

## DETAILED STUDY AND ANALYSIS OF STRESS MANAGEMENT AMONG YOUTHS

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### ABSTRACT

Stress is a condition of mental pressure that individual face problem from external environment and social-wellbeing, and it may lead to detrimental diseases. Due to covid -19, the world economy was hit by a great recession, people were unable to buy foods and vegetables due to lack of money, govts and companies was not having money to pay salaries to their employees and if anyone get infected to covid-19 they were forcefully hospitalized and kept isolated from outer world that creates huge stress to people that some committed suicides. If we talk about India , the daily wage worker had lost their jobs due to lockdown, they were unable to survive in the city so they decided to go back to hometown, transportation was banned due to these workers were going their hometown by walking and people were not allowed to move outside that creates lot of stress. In this research paper, it talks about how people suffer from mental stress during covid period and lockdown which was imposed by Indian Government, what are the causes of stress occurring in varying age group of people, and what kind of stress they suffered. From the results obtained in this paper, we found that Academic stress play a key role in causing high stress levels in the youth, which may lead to severe symptoms such as Anxiety, depression and phobias.

**Keywords:** Stress Management, Covid-19, Academic Stress, Construction Industry, Youth.

### 1 INTRODUCTION

Stress Management can be inferred as a tool to improve the mental health of the people and to help people to cope-up with the higher stress levels caused in the busy environment. This technique helps in curbing down the stresses of people, which may be caused due to several reasons, such as academic pressure, higher course load, huge pressure to meet the deadline, etc. We got the information related to the depression, attempt to suicides and many more psychological symptoms among the youths. Some of the data has been extracted from some workforce industries, i.e., Construction Industry. If you view a situation negatively, you will become distress, overwhelmed oppressed and out of control. And if you view the situation positively, this will be called as eustress and also called as good stress .The measures taken by individual and different organization like teachers, parents, students and many NGOs to reduce the stress of an individual. Adolescence time is a very dangerous period for young people experience self-organization and role confusion. For them, stress mainly comes from academics, interpersonal relation, relationship problem, financial and career exploration. We have seen its side effects like behavioral , mental and physical problems, that can destroy the

whole human life, not only for youngsters but also for adults . In the period of novel coronavirus (covid-19), it truly leads to global health crises with substantive human, social and economic crises. The pandemic and the lockdown which was imposed by the Indian Government, led to the mental health crises of general population and also observed the chronic disease among kids, adolescence and old people because they were not allowed to play ,to meet their friends and to walk etc. Due to the pandemic situation , the group of people who are badly impacted are the labors and small entrepreneur especially, where labors were the one who have faced a lot of hardships because of it, for instance they lost their jobs, had to leave their homes in big cities and move back to their villages without any transportation facilities . Whereas, small businessmen had to bear financial losses and most of their businesses were shut down. In the Construction Industry, lots of employees and workers were laid off for an indefinite period, while some employees had to work for a partial salary. Also, most of the labor workforce in the construction industry, had to leave their companies and move back home, due to the immense fear of covid in their minds. This caused a breakdown in cash flows for smaller and bigger construction companies, causing larger delays in the infrastructural projects and companies had to incur huge financial losses. This situation enhanced huge stress and anxiety level to each hierarchy of people, from owner of the company to labor workforce. Youths working in the construction industry, stated that after imposing lockdown in the whole country, they had to suffer huge depression due to various reasons like loss of job, lower salaries paid, no job security, no freedom of work, etc.

## 2 LITERATURE REVIEW

There are many studies made by Schafer et al (1996), who defines the strong relationship between stress and humans . A theory made by Lazarus et al (1984), states that the stress is a mental and physical phenomenon that is formed through the cognitive appraisal of the stimulation and is a result; of one interaction with the environment . Feng et al (1992), defined stress that how can individually adapt that stress and converted negative into positive . Coffey et al (1967), stated that psychological stress that person perceives his wellbeing or (integrity) is endangered and he must devote his energies to protect himself from the negative people . Vingo (1981) stated that making people frustrated leads to stress. Bower et al (1973) viewed that psychological stress shows the mismatching between people and environment. Selye et al (1950) identified general adaption of syndrome which include three stages of stress such as the alarm stage , the resistance stage and the exhaustion stage. Fairbrother et al (2003), observed that due to the increase in the work leads an employee into stress, the increase workload can be due to the technological advancement and Whenever Government of India changes the rule, some of the companies may face financial losses, that can lead to employment stress in the market. (Malach et al (2007) identified that which can cause stress symptom are lack of energy , high blood pressure , feeling depressed , increase in appetite , trouble concentration , restlessness and anxiety among others . Negative events such as dying of a close member and any financial problem that person is facing in his life can cause negative impact, stated by ( Anderson et al (1989) . Every parents and students should argue that in university , schools and many other education institutions should have one counsellor so that they could understand the student problem and could identifies that where the student is lacking behind whether it is academics , school environment and external environment, etc.

### 3 RESEARCH METHODOLOGY

In this research paper, a detailed survey has been conducted , where a list of questionnaires has been distributed to various categories of people , such as people of varying age groups , different job profiles. The questionnaires prepared in this research work , were related topics such as causes of stress , kind of stress, symptoms of stress and level of stress. These questionnaires were distributed to a total of 150 people, including students from various colleges, new graduates and experienced employers working in the construction industries, across several regions in Delhi.

#### 3.1 Ways to collect data:

In table 1, A intensive survey has been conducted, where data for different age group from age 21 to above 30 and most of the responses are taken from youths and experienced personals.

Whereas in table 2, I have conducted a survey where I have taken the data for different income level from Rs 20000 to above Rs 80000 and most of the response income lies between Rs 40000 to Rs 60000/- .

Then in table 3, the survey conducted are of different symptoms like boredom and stale, irritating and discomfort and bout of anger. Mostly the people are suffering from boredom and stale .

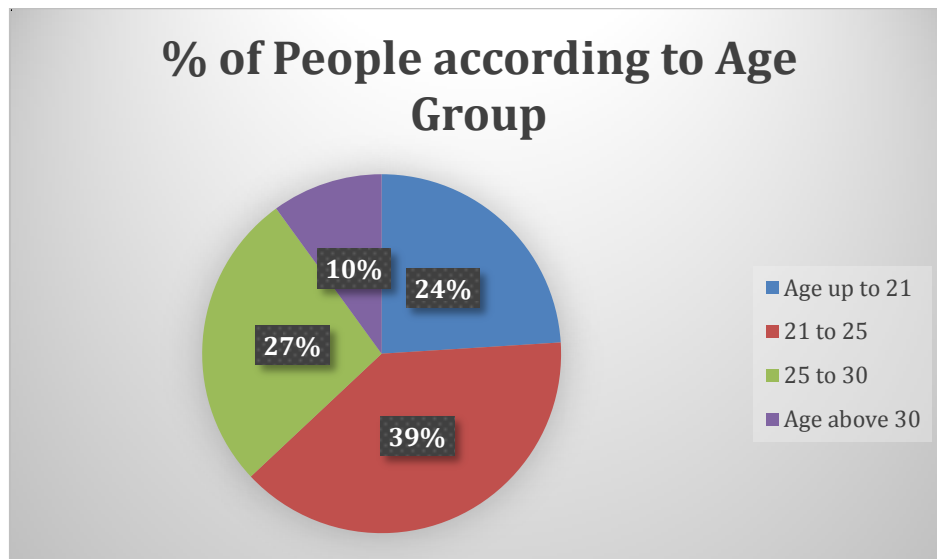
#### 3.2 Data Sources:

- (i) Online Survey conducted.
- (ii) Websites, newspapers, articles (Secondary)
- (iii) Questionnaire (Primary)
- (iv) Personal Interaction with people

### 4 OBSERVATIONS AND RESULTS

AGE	N	%
Age up to 21	36	24
21 to 25	58	39
25 to 30	41	27
Age above 30	15	10
Total	150	100

**TABLE 1. Distribution According to Age**

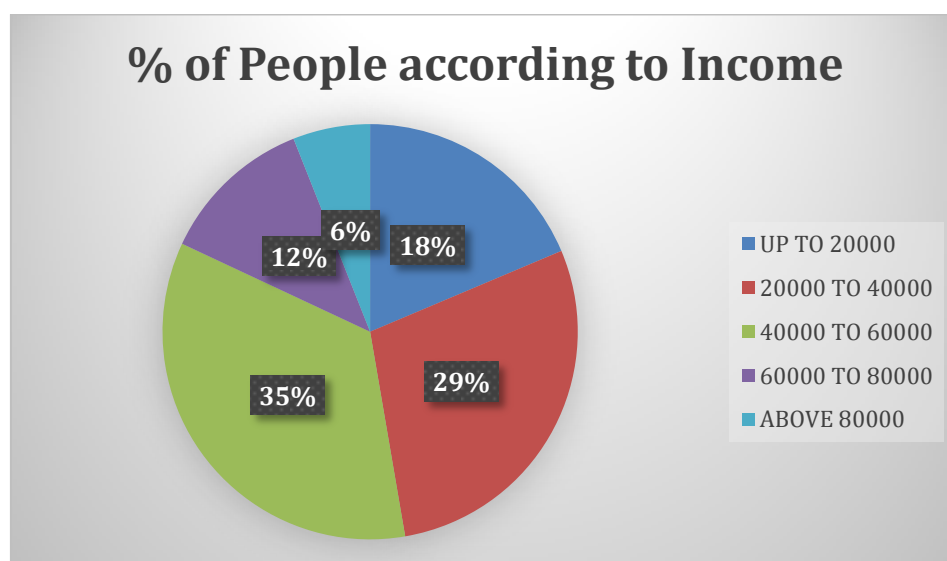


**FIGURE 1. Distribution According to Age**

In table 1, which has total no: of respondent is 150. The maximum number of 56 respondent belongs to the age group of 21-25 which is 39%, then the age group of 25-30 which is 27%, then the age group of up to 21 which is 24% and at last age group was above 30 which is 10% out of 100 %.

INCOME	N	%
UP TO 20000	28	18.6
20000 TO 40000	43	28.6
40000 TO 60000	52	34.6
60000 TO 80000	18	12
ABOVE 80000	9	6
Total	150	100

**TABLE 2. Monthly Income-Wise Distribution**

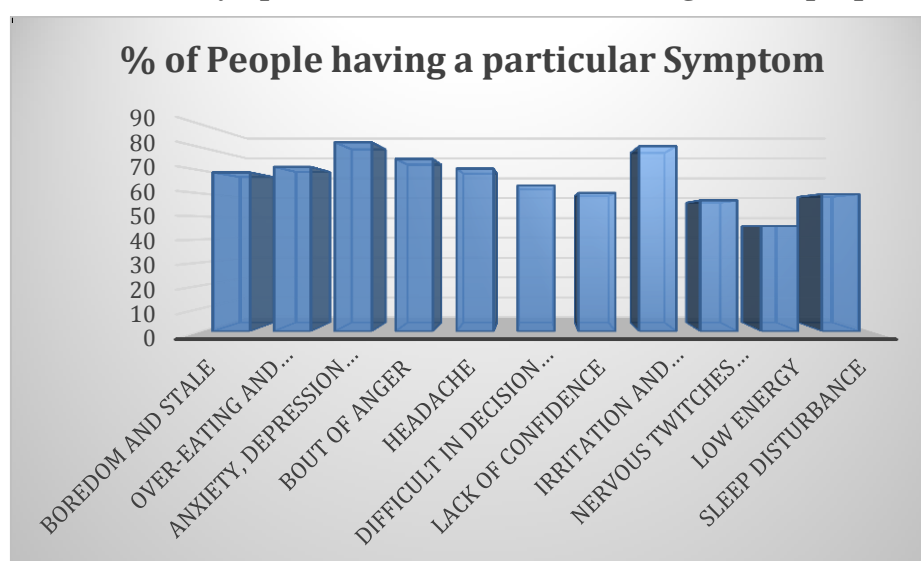


**FIGURE 2. Monthly Income-Wise Distribution**

In table 2 , which has total no of respondents are 150. Maximum number of respondents are from the income level of Rs 40000 to Rs 60000, which is 34.6%, then the respondents are from the income level of Rs 20000 to Rs 40000, which is 28.6%, then the respondent is from the income level of up to Rs 20000, then the respondents are from the income level of Rs 60000 to Rs 80000, and at last which has least income level above Rs 80000 .

Symptoms	%	Rank
Boredom and Stale	69.12	6
Over-eating and constipation	71.56	4
Anxiety, Depression and phobias	82.25	1
Bout of anger	75.00	3
Headache	70.79	5
Difficult in Decision Making	63.40	7
Lack of confidence	60.23	8
Irritation and Discomfort	80.56	2
Nervous twitches and muscles spams	56.98	10
Low energy	45.76	11
Sleep disturbance	59.72	9

**TABLE 3. Symptoms observed in various categories of people**

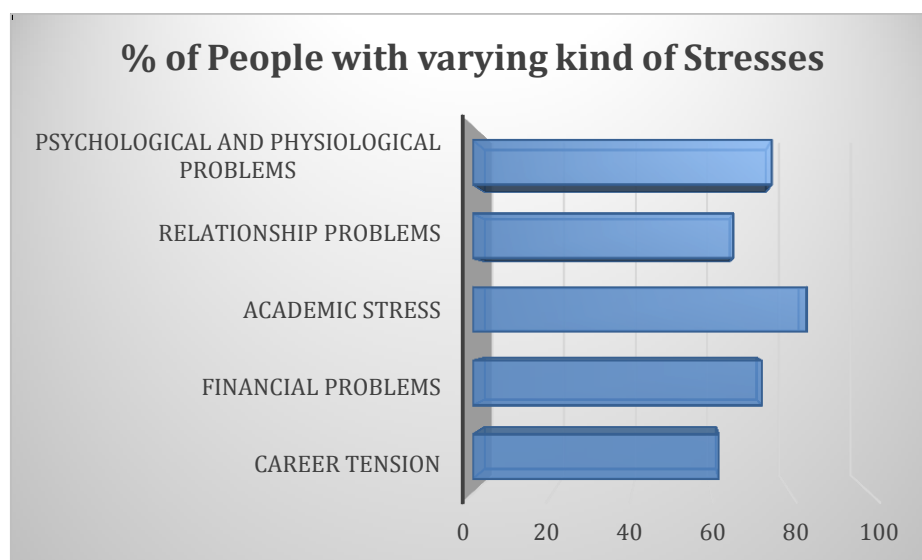


**FIGURE 3. Symptoms observed in various categories of people**

In table 3 , Anxiety, Depression and phobias which has highest percentage of 82.25 which people are suffering , followed by irritating and discomfort which people are suffering has percentage of 80.56 and at 3<sup>rd</sup> bout of anger which has a percentage of 75.00 . The lifestyle of the people is to fulfill their desire of wishes , if they unable to fulfil their desire that leads to stress .

Kind of Stress	%	Rank
Career Tension	61.89	4
Financial Problems	72.76	3
Academic Stress	83.98	1
Relationship Problems	65.56	5
Psychological and Physiological Problems	75.21	2
Overall Stress Level	71.88	

**TABLE 4. Level of Stress of each kind**



**FIGURE 4. Level of Stress of each kind**

In table 4 , which tells what kind of stress people are suffering in this period , it shows that academic stress generates highest level of stress among the youth has a percentage of 83.98 , then at 2<sup>nd</sup> psychological and physiological stress that the youth is suffering has a percentage of 75.21 , then at 3<sup>rd</sup> financial problems which causes youth in a stress that the parents are unable pay their child fees has a percentage of 72.76 , at 4<sup>th</sup> as per my observation relationship problems is the stress which youth are suffering , has percentage of 65.56 . And at last career tension is ranked at 5<sup>th</sup> as per my observation which is the common tension which youth is suffering about their future and has a percentage of 61.89 .

## CONCLUSION AND RECOMMENDATION

From the results obtained, I would like to convey that stress management has become an integral part of our life. It is not just for the youths, but also for the people of higher groups too. We should include stress management in our lives so that many lives can be saved from depression and suicide . As per the results obtained in this research work, it can be seen that

the major causes of stresses and depression in various groups of people, are academic stress , psychological stress and financial stress. The academics stress occurs mostly in youths or students because of getting less marks in papers due to these parents force their child to study more that causes students more stress . Lack of social interaction with teachers and students causes stress. The psychological stress not only occur youth but also in higher groups too, it can cause mind diseases like obsessive compulsive disorder, dissociative identity disorder , bipolar disorder and many other diseases, which is mostly observed in experienced personals such as in the construction and manufacturing industries. And financial stress is a common stress which occurs in all age groups , the examples of financial stress are paying mortgage or rent , unstable income, paying education fees and many more etc., while the severe symptoms caused inside people's mind are boredom and stale, irritating and discomfort and also bout of anger, which is also observed in the employees in construction companies. It occurs mostly in the age group of, 21-25 which has highest percentage of 39% .

Strategies to cope with stress are:

- 1) Do meditation for at least 15 to 20 minutes daily at early morning.
- 2) 7 to 8 hours daily sleep .
- 3) Hang out with friends and your family .
- 4) Consult a doctor for counselling and mental disease .
- 5) Walk back from heated situation .
- 6) Convert negative thought into positive .
- 7) Do physical exercises like cycling , play sports and dancing etc.
- 8) Controlled diet .

**Acknowledgments.** The author and corresponding authors are highly thankful to the Department of Management Studies, JIMS Vasant Kunj (affiliated to GGSIPU), New Delhi, for providing us with all the necessary information and materials for successful completion of this study.

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