifestyle, youth neglect physical activity and stress management. So the researchers want to see the current status of stress management among the college going students girls of Pratibha College, Chinchwad.

#### **Material and Method:**

This study was an analytical method of descriptive research. The study was conducted on 30 undergraduates College going girls from Pratibha College, Chinchwad, Pune having average age of  $\pm 19.7$  years old which were purposively selected. Researcher used a Questionnaire with options developed with reference today to day physical activity and stress management of college going girls. Frequency and Cross tabulation technique used to analyse the research data.

#### **Results:**

There were three questions in this questionnaire about stress management. Following were the results.

**Table no.1: Q. No. 1 Frequency of Respondents; responded to the question "When you feel stress, what kind of activity do you engage yourself in?"**

Particular	Frequency
Playing Mobile	5
Sitting alone in a room	7
Playing on Ground	3
Sleeping	15
Total	30

In Table no.1 it shows that when the girls feel stress five girls play on mobile, seven girls sit alone in the room, three girls play on ground and fifteen girls sleep. This responses shows that when girls find them under stress, they prefer to sleep and sit alone in the room but do not want to go out and play on the ground and to relive their stress.

**Table No. 2 Q. 2 Frequency of Respondents; responded to the question "In stress or tension, you discuss your problem with"**

Particular	Frequency
Family Member	10
Write it down on Paper	1
Close friends	16
Don't share with any one	3
Total	30





Table No. 2 implies that in the situation of stress and tension ten girls discuss their problem with Family member, One girl write it on paper, sixteen girls discuss with their close friend and three girls do not share with anyone. This reply indicates that most of the girls discuss or share their problems with either their close friends or family members.

**Table No.3 Frequency of Respondents; responded to the question No. 3**

Question	Always	Often	Sometimes	Never
When you feel stress or bored, do you feel like giving-up everything	1	1	19	8

Table no.3 displays that only two girl's feel like giving up everything but twenty seven girls don't feel like giving-up when they feel stress or bored. This signifies that majority girls overcome stress.

### Discussion

The results of this study reveals that the college going girls are not exercising for stress releaser. Making schedules and setting priorities also reduces the stress level. One study from Turkey indicated that, physical inactivity is common in both genders and it is increases day by day, especially in girls. (Onat, 2001). Teenagers may experience stress every day and can benefit from learning stress management skills. (Stress Management and Teens, 2013) Although findings suggested that lack of information regarding attitudes toward exercise of female university students who do not achieve PA sufficient for health benefits. (McAuley. E, Rudolph. D. 1995).According to a new study, the most frequently cited barriers among adolescent females were lack of time, tiredness and less interest of doing exercise. "(Kimm et al., 2006).The another study also shows same result that lack of time due to busy lesson schedule and responsibilities related to the family and social environment, parents give academic success priority over exercise were most cited items for physical activity barriers(Arzu. D, et al., 2006).

### Conclusion

College students have stress. So first step should be: they assess the situation of stress and then try to cope up with it. To assess the stress, we have teacher made tool. This study concludes that it is very necessary to impart knowledge about physical activity helps in stress management.

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