

Resilience to Academic Stress: The Key towards Success

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ABSTRACT

As we all are familiar with the current crisis i.e., Covid-19 Outbreak which affects life of both students and teachers. There are multiple reasons which causes stress among them includes: Lack of interpersonal or social relationship, Financial Crisis, Changes in day to day living, Online classes, Examination stress, etc. These factors affected the student's life badly and their thoughts towards studies. So, this Paper emphasized on Coping measures to overcome Academic stress amid Severe acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) among students.

KEYWORDS: Students, Academic stress, coping measures, Pandemic, SARS-CoV-2

How to cite this paper: Sakuntala
"Resilience to Academic Stress: The Key towards Success"

Published in
International Journal of Trend in Scientific Research and Development (ijtsrd),
ISSN: 2456-6470,
Volume-4 | Issue-6,
October 2020, pp.1651-1654, URL:
www.ijtsrd.com/papers/ijtsrd35720.pdf



IJTSRD35720

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INTRODUCTION

The Coronavirus infectious Disease-2019 (COVID-19) has tremendously shakes the all over society and it becomes even tough to inhale. The sharp pain of this pandemic (2019-nCoV) is exponentially sweeping across the world and is triggering chaos, fear, anxiety, and stress among the students as well.

Stress has become part of student's academic life due to the Pandemic COV-19 as well as it creates personal and academic expectations placed upon their shoulders. They are particularly vulnerable to the problems associated with academic stress as transitions from offline classroom learning to virtual mode learning which causes distress among them.

Students are considered as one of the major vulnerable group are having stress as it is quoted in a research study done by Limacaoco et al (Apr 2020) shown that higher scores of perceived stress were detected between females, minority, scholars, and among those who stated concern and those who observed increased vulnerability to the COVID-19.

In India, On the basis of Statistical, concluded that 34.4% of students have felt stressed sometime in the week 22.6% of students felt stressed Often in the week and 15.1% of learners are in stress all the time due to the risk of SARS-CoV-2. In General, 51.4% of schoolboys and girls are hassled in this condition of danger. 69.8% of students are strained due to their education. 78.5% learners are not happy with virtual mode of Learning. (Raj U and Fatima A., 2020)

Common Causes of Stress among Students during COVID-19 Outbreak

- 1. Transition from offline to online class:** Due to complete Nationwide Lockdown institutions advised to start online classes which causes distress among student to manage personal and academic work at the same time.
- 2. Changes to daily routine:** A routine including dedicated homework time and a consistent sleep schedule helps guide students through their day. Changes to the usual routine start to happen during this Pandemic, Students may find it more difficult to manage his or her time, leading to more stress.
- 3. Network issue:** During this time whole world is working from home through internet due to which students may have poor internet connection at their location.
- 4. Upcoming examination:** Many students worry about when and how examinations will be conducted and getting a good grade or simply making time to study if there is more than one upcoming test.
- 5. Intricate Schedule:** Continuous classes since morning to evening becomes difficult to manage well. It causes frustration, anxiety among them. This can cause a stressful environment in them, not able to complete notes during the given period and homework piles up and student doesn't have the time or energy to finish it off which further leads to under tension.
- 6. Poor sleep schedule:** Due to inadequate sleep pattern, students are not able to concentrate and study well. This

could be a primary sign of stress or when he or she isn't able to act productively during lecture and on assignments. In fact, it's been proved in through various literature that students who don't get the adequate 8-10 hours of sleep per day are more likely to feel anxious than students who take normal hours of sleep.

7. **Prolonged Screen time:** For many students it is very difficult to be online continuously for 6 to 7 hours daily, it causes eye strain and various eyes problems among them.
8. **Lack of amenities at home:** Due to lack of financial resources during this Pandemic outbreak is hard for students to buy Laptop or Android mobiles which can be a leading cause of stress.

WAYS TO OVERCOME STRESS AMID PANDEMIC AMONG STUDENTS

➤ Time Schedule/Be organized

Daily schedule has likely been significantly altered.

- Possess schedule steady when it comes to lecture, mealtimes, and time to retire. Use familiar apps and programs for scheduling and reminders. Change clothes throughout the day.
- Create boundaries spaces to work and rest to help you shift mind states. For example, if you work in bed, rearrange your pillows differently from your sleep set-up. If you live with others, set ground rules and discuss how to share space during periods of self-isolation or quarantine.
- Make time to do things that lighten your mood: take breaks, read, watch movies, make music, dance, play games, and revisit past hobbies or start a new one.

➤ Connect with Others

Self-isolation and social distancing can bring up feelings of boredom, frustration, and loneliness. It can be helpful to maintain a sense of belonging by engaging with others.

- Schedule time to communicate with friends, classmates, as well as biological and chosen family. Video chatting, telephone calls, texting, and emailing are ways to stay connected with others without in-person contact.
- Connect with family members at your comfort level. You may be placed in situations where you need to interact with people that you don't have a good relationship with. Maintain physical and emotional proximity at the level that is right for you.
- Engage in religious or spiritual activities—many are moving into virtual spaces.
- Revisit a hobby, interest, or a new creative endeavor. Share this with your support network. It's important to allow space for creativity and okay to experience pleasure during difficult times.

➤ Set Boundaries with E-mail and Social Media

While online communication facilitates being "on" all the time, this is often not helpful. Identify the most important communication channels and manage how frequently you engage with them.

- Set a schedule for interacting with social media and email. For example, limiting screen-time before bed can decrease anxiety and increase sleep quality.

- Consider which emails should be reviewed immediately and which can wait (e.g. updates from your school or program vs. shopping deals).
- Uninstall social media apps from some of your digital devices to decrease usage.
- Block social media for a few hours a day on your browser.

➤ Stay informed but within limit

Information is rapidly changing and news outlets provide constant coverage. Consider what level of media consumption is right for you. Aim to be informed and updated rather than overwhelmed.

- Obtain information from reliable websites such as the World Health Organisation (WHO), Centers for Disease Control (CDC) or the Ministry of Health and Family Welfare (MoHFW), Government of India.
- Maintain distance from sensational media coverage that may be exaggerated or not grounded in scientific evidence.
- Consider setting concrete limits on the number of minutes or hours per day that you spend obtaining news updates.

➤ Manage Negative Thoughts and Feelings

Uncertainty can bring up thoughts and feelings related to change and not knowing. Take time to reflect mood and what is coming up.

- Identify and label your feelings. Are you feeling disappointed, bored, excited? Sooth big feelings by meditation, journaling, shifting environments, or doing something until the feeling passes (e.g. cook or take a hot shower for 15 minutes).
- Identify negative thinking patterns. Are you catastrophizing, fortune telling, or defining things in black and white terms?

➤ Eat healthy, well-balanced meals

- This is a good time to try new recipes and get creative with cooking. Maintaining regular meal times is also helpful for your health and general well-being.

➤ Stay Physically active

- Practice exercises daily to stay active throughout the day.
- Explore virtual workouts applications for free such as 30 day fitness, fitness buddy, daily workout fitness trainer, 7 minute workout, Stava, cure.fit etc., these are not require equipment.

➤ Follow Hobby

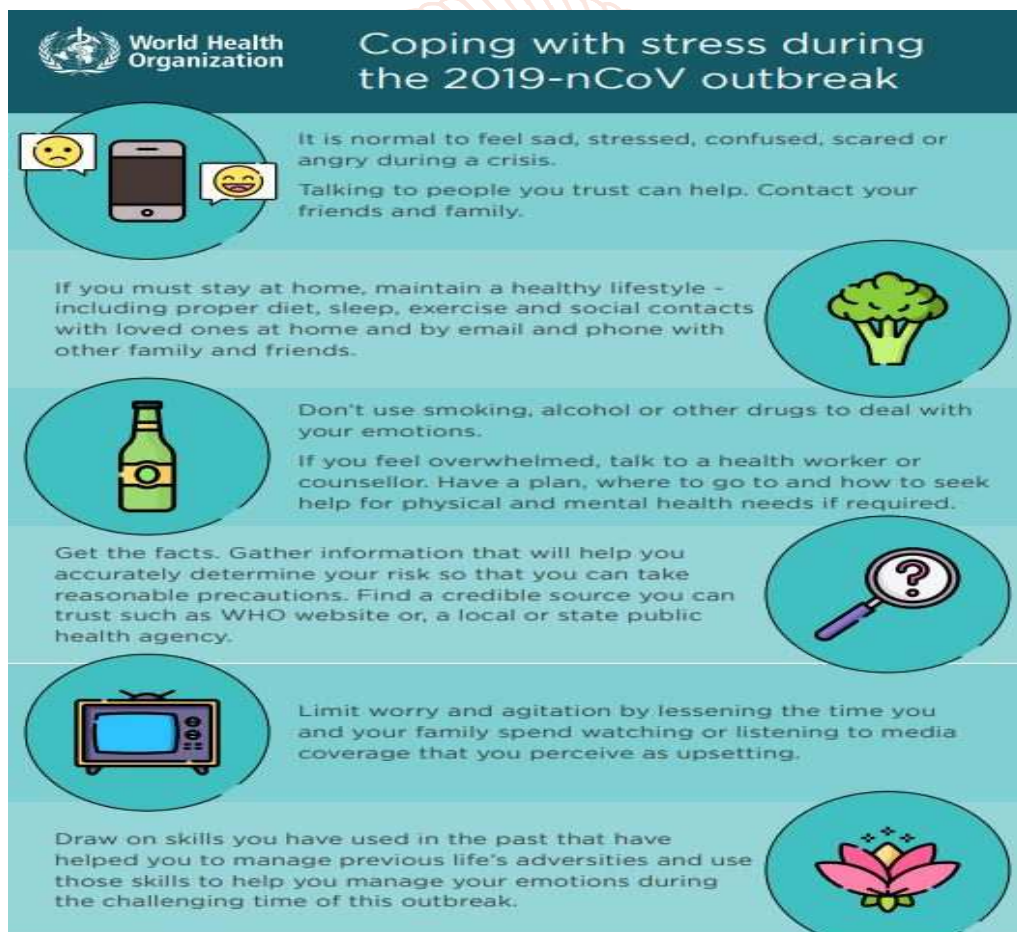
- It is easy to get overwhelmed by all the worrying news surrounding us. Create a little time during the day to focus on the positives in your life, through meditation, journaling, changes in surrounding place, or perform something until the mood stabilizes (e.g. cook or take a hot shower for 15 minutes).

➤ Seek Experts Help

- Access to help 24x7 hotline numbers from your device. There are following help lines numbers seek help during mental health crises which are given in the box 1.1

Counselling & Mental Health Services	
SUICIDE & OTHER HELPLINES IN INDIA	Number
Sumaitri	+91-11-23389090
Sneha (24/7)	+91-4424640050
Roshni (11am -9pm)	+91-4066202000
Aasra (24/7)	+91-2227546669
Cooj (3pm-7pm)	+91-9822562522
Sahay(24/7)	+91-08025497777
Queerythm LGBTQ	+91-9745545559
Vandrevala Foundation For Mental health	18002333330
Fortis Stress Helpline	+91-8376804102
Connecting India (12-8:00pm)	+91-9922001122

- As we have seen during the pandemic outbreak, it is significant for us to be generous to ourselves and guard our psychological well-being. To acquire aid on worries linked to mental health you may contact to NIMHANS 08046110007.
- Access to Tele-counseling and Psychological First aid.



COMMON COPING WAYS TO DEAL WITH PANDEMIC STRESS

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