



STUDY OF EFFECTS OF STRESS ON MALE AND FEMALE STUDENTS

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Abstract

Stress can be regarded as any internal or external factors, which makes adaptation to environment difficult. The purpose of this literature review paper is to describe the components of academic stress, as well as to identify the effect of stress on male and female students. Stress is considered as a positive or negative experience among the students. It can dominate the academic process and the privacy of the students. The result of this study shows the difference between the level of stress of male and female students. The importance of academic stress can be conducted in this study. This is because of the difference effects of stress on students based on several studies.

Keywords: stress, gender, stress , students.

Outside forces impinge on the individual would be regarded as stress. Stress is defined as “any factor, acting internally or externally, which makes adaptation to environment difficult and which induces increased effort on the part of the individual to maintain a state of equilibrium between himself and herself and the external environment”. Stress have a lot of definition, but most of the know ones highlight stress as “any factor that threatens the health of an individual or has an adverse effect on the functioning of the body”. Stress is a natural event that all of people experiences in their life. All people have minimum stress but excessive stress may cause anxiety and it's harmful for health. Disruptions in physiological and psychological health are often led by high level of stress. One topic which has a noticeable percentage of studies and investigations during last and current decades is how human cope with hard or stressful situation.

In recent years, stress has become an important topic for researchers due to stressful daily lives in recent years. Experience stress is normal for students, because they study in high competitive world and they must adjust their academy life in this situation. The harsh long lasting stress can both declined the academic effectiveness of students, and increase the potential use of drugs and narcotic along with the negative behaviours .

Physical and mental health disruptive will come to students' life because of stress. The major concerns among the students summarizes in these issues. The students have the destructive and constructive approaches and coping strategies. School has always been considered as a highly stressful situation for students. There are some reasons for stress among students like as exam, assignments, and financial problem. Students encounter with some physical, emotional, social, as well as family problems. These problems affect students' learning and academic performance. Other problems such as anxiety, depression, sleep problems interpersonal conflict, and lower academic performance are some outcome of stress.



Research of the knowledge and view of stress along gender lines is a fascinating worthily because, there is great disparity in the stress of female and male, which is illustrated in this study. Therefore, this study tries to show some attitude about the difference effect of stress on male and female students.

Stress

There are many definitions of stress. It can be defined as “a state of mental or emotional strain or suspense” and also as “a number of normal reactions of the body (mental, emotional, and physiological) designed for self-preservation”. In 2003, physically and mentally reactions of daily requests which are often linked with changes are called stress maintain that this phenomenon can be the outcome of moderately arousal resulting which leads to mentality or physicality problems. Stress is undoubtedly an important personal human problem. The uncomplicated stress is how our mind and body deal with the demands that we place on it. The complicate one is a condition of psychological and physical stimulation which is initiated as a result of a threat, challenge or change in one’s environment.

As mentioned before, the usual event that is not removed from the daily life is stress. Many of these phenomena potentially happen in the life. However, there are different levels of stresses that can be classified them into stressful or intensive stress and minimal stress which can affect on the people. Shaikh with his colleagues (2004) showed that stress composes different stressors which may reason of make worse decision, reduced attention, decrease of self-esteem, raised anxiety and depression. Responses to stress effects the mind, body, and behaviour along those we live, work and cooperate.

In stressful situations, people seek the ways to reduce it, because they cannot tolerate the persistence of the tension. The extra stress traces its signs often on everything. It is vital to learn how to recognize when our stress is not controllable. The most dangerous thing about this phenomenon is how easily it can move in on us. Stress cannot be simply taken out from our lives; however we should try to minimize it, and the easily shift of stress inside people is considered as the major peril in this phenomenon.

Stress Among Students

Stress is an unavoidable phenomenon in every aspects of students’ life. It is generally an emotional imbalance which may be due to several reasons such as exams, assignments, papers and projects, competitive nature in field of study, financial problems, worried about future job prospects. Students are often deal with pressures related to earn good marks and to get a degree is very high. There were other potential source like excessive homework, unclear assignment and uncomfortable classroom.

A student’s life is faced with various stressors, like as the force of academics with a commitment of success and achievement, unexpected difficulties in their future, to be a member of the system, social, physical and emotional problems among family that can impact on their learning abilities as well as their academic performance potentially. Some of these students find it difficult to deal with the stress and lag behind, while others see the pressure as challenge to work harder.



The positive or negative effectiveness of stress among student impacts on the lives and performances of the students. It is due to stressful activities of the educational works. The outcome of the inability in adjusting the academic stress will lead to the psycho-social health emotionally.

Young people always face problems in adapting with various stresses. Among people, students often have serious difficulties such as academic performance, personal social problems in this issue. Students are starting to shift from a life that is dependent on others to a life that needs them to release the dependency and start carrying their own responsibilities.

Difference Effect of Stress on Male and Female Students

The level of stress is both different among male and females students. Researches about the experience and the discernment of stress by regarding to the gender of people is not only fascinating but also is controversial, because of different approaches of researchers the views of male and female are different toward stress. Also, the different approaches of stress between men and women is essential especially whenever they encounter with pressure because of stress. In relation, the rate and types of stress among the female students are more than male due to their emotional and sensitive characters and attitude to their environment.

Recently, the various symptoms which lead to stress mostly seen in more numbers in females as compared to males. demonstrated five major provenances among the female that respectively are failing in their exams, the pressure of exams, to be rejected by someone, the break up in their relations and finally financial problems.

Two stressful issues among female are the financial and academic problems. Unlike the female students, the main problem of male is the family problems; the stress of higher grades students relate to the mental (emotional) and physical factors; while those of students who take a loan are more stressful in the mentioned above issues.

The significant difference between the female and male student is because of their view of subject, lecturers, academic program, classroom their attitude toward the stressors, but did not significantly difference between enrolment or admission perception, their classmate, and the stressors' financial issues. If we compare the mentioned points with the male students in the terms of their scores, the male students are more stressful than female. On the other hand, female students scored higher also which related to teachers, classrooms, finances, and expectations. So there is a wide disparity between male and female students toward the academic stress. The stressors' factors such as the subjects, the lecturers, environments of academic places like their classes, and the expectation of the both groups can be linked with this phenomenon.

The earlier studies illustrate the various effectiveness of female and male stress, for instance there is a different perceptions between male and female American and international students toward stress. So the scholars have proposed that "mental health practitioners may also consider using treatment interventions on the basis of these differences".



Different findings of researchers on the various rates of male and female students show some similarities and differences between them. For example The stress of female that administered with the international students is higher, and in this vein the higher score of female stress in comparison with male students while, Male students experienced less stress compared to the female students. On the contrary, There is a positive link with the anxiety, the academic stress, as well as the trait anxiety that can justify the academic stress. So they claim “individuals who scored high on trait anxiety experienced higher stressors and reactions to stressors, and females exhibited higher anxiety (both trait and state) than males”.

Finally; it is essential to notice the importance of this study because of previous documents that justified the effect of stress on the students .Most of the studies in this field still attempt to find the impact of stress on students and to find the ways to improve the academic performance of students mentally and physically.

Conclusion

This study offers and determines the impact of stress on male and female students. The response of the daily demands physically or mentally is called stress that is very important today. Stress is an unavoidable phenomenon in every aspects of students’ life. The factors which are contributed to the stress are the management of time, intercommunication with teachers, high standards of parents, student-teacher ratio, distraction in unfavourable environment such as class, and expectations of teachers and etc.. The stress levels are different between male and female students. Stress effects on the female more especially in academic career. It was also interesting to highlight that significant difference in the perception male and female students regarding the stressors. These various perceptions can be attributed to the male and female attitude.

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