



Research Paper

# Academic Stress Among College-Going Students and Its Impact on Health and Interpersonal Relationships: A Case Study of Ludhiana City

Dr Satinder Kaur

Department of Geography, S, R Government College for Women, Amritsar, Punjab, India

---

**Abstract:**

Academic stress is a major contributing factor to mental health problems among college students. Stress largely results from social and self-imposed pressures. It is the result of academic demands that significantly affect a student's ability to adjust to the educational setting, and it adversely affects students' physical and mental health. The present study is an attempt to identify factors of stress amongst college-going students of the age group of 18 years to 23 years studying in various educational institutes in the city of Ludhiana, Punjab. Data was collected from 100 college-going Students (55 females and 45 males) of the city. Stratified random sampling was used to ensure representation across different demographics, like grade levels and academics. The objective of the study was to identify the causes of Physical Stress among college-going students and to identify the mental, physical, and emotional effects of stress on their health. It also tries to identify stress among students due to interpersonal relationships. Statistical techniques such as Chi-Square Tests are used for checking the level of significance among different variables.

**Key words:** Academic Stress, Physical Stress, Sampling, Interpersonal Relationships

---

## I. INTRODUCTION

Stress is the term used to describe the physical, emotional, cognitive, and behavioral response to events that are appraised as threatening or challenging. Mental symptoms of stress include problems in concentration, memory, and decision making, and people under stress often lose their sense of humor (Meyer, 2009). Most people experience some degree of stress daily, especially college-going students, who are even more likely to face situations and events that can cause stress for them. There are two kinds of stressors: those that cause distress, which occur when people experience an unpleasant stressor, and those that cause eustress, which result from positive events that still make a demand on a person to adapt or change, such as Marriage, a job promotion, and having a baby. Some people feel the effects of stress more than others because what is appraised as a threat by one person might be appraised as an opportunity by another. Stress-causing events are called stressors. They can come from within a person or from an external source and range from relatively mild to severe (Ciccarelli, 2009). Several research studies have been conducted studies which found similar effects of stress on college-going students. The primary purpose of these studies was to investigate the effects of stress on the mental and physical health of college students. Ahluwalia and Preet (2019) studied the stress among students of professional institutes in the age group of 18-24 years studying in various professional institutes in the state of Punjab. they found that a large number of students were suffering from family pressure and anxiety issues. Kant (2019) conducted a study on emotional intelligence and academic stress among college students; six degree colleges of Jalandhar city were selected randomly. The analysis of data significantly concluded that students from the science stream experience high stress as compared to students from the humanities and commerce streams. Chadda and Kaur (2021) conducted a study on the COVID-19 pandemic on college-going students in Amritsar, Punjab. The pandemic has major impact on the health, economy, and education worldwide. Kaur Manveer and Dr Sehgal Rajiv (2023). The study was aimed at evaluating the stress level endured by female college student from Ludhiana district in their first and final year. The sample consisted of 120 female college students studying in Ludhiana. It was discovered that female college students in their final year were more stressed than those in their first year. This review of literature reveals that students, especially college-going going, are facing many anxiety issues that need to be addressed.

The major objective of the present study was to identify the causes of physical stress among college-going Students, and to identify the mental, physical, and emotional effects of stress on their health. It also tries to identify stress among students due to interpersonal relationships.

## II. Research Methodology

To study stress among students, a cross-sectional survey approach is adopted by collecting data from a representative sample of students using a validated stress scale questionnaire. Data was collected from 100 college-going Students (55 females and 45 males of the age 18-23 years) of Ludhiana city, Punjab. Stratified random sampling was used to ensure representation across different demographics, like grade levels and academics. Statistical techniques such as Chi-Square Tests, these tests are used for checking the level of significance among different variables

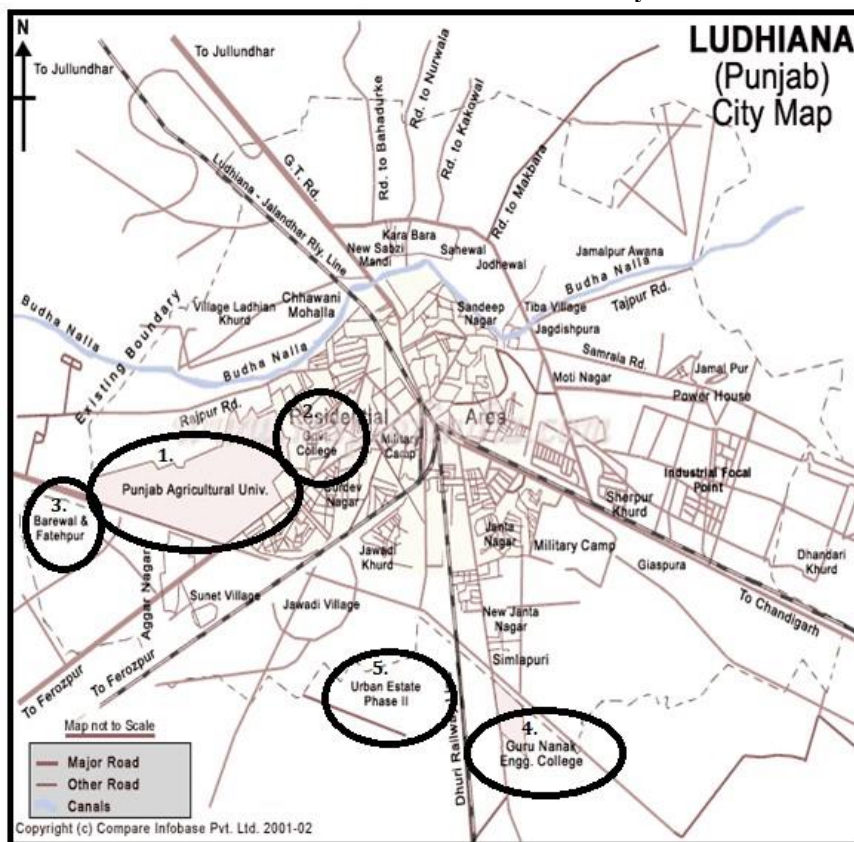
### PERIOD OF RESEARCH

Primary data was collected using different methods such as the questionnaire method, the scheduled method, interview method. Data was collected from December 2023 to March 2024

### STUDY AREA

Ludhiana is the largest and major industrial hub in Punjab, located in the central part of Punjab known as the Malwa region. The city stands on the former bank of the Sutlej River. Ludhiana city was founded in the time of the Lodhi dynasty, which ruled in Delhi from 1451-1526 A.D. It is known as the Manchester of India. Ludhiana is famous for its hosiery industry, the ancient ruins of the Lodhi dynasty, and the war museum. This city is the most populous city in Punjab with an estimated population of 1,618,879 as of the 2011 census. The following map gives a view of the selected study area from the city. Study areas include – educational institutions of Punjab Agricultural University, Government college Ludhiana, Guru Nanak Dev Engineering College, and Localities around Barewal and Fatehpur on the western side of Ludhiana, and Urban estate phase II Ludhiana, which is a planned residential colony developed by the Greater Ludhiana area development authority.

**Ludhiana city  
Selected Study Areas**



### IMPACT OF PHYSICAL STRESS ON STUDENT'S HEALTH

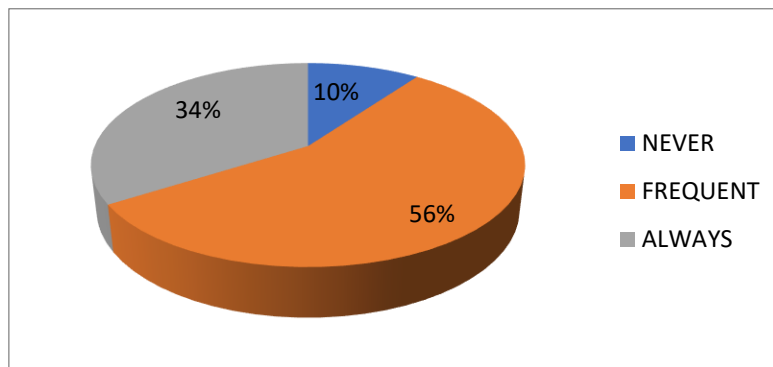
Physical stress refers to stress that is caused by the environment, such as stomach pain, headache, nausea, and sweaty hands. Students who experience stress, their stress triggered by environmental factors. It is found that Ludhiana experiences extreme temperature conditions due to heavy pollution, caused by industrialization, overcrowding, and congestion, leading to a unique set of physical stressors that impact the health and well-being of its residents.

### HEADACHE

A headache is a type of pain or discomfort that occurs in the head or neck region. There are different types of headaches, such as tension headaches, hypertension headaches, and migraine. Students of Ludhiana suffer from headaches due to stress. The following table reveals that 56% of college-going students suffer from headaches.

**TABLE 1**  
**EFFECT OF HEADACHE ON STUDENT HEALTH**

HEADACHE	PERCENT OF RESPONSE	PER CENT
NEVER	10	
FREQUENT	56	
ALWAYS	34	



**FIGURE 1**

### DIFFICULTY BREATHING

Difficulty breathing is a condition where an individual experiences uncomfortable while breathing. This sensation can range from mild to severe. It feels like shortness of breath, tightness in the chest, and shallow breathing. It causes respiratory conditions and cardiac issues, anxiety, or panic attacks. The main factor of difficult breathing is environmental factors, such as Ludhiana is a hub of industries in Punjab, and it has an excess of air pollution, and due to air pollution, most of the student suffer from some disease. The following table reveals that half of respondents accepted that feel breathing problems.

**TABLE 2**  
**BREATHING PROBLEM AMONG STUDENTS**

DIFFICULTY BREATHING	PERCENT OF RESPONSE	PER CENT
NEVER	14	
FREQUENT	36	
ALWAYS	50	

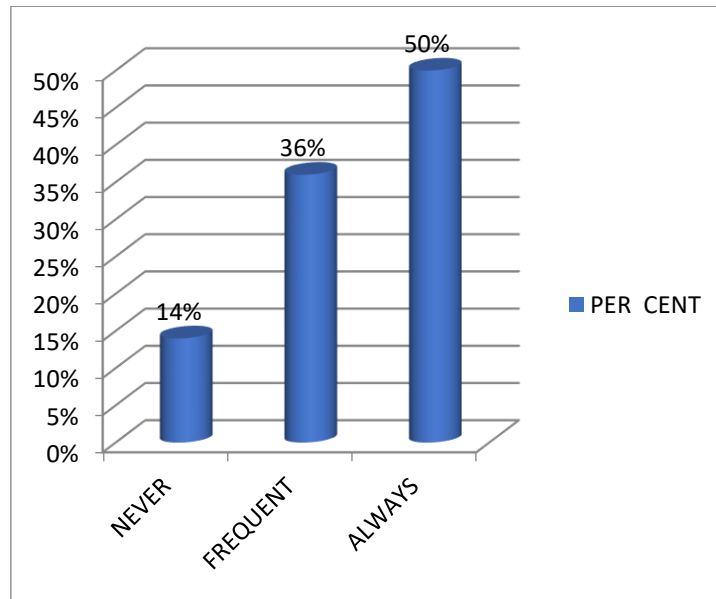


FIGURE 2

### EXCESSIVE WORRY

Excessive worry is often associated with generalized anxiety disorder (GAD). It is a kind of anxiety that refers to persistent, uncontrollable, and disproportionate concern about everyday situations or potential future events. It must be difficult to control. It causes overthinking and emotional distress, feeling fear, and being on edge. may include restlessness, fatigue, or trouble sleeping. Excessive worry can significantly impact mental and physical health and lifestyle change. college-going students often get this kind of impact because of overthinking as they worry so much about their career, study, and exam pressure. Results reveal that 44% of students are always in excessive worry.

TABLE 3  
IMPACT OF EXCESSIVE WORRY ON STUDENTS

EXCESSIVE WORRY	PERCENT OF RESPONSE
NEVER	14
FREQUENT	42
ALWAYS	44

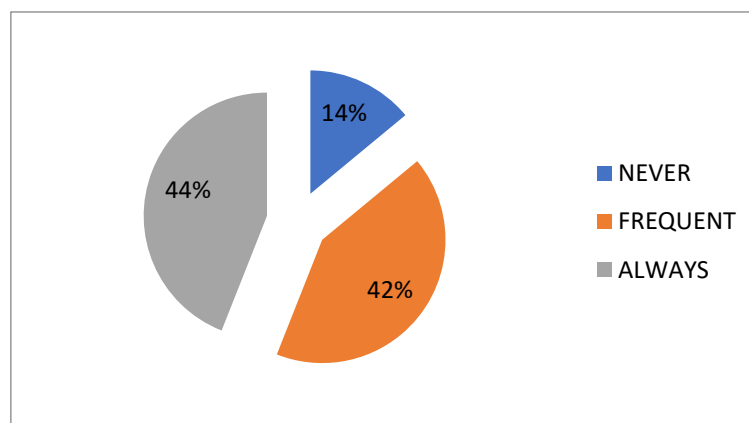


FIGURE 3

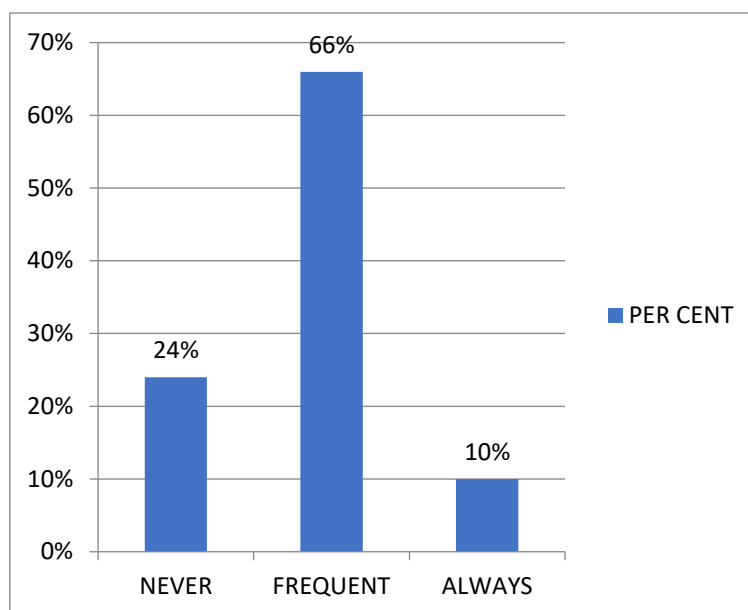
### CONSTANT FATIGUE

Constant fatigue refers to a persistent state of physical or mental exhaustion that does not improve significantly with rest or sleep. Unlike temporary tiredness, which can be alleviated by adequate rest, constant fatigue is often chronic and may be a symptom of an underlying medical condition, lifestyle factor, or psychological issues. It can significantly impact daily functioning, productivity, and overall quality of life. It

causes anemia, thyroid disorders, sleep disorders, infections, and heart or lung conditions. The following table and figure reveal that there were only 10% of students who did not have constant fatigue. 66% of students have constant fatigue, 24% of students frequently feel like constant fatigued because of stress.

**TABLE 4**  
**CONSTANT FATIGUE AMONG STUDENTS**

CONSTANT FATIGUE	PERCENT OF RESPONSES
NEVER	24
FREQUENT	66
ALWAYS	10



**FIGURE 4**

#### **SWEATY HANDS OF STUDENTS DUE TO STRESS**

Sweaty hands due to stress is a condition where excessive sweating in the hands occurs as a physiological response to anxiety, nervousness, or emotional stress. Sweaty hands are the most common problem faced by everybody, but this is very common in students because of stress. Around 52% of students have having problem of sweaty hands. 28% of students frequently face this problem.

**TABLE 5**  
**SWEATY HANDS OF STUDENTS DUE TO STRESS**

SWEATY HANDS	PERCENT OF RESPONSES
NEVER	28
FREQUENT	52
ALWAYS	20

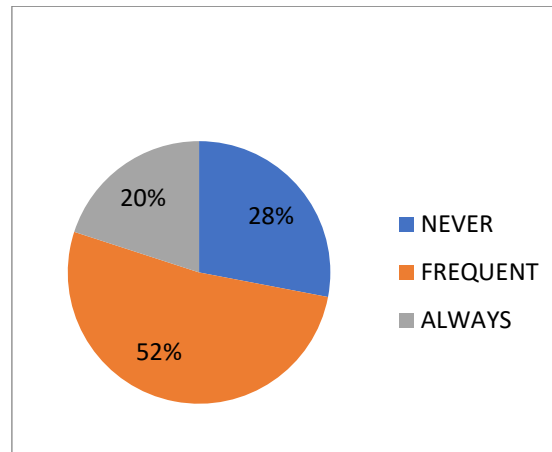


FIGURE 5

### EFFECT OF INTERPERSONAL RELATIONSHIP STRESS ON STUDENTS

Interpersonal relationships refer to the connections, interactions, and bonds formed between two or more people. These relationships are built on mutual understanding, communication, shared experiences, and emotional or social exchange. They play a crucial role in human life, influencing emotional well-being, social support, and personal development. According to research, it is found that students of Ludhiana have mild interpersonal relationship stress.

#### Find Difficulty in meeting parents' expectations

Students find difficulty meeting parents' expectations, sometimes it happens due to a trust issue. It refers to the struggle or challenge someone faces in living up to the standards, goals, or hopes that their parents have set for them. This could involve various aspects of life, such as academic performance, career choices, personal behavior, or life achievements.

#### STUDENTS FACING DIFFICULTY IN MEETING PARENTS EXPECTATIONS

62% of students find difficulty to parents' expectations and only 18% of students are there who are not facing this kind of problem.

TABLE 6  
DIFFICULTY TO MEET PARENT'S EXPECTATION

PARENT'S EXPECTATION	PERCENT OF RESPONSES
NEVER	18
FREQUENT	62
ALWAYS	20

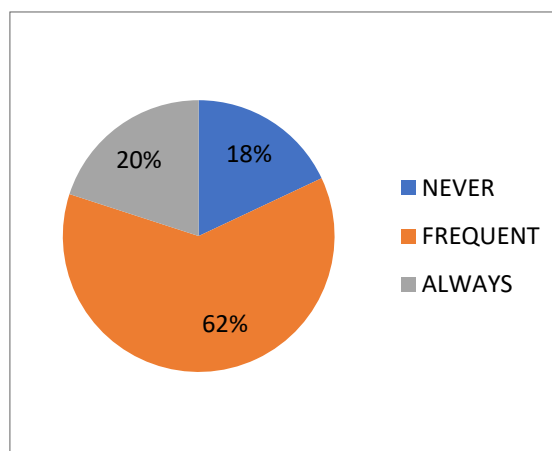


FIGURE 6

### Feel Guilty for Fails to Fulfill Parents' Hope

It refers to the emotional response of remorse, self, or regret that arises when someone is unable to meet the aspiration or expectation their parents have for them. This guilt often stems from a desire to make one's parents proud, a sense of responsibility toward their sacrifices or efforts, or a fear of disappointing them.

### SELF-GUILT AMONG STUDENTS DUE TO STRESS

TABLE 7

FEEL GUILTY IF GOT FAIL TO FULFILL PARENT'S HOPE	PERCENT OF RESPONSES
NEVER	34
FREQUENT	44
ALWAYS	22

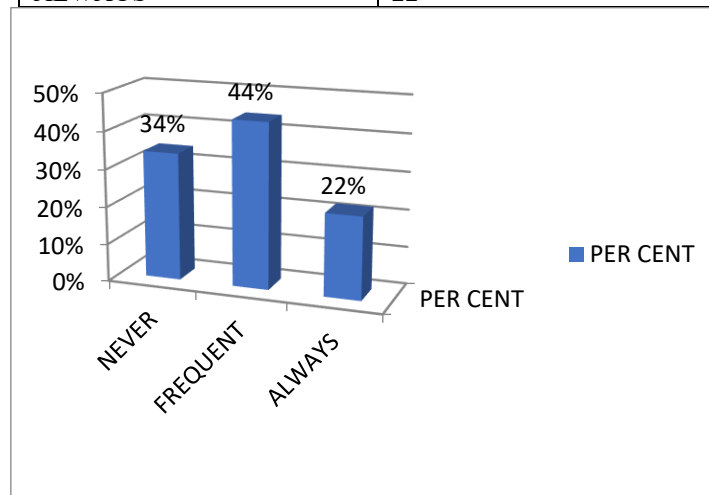


FIGURE 7

Students do feel guilty about meeting their parents' hopes. Around 44% of students are there who frequently face this problem, and 34% have never faced it.

### PARENTS TREAT THEM AS A HELPLESS PERSON

Parents may treat students like helpless people for various reasons, often without realizing that it hurts students. Parents naturally want to protect their child from harm, failure, or disappointment. They may fear judgment if their child fail in exams, so they try to protect their child. may not realize they're treating their child as helpless.

### IMPACT OF PARENTS' BEHAVIOR ON STUDENTS

This is a very common problem between parents and students. sometimes students feel that their parents think they are helpless, but indirectly they try to protect their child. Parents do feel anxiety sometimes, and around 64% of students are facing this kind of problem.

TABLE 8

PARENT'S TREAT AS A HELPLESS PERSON	PERCENT OF RESPONSES
NEVER	10
FREQUENT	64
ALWAYS	26

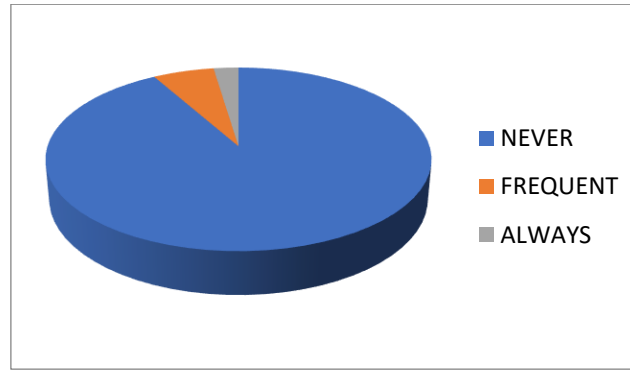


FIGURE 8

#### FINDING IT DIFFICULT TO GET ALONG WITH GROUPMATES IN DOING ACADEMIC TASKS

It may be due to several reasons, such as communication issues, unable to communicate with anyone. This is because they spend most of the time alone and overthinking, or lack open discussion, can lead to conflict, a lack of active listening, and ignoring others' ideas can create frustration. sometimes, because of different attitudes, some take it seriously while others are more relaxed.

#### STUDENTS FACE DIFFICULTY IN GETTING ALONG WITH GROUPMATES

Around 50% have this kind of problem, they have difficulty getting along with groupmates in doing academic tasks.

TABLE 9

DIFFICULTY IN GETTING ALONG WITH GROUPMATES IN DOING ACADEMIC TASK	PERCENT OF RESPONSES
NEVER	30
FREQUENT	20
ALWAYS	50

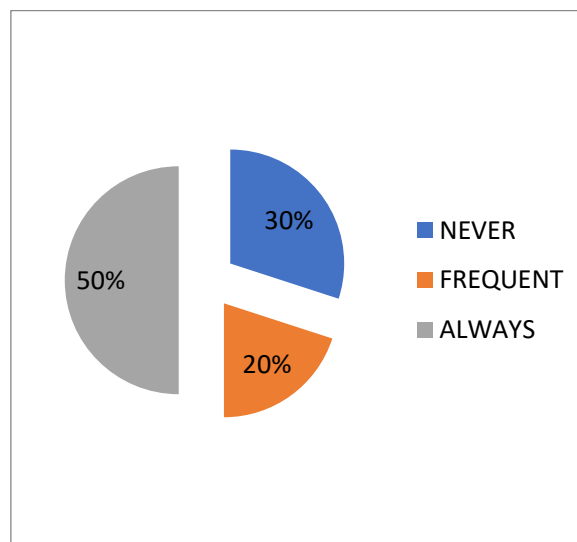


FIGURE 9

#### LECTURERS/TEACHERS ARE NOT SUPPORTIVE

A non-supportive lecturer or teacher fails to provide adequate guidance, encouragement, or assistance to students, making the learning process more difficult. This can manifest in different ways, such as a lack of availability, unclear or unfair expectations, and a dismissive attitude. Sometimes, teachers rarely respond to emails or questions, avoid office hours, or dismiss student concerns. Give low grades without explanation, show no interest in students' progress or difficulties.



### EFFECT OF FACULTY MANAGEMENT ON STUDENTS

Around 50% of the students are there who always face this they have suffered because of non-supportive lecturers/teachers in the college. And only 14% who never faced it.

TABLE 10

LECTURERS/TEACHERS ARE NOT SUPPORTIVE	PERCENT OF RESPONSES
NEVER	14
FREQUENT	36
ALWAYS	50

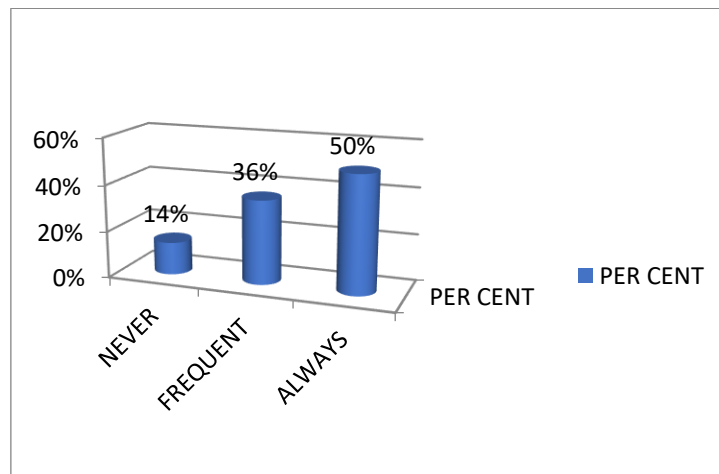


FIGURE 10

### III. MAJOR FINDINGS

- It is found that the majority of students of the concerned region suffer from stress levels of stress ranging from moderate to high physical and mental stress.
- Environmental factors trigger the stress syndrome and play a key role in affecting the physical health of city residents, especially students.
- Academic stress among college-going students is due to factors like heavy coursework, exams, competition, and fear of failure.
- Most college going have health issues due to physical stress that increases anxiety, depression, sleep disturbance, and constant fatigue. Unmanaged stress in college can lead to chronic health issues, for example, Constant fatigue and headaches. Sometimes it leads to long-term mental health disorders.
- Many students reported 'increased anxiety and difficulty in concentrating' in a virtual setting.
- Students suffer from interpersonal relationship stress due to loneliness and relationship issues, especially those living in hostels. These students also find it difficult to adjust to a new environment, especially in the first year.
- It was found that stress levels were statistically significant between headaches and excessive worry, and between fatigue and sweaty hands.

### IV. RECOMMENDATON

- The study indicates that the students of undergraduate and post students need proper guidance to manage Physical stress through their teachers or mentors. College Management should organize sports events, yoga camps in a college/university. Teacher/Mentors should motivate all students to participate more in co-curricular activities and develop healthy habits in students, like the importance and management of time, the significance of a balanced diet, and physical exercise.
- Teacher/Mentors should give proper time to students and organize different educational activities on campus, like debate, quiz, and also give information about educational opportunities beyond the college/university.
- Faculty should adopt student-friendly teaching-learning –learning methods that will motivate the students to achieve good grades and good health. They must be taught that proper time management, maintaining a balanced diet, ensuring 7-9 hours of sleep, practicing deep breathing, meditation, exercise, and yoga regularly can enhance their confidence.

## **V. SUMMARY AND CONCLUSION**

The study concludes that the stress among college-going students is a matter of serious concern and should draw the attention of authorities and the government towards it. Stress among Ludhiana's college students is multifaceted, with both physical health and interpersonal dynamics playing crucial roles. Addressing these factors through holistic approaches can enhance students' well-being and academic performance. College Faculty and Management can be given training to recognize signs of distress and refer students to resources. There's a need to guide them to listen to students patiently with love, without judgment, for their overall development.

## **REFERENCES**

- [1]. Ciccarelli, S.K.(2009) Psychology An Exploration. Pearson Education.
- [2]. Meyer, G.E. (2009). Psychology An Exploration, Pearson Education.
- [3]. Chadda, I., & Kaur, H. (2021). Impact of the COVID-19 pandemic on college-going students in Amritsar, Punjab. *Journal of Emerging Technologies and Innovative Research*.
- [4]. Preet, K. and Ahluwalia (2019). Factors of Stress Amongst Students of Professional Institutes, *Prabandhan Indian Journal of Management* 12(6):31
- [5]. Kant, R. (2019). Emotional intelligence: A study on university students. *Journal of Education and Learning (Edu Learn)* Vol. 13, No. 4, November, pp. 441~446
- [6]. Kaur M. and Sehga, R. (2023) Stress Levels Amongst First Year and Final Year Female College Students. *The International Journal of Indian Psychology* Volume 11, Issue 2, April- June.