



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2019; 6(6): 37-39  
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www.kheljournal.com  
Received: 28-09-2019  
Accepted: 30-10-2019

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## Impact of stress on mental health among post graduate students

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### Abstract

The purpose of this study was to know the impact of stress on post graduate students. This study involves descriptive survey design of post graduate students in a non-experimental, descriptive survey design. This explores and measures the perceptions of participants' psychological characteristics within the clinical environment. Total 100 post graduate students selected for present study. Questionnaires were used to gather data in this study. Co-relation were used to find out the impact of Stress on Mental health of post graduate student. The study that there was negative impact of stress on Mental Health.

**Keywords:** Mental health, stress, students

### Introduction

University is a stressful time for many students as they go through the process of adapting to new educational and social environments. University may be even more stressful for international students who have the added strain of learning different cultural values and language in addition to preparation (Essandoh, 1995; Mori, 2000). As stressors accumulate, an individual's ability to cope or readjust can be overtaxed, depleting their physical or psychological resources. In turn, there is an increased probability that physical illness or psychological distress will follow. There has been a dearth of studies on international students. Both Indian and international students share common stressors such as family-related pressures, scholarship requirements, financial burdens, competition in class, and course-related stress. However, perceptions of stress and coping strategies might differ across cultures. Hence, "Indian and international students may differ in their perceptions"

**(a) Stress:** "Stress may be defined as "a state of psychological and / or physiological imbalance resulting from the disparity between situational demand and the individual's ability and / or motivation to meet those demands."

**(b) Mental Health:** "Mental health was defined as an individual's state of well-being, when he or she realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to contribute to his or her community."

### Statement of the problem

The problem was stated "Impact of Stress on Mental Health among university students"

### Objectives of the Study

1. The aim of the study is to find out the stress of post graduate students on mental health.
2. The aim of the study to the co-relationship between stress on mental health the students.
3. To find out the impact of stress on Mental Health with respect to Somatic symptoms on Varsity Students.
4. To find out the impact of stress on Mental Health with respect to Insomnia on Varsity Students.

### Hypotheses of the study

1. There would be no significant impact of stress on mental health in post graduate Students.

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2. There would be no significant impact of stress on mental health with respect to somatic symptoms among post graduate Students.
3. There would be no significant impact of stress on mental health with respect to Anxiety insomnia post graduate Students.
4. There would be no significant impact of stress on mental health with respect to Social Dysfunction students.

**Delimitations of the Study**

The study was delimited to the male and female post graduate students. And their age ranges between 18 to 30 years.

**Selection of Subjects**

Total 100 post graduate students selected for present study

**Tools of the Study**

Stress questionnaires of Sheldon’s were given to 10 subjects. The instructions were given to the subjects before filling these questionnaires by the researcher.

**Scoring:** 0 = Never 1 = Almost Never 2 = Sometimes 3 = Fairly Often 4 = Very Often  
 PSS scores are obtained by reversing responses (e.g., 0 = 4, 1 = 3, 2 = 2, 3 = 1 & 4 = 0) to the positively.

**Statistical Analysis**

To analyse the data mean, S.D., & t-ratio will be utilized the level of significant set up at 0.5 level of confidence. For the analysis of data mean, standard deviation and t- ratio were used Formula for mean, standard deviation and t- ratio are as below.

$$M = \sum X/N$$

$$S.D = \sqrt{X^2/N}$$

$$T- Ratio = M1 - M2/ Critical ratio$$

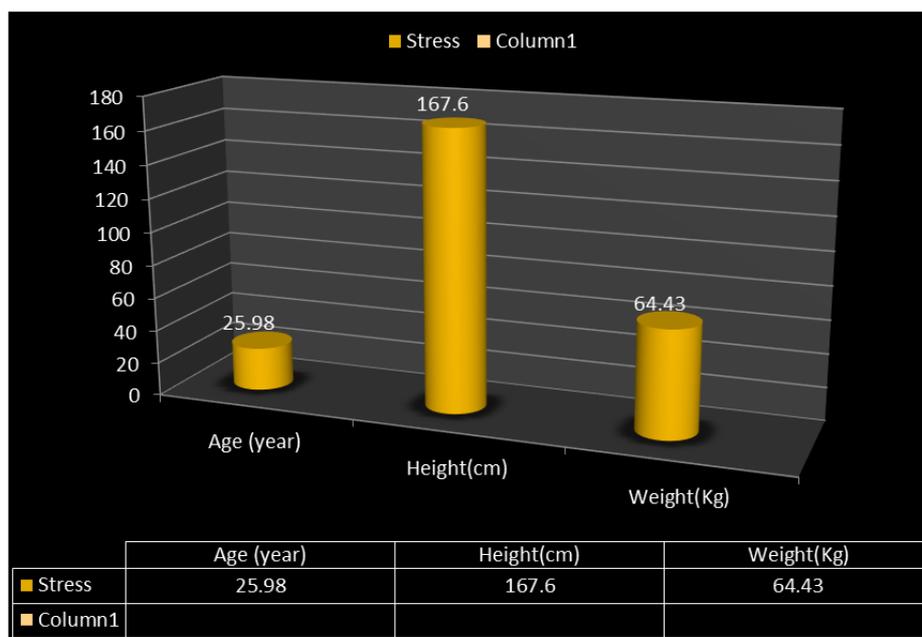
**Interpretation of data**

The results and discussion have been presented in concise and comprehensive manner that is easy to comprehend starting with stress on mental health. The primary aim of the study was to impact the stress on mental health students with the help of co-relation. The results concerning this are presented in the form of tables and also illustrated with the help of suitable figures where ever necessary.

**Table 1:** Mean scores of morphological characteristics of post graduate students

Parameters	Stress and Mental health (mean)
Age (year)	24.99
Height (cm)	170.61
Weight (kg)	68.42

As per table show mean of age, height and weight.



**Fig 1:** Shows the Mean scores of morphological characteristics of post graduate students.

**Table 2:** Mean score standard deviation and Co-Relation of stress on mental health of post graduate students

Target Population	Variables	Number	Co-Relation
Post graduate Students	Stress	100	-2.33
	Mental Health	100	

Table- 2 Shows the impact of Stress on Mental Health among post graduate students.

**Table 3:** Mean scores standard deviation of stress on Severe Depression of post graduate students

Test	Number	Co-Relation
Stress	100	1.8*
Severe depression	100	

**Table 4:** Below table shows the impact of Stress on Mental Health with respect to Social Dysfunction among post graduate students.

Test	Number	Co-Relation
Stress	100	-0.87
Social Dysfunction	100	

**Table 5:** Mean scores standard deviation of stress on Anxiety Insomnia of post graduate students)

Test	Number	Co-Relation
Stress	100	0.67
Anxiety Insomnia	100	

Students. At Sails Medical College, Indore, Madhya Pradesh. Biomedical Research. 2011; 22(3):361-36.

Table- Shows the impact of Stress on Mental Health with respect to Anxiety insomnia among post graduate students.

### Discussions and research findings

The primary objective of the study was to impact of stress on mental health of post graduate students. Total 100 students were selected as a subject for the presented studies & their age ranged from 20 to 30 years.

The data was collected to the students through questionnaires. The instruction was given by the investigator to the students before filling these questionnaires. Co-relation were used to find out the impact of Stress on Mental health of post graduate student.

It had been hypothesis that there would be no significant impact of stress on mental health in post graduate Students Table-2 reveals that there was negative impact of stress on Mental Health. That means stress negatively effects on mental health among post graduate students. Thus the hypothesis of the study was rejected.

It had been hypothesis that there would be no significant impact of stress on mental health with respect to somatic symptoms among post graduate Students. With regards to Stress and Somatic Symptoms. The results reveals that there was no impact of stress on mental health with respect to somatic health. Thus the hypothesis of the study was accepted.

### Conclusions

1. There was negative impact of stress on Mental Health. Stress negatively effects on mental health among post graduate students.
2. There was no impact of stress on mental health with respect to somatic health among post graduate students.
3. There was negative impact of stress on anxiety insomnia. That means stress negatively effects on anxiety insomnia among post graduate students.

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