

## Effects of Academic Stress on Students Performance at University Level

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### Abstract



The major purpose of this research study was to explore the perceptions of university students about the effects of academic stress on students' performance and to recommend control measures. The objectives of the study were to explore the manifestations of academic stress in students, to find out the degree to which academic performance is affected by academic stress, and to determine how academic stress can be controlled to improve students' performance. It was quantitative research. The data was collected through a questionnaire from 40 students. Of the 40 students, 20 were from the University of Malakand and 20 were from the University of Peshawar. For data analysis, SPSS version 20 was used for percentage, mean score, standard deviation, and T-test. The result of the study shows that most university students' performance is affected by stress during their studies. In addition, the students' stress level could be increased due to teacher behavior, while family circumstances rarely matter to students' stress. The current study recommends that teachers' behavior with university students should be very elastic to keep them free of stress, while universities should arrange seminars and workshops to relieve students' stress.

**Keywords:** Impact of Stress, Performance, Circumstances, Academic Stress, Stress Level

### Introduction

The topic that researchers have picked for research is the effect of academic stress on the performance of students at the university level. The investigation set out to discover how this stress influences the scholastic execution of these understudies. Furthermore, the study also undertook to discover the normal stress among understudies. This is similarly seen with respect to students, who recognize that stress is a piece of their everyday battle on the grounds. The impact of stress on students is negative. Therefore, numerous students are experiencing an assortment of stress-connected scatters

As it may, there are stress adapting systems that under-studies have been utilizing. The examination has uncovered that stress is both an individual and a social issue. Among the components which add to stress on these grounds are the issue of uprisings (instability), financial troubles, strikes, continuing such a large number of courses, and antagonistic climate conditions. The ecological conditions like test pressure on students are not reasons for stress, but occasions that influence a singular adjustment. It is the response of a person that decides the level of inclination (Jain Kapoor, 2012). The strain of performing well in an assessment or test and the time dispensed make academic conditions extremely stressful. Despite that, the number of individuals inside the academic condition also adds to stress among students. Stress varies from student to student. In Khyber Pakhtunkhwa, families are very reluctant to send their children to study. Those who are studying have great pressure on their shoulders to get good grades. Circumstances like this may increase the level of tension and stress, which directly affects brain function. Relationships with companions and critical others can likewise be stressful. Students' associations with teachers can likewise be a wellspring of stress where there is a strain right now. For instance, a teacher who shouts at his students is furtively despised. Consequently, students attempt as much as could reasonably be expected to keep away from their classes (Smith, 2013). Moreover, students with good grades might offend other people, and this will create stress for getting good grades. As a result, he might have dropped the grades due to a mental breakdown.

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Many students in Khyber Pakhtunkhwa were asked to stop their education in the middle due to family pressure. These students were very keen on studying and having a career for themselves. Most of them fail their courses due to mental breakdowns. This is due to stress is taken by them, which results in mental illness. Academic stress is higher in fresh students than in seniors, as these students are not excessively affected by the academic stress of college as seniors may be. They feel altered, but the more established students announce improved aptitudes when contrasted with more fresh students because they have learned and balanced.

**The aims of the study**

**The following were the main objectives of the research.**

- 1) To explore manifestations of academic stress in students
- 2) To find out the degree to which academic performance is affected by academic stress.
- 3) To determine how academic stress can be controlled to improve students' performance.

**Hypotheses**

- 1) There are no manifestations of academic stress in students.
- 2) There is no academic performance affected by academic stress.
- 3) Academic stress cannot be controlled by upgrading students' performance.

**Literature Review**

Scientists have considered stress as the knowledge of uncertainty between natural weight and the entity's volume to fulfill these requirements. Scientists usually describe stress as the undesirable response entities that need an amazing strain or another kind of load set on them. Stress happens when a specific arrangement with a situation that they distinguish as overpowering and cannot be supervised.

Academic performance or the result is due to students' activities on a clear basis, for a plain time duration, under a certain rule of a developer for a pleasure purpose (Emond et al., 2016). Academic performance can be best tested or planned by various habits as specified by the psychological degree of students, like observations, tests, and assessments (Getachew, 2018). The necessary level of a student's academic performance is naturally patterned by opinions. While the duties and exams are the most ideal method to check academic performance or academic knowledge in high school, these composed tests or assessments are known as home-made tests since they are focused by the school institute. In Pakistan, the yearly procedure of assessment is used to reform or humiliate students, so if a student is wise yet did not go to the yearly test, he/she will be left in the same class till he/she overcomes the test. Students learn in schools and institutions; their records are kept, and these records are called academic performance and academic results. The understudy works under the direction of a teacher, in a picked place, for a picked time duration, and their performance is estimated by tests. This procedure is known as academic performance. School dropouts relate to a lifelong drop in earning capacity and safe occupation (Lamb Huo, 2017). People with slight education levels have inferior psychological health and additional illnesses than those with advanced ranks of education (Turrell, Stanley, de Looper, Oldenburg, 2006). Academic attainment and accomplishments of secondary school suggest superior employability, less support for social welfare funding, and a higher likelihood of sharing in further education (Noble, Wyatt, McGrath, Roffey, Rowling, 2008). These results in trying to raise the likelihood of supportable employment, satisfactory revenue, and self-support (Noble et al., 2008), which can save governments hundreds of millions of dollars every year (Lamb Huo, 2017).

According to Agolla (2009), stress has become a significant topic in academic stages. Many theorists have accepted significant research on stress and clinched that this topic needs way more care. Radcliff and Lester (2003) deliberated on the estimated stress among final-year undergraduate students and found that class duties, not enough supervision, and pressure to circulate and to get connected were the reasons for the stress building up. McKean et al. (2000) claim that undergraduate students experience higher stress at certain times in each semester. Academic arrangements, financial pressures, and lack of time management skills lead to the building up of stress. Unnecessary stress can upset your well-being, sensitive attitude, and academic performance. Therefore, it becomes necessary for undergraduate students to create methods to deal with stressful conditions.

Stress is involved in the origin of some organ dysfunctions and may affect health status independently of age, gender, or socioeconomic status. Stress-related turbulence is among the most common causes of medical discussions and psychologists. Academic stress is a student's clarification

of the current strains, challenges, and extortions in the academic environment relative to obtainable personal resources for coping. Course weight against the time available has also been cited as a stressful factor in the academic environment. Personal reasons are known as a challenge that influences their coping tools and ultimate levels of stress (Bang, 2009).

**Theoretical constructs related to stress:**

The graduate and post graduate student often face the same level of stress because their stress problems are often common or due the same reasons. Those students who manage their academic and financial possession at the same time also face the stress problems. This burden is also an evidence that create the stress problems. (Health, physical, psychological, environmental and social).

The university students face the high level of stress due to the burden of extra and typical takes sometimes this stress convert in to insomnia that is poor sleep excellence this may create the high-level depression issue so that there is most close relationship between the stress and high-level education. There are many instruments that measure the stress level during academic session.

**Research Design and Methods**

To investigate the effect of academic stress on students' performance the accompanying speculations were detailed and tried. The student performance is badly affected due to stress, female student is more concerned about her studies which results in taking more stress as compared to male student, academic stress will be higher in more fresh students than more senior students, the level of stress is more in fresh student rather than their seniors, the end of semester cause stress level (Meyer, 2017). The information was gathered by regulating the scale in a gathering to the student members. The research was based on the survey questions. Students were asked to rate the questions as per the accuracy of their perception. Each student is provided a timeframe to fill the survey questions.

**Delimitation of the study**

Due to limited time and resources the study will be delimited to male and female student of MPhil/MS at the University of Malakand Chakdara and University of Peshawar.

**Population**

All public sector universities were considered as the target population.

**Sample and Sampling techniques**

A random sampling technique was used for the collection of data from participants at the University of Malakand chakdara and the University of Peshawar. The data was collected from MPhil/MS students. The sample was collected from 40 students at these universities. Of those, 20 will be male students and 20 will be female. They were contacted by visiting the campus and asked about their consent in order to conduct the survey. The age of the sample varied between 18-60 years. Each of 40 students filled out the survey and data were collected in order to conduct the research. The table above shows that all the respondents answered that they have encountered one type of academic stress or the other. This means students will, in general, experience stress in the

**Instrument**

A questionnaire was used as an instrument for data collection. Sheldon Cohen's Perceived Stress Scale has been utilized in order to present the survey in the form of scales. The method has a 5-point rating scale that ranges from 0-4.

**Data Collection**

The questionnaire was used to collect data from university students by the researcher. The information through a questionnaire was collected by the researcher to avoid any kind of differences. The researcher visited the university himself for that purpose. A hundred percent of data from sampled universities was collected properly.

**Data Analysis**

The researchers used SPSS version 20 for data analysis. For students' perception, the researchers used T-test, percentage, mean scores, and standard deviation.

**Result**

On the basis of data analyses the following findings were made:

**Table 1 ; Student performance as affected by grades, teacher behavior, family circumstance and academic stress**

S.No	Statement		VO	FO	ST	AN	N	Mean	St. D	Sig
1	Is stress effect the academic	Frequencies	17	7	11	1	4	3.80	1.305	.000
		Percentage	42.5	17.5	27.5	2.5	10.0			

	performance of you?										
2	When you stressed do you like to be alone?	Frequencies	10	13	11	3	3	3.60	1.172	.000	
		Percentage	25.0	32.5	27.5	7.5	7.5				
3	Are you stressed due to high grades of another peer?	Frequencies	8	5	9	10	8	2.88	1.418	.000	
		Percentage	20.0	12.5	22.5	25.0	20				
4	Does teacher behavior may increase your stress level?	Frequencies	9	9	11	3	8	3.20	1.418	.000	
		Percentage	25.5	22.5	27.5	7.5	20				
5	Does family circumstance increase your stress level?	Frequencies	9	7	5	9	10	2.90	1.533	.000	
		Percentage	22.5	17.5	12.5	22.5	25.5				

During the current research work, it was found that the majority of university students' performance was affected by stress during their studies, with a mean (3.80) as indicated in table 1. While most of the students wanted to be alone during stress, the mean response was (3.60). Similarly, during the current study, some students showed that they became stressed due to their fellows' high grades. Their response was (2.88). In addition, the students' stress level could be increased due to teacher behavior with a mean response score of (3.20). While family circumstances rarely matter to students' stress, the mean response was (2.90).

### Discussion

Discussion and psychotherapy have been creating suitable to compact with stress. To classify the important reason for stress is important to deal with it. Specialists can develop change made strategies to deal with stress. The combined safety of the students is important not only for the individual but for the association as well.

### Conclusion

It was concluded on the basis of the table value that stress affects the performance of students. These stressed students want to be alone to relieve their stress. Some factors, such as family circumstances and the high grades of other classmates, rarely cause stress in students, while teacher behavior significantly increases stress levels. Similarly, other factors, such as working-life balance, never affect students' stress while their relationships with other students and family members increase their stress level. The current findings also state that the majority of students want to relieve their stress from studying. The students also showed that the bulk volume of work and the work environment significantly added to their stress level. The study also concluded that personal health issues also increase university students' stress levels, while job nature and students' responsibilities do not increase stress in students. Stress was also observed in major students during their studies, which negatively affected their work. The study also showed that the majority of students observed other students stressed while they also investigated their feelings in stressful situations. Stress can also be caused due to parents' enforcement of their children for the study. It was also observed during the current study that sometimes university students become stressed without any reason, which makes them unable to complete their studies on time.

### Recommendation

The current study recommends that teachers' behavior with university students should be very elastic to keep them free of stress, while universities should arrange seminars and workshops to relieve students' stress. While studying, students should be in an environment that really is clear of any form of distraction. Family members should be cautious and informed about the students' work and studies, and will place a high value on their efforts. Universities should hold seminars and workshops to help students cope with their stress.

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