

Emotional Soundness of Undergrad Commerce Students

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ABSTRACT

In today's competitive world of dog eat dog, each one of us is in the rat race to establish his or her secured niche. This is an acceptable claim, and one should strive for the best in the society, but this should not be at the stake of stressful lives. In the current world of VUCA, the people have got fused with the superfluous things and due to which they fail to relish the fruits of real happiness. Today the emotional soundness of the people especially the youth is at risk and due to which the happiness factor in the society has also got diluted and adulterated. Actually, this emotional stability plays a significant role in streamlining student's reach towards the prospective focused careers or rather towards the indeterminate careers. The emotionally balanced person can optimally think, behave and act appropriately. Under the umbrella of social media and AI, the youth of today has got anxious and adequately possess the taxing elements of low emotional wellbeing. This low emotional wellbeing results to excessive distractions, reactionary thinking, tensions and impartial existence of either being in the past or in the future. Thus, with the same perspective, the researchers have stepped out to study the emotional capital of Commerce students in the cross functional perspective of an individual student, the respective parent and the respective teacher.

Objective of the study:

- To study the emotional attributes among the commerce undergrad students from the three-fold perspective of an individual student, the respective parents and the respective teachers.
- To study the gender differences aspect regarding the emotional stability among the students.
- To suggest optimal remedial measures to the same.

Background of the study

The students of today are the future of tomorrow; therefore the emotional wellbeing of the students is of great momentum. The life of students is very much strained due to various stressors, for example the peer pressure, the illusionary fame, the unlimited and unrealistic expectations in unbounded freedom at colleges and many more. Mostly at the undergraduate level, the students migrate from the bonds of School and School attached junior colleges to the premises of limitless freedom – the freedom to explore the anxieties, the acts of taboo, the prohibited activities of temptations. During this period, the mental stability of the student plays very important role in diversifying the focus from undesirable to desirable. If the person has the strong emotional quotient, he

may understand the essence of time and channelize his life to gains, rather than to veins. Since this is the crucial period, where the novel careers like doctors, engineers are created – thus the researchers attempt to study the emotional wellbeing of the undergraduates.

Barring few commerce students, it is generally observed that the students have joined commerce stream – either due to their weak determination or they wish to have something lighter and are not willing to work hard to build their careers. The researchers have personally come across students, who have joined Engineering or BSc CS courses, but they are not able to cope up and as regret or as last option - they shift from technical courses after one

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KEYWORDS: Emotional Capital, Undergrad commerce students

year of failure to Commerce courses of BBA & B.Com. At times, it is also observed that these commerce students complete graduation with only focus on output and rather not on process, thus lack practical knowledge to the subject. It is also noticed that these students do not look prospectively to job avenues at graduation level and falsely acclaim themselves, they will give their best at masters level courses. The students do not give serious response to the College Placement, and finally fail to get their job. The reasons for the failure to get the job can be viewed as weak perspective of the UG students to placements; which they can easily grab and optimize the opportunity – but due to weak emotionality, the students fail to understand the cause of learning, the situational focus and the need of exploring oneself.

Thus the researchers have taken an initiative to study the emotional stability of the Commerce students at the Undergraduate level.

Significance of the study

As per NCRB and NMHS statistics regarding population aged between 15 – 29 years, 36% of a Lac – Indian population has committed suicide i.e., 4000 suicide. Every 40 seconds attempts to suicide are made and every 15 minutes it is successful. Further as per reports of European Psychiatry (Volume 30): 24% of students face anxiety and depressive episodes, 60% of students face anxiety, depression and panic episodes and 12% of students experience only anxiety, while only meagre 04% do not have any mental problems.

The students of this age face the problem of Marital disharmony i.e., they are in search of a partner, who will take one's need, based that life partner will solve all life problems, fear of aids, breakups, relationship encroaching academics etc.

The Undergraduate students are very much addicted to illusionary fame and due to which their focus is on

physique development than rather on mental stability. Due to no self-acceptance and for the sake of societal acceptance they spend hours and hours in Gyms and parlours for the false illusionary physical image, but at the time of Training to the mental strength – the students neglect and do not pay heed to it. Due to peer pressure of friends, the students do not carry their home-made healthy Tiffin and rely for the source of energy on Fast foods and proteins – which deteriorate the health of the students in the long run.

Majority students at times are noted with primary focus on the output and not rather on process, the students are very much ready for action and reactive in nature, they only wish to ignore their studies for updating and start earning at the earliest. Due to this approach, the proper essence of crucial investing time and purpose is neglected by the students, and finally land up to unproductivity.

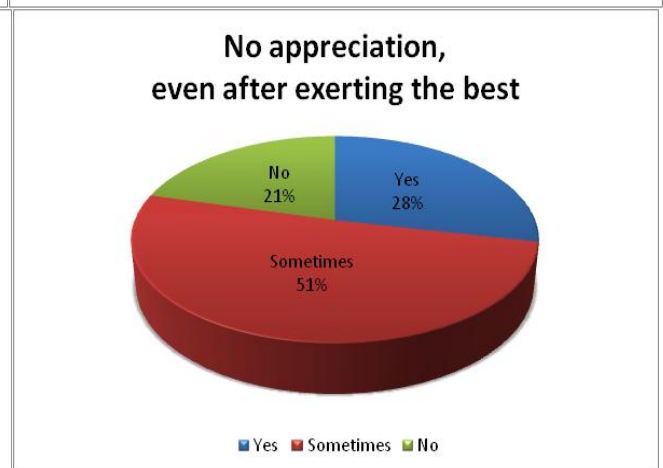
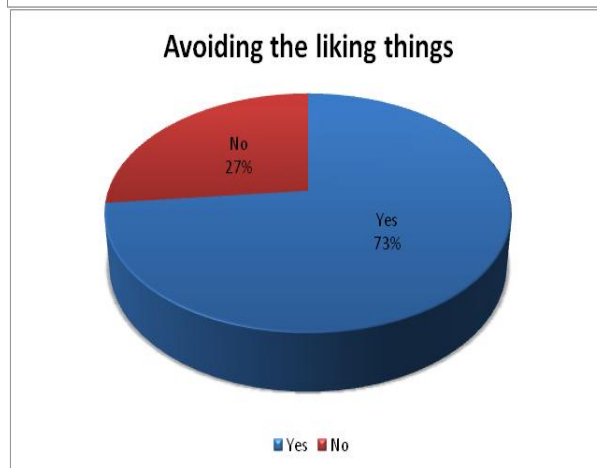
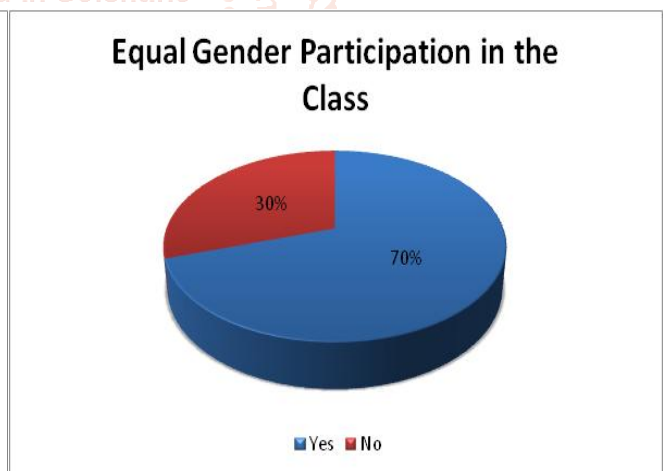
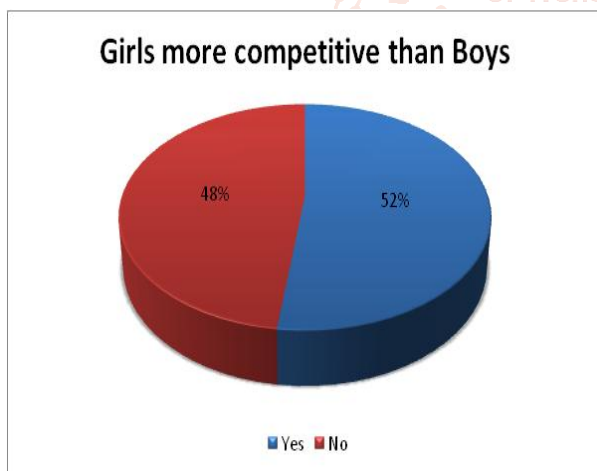
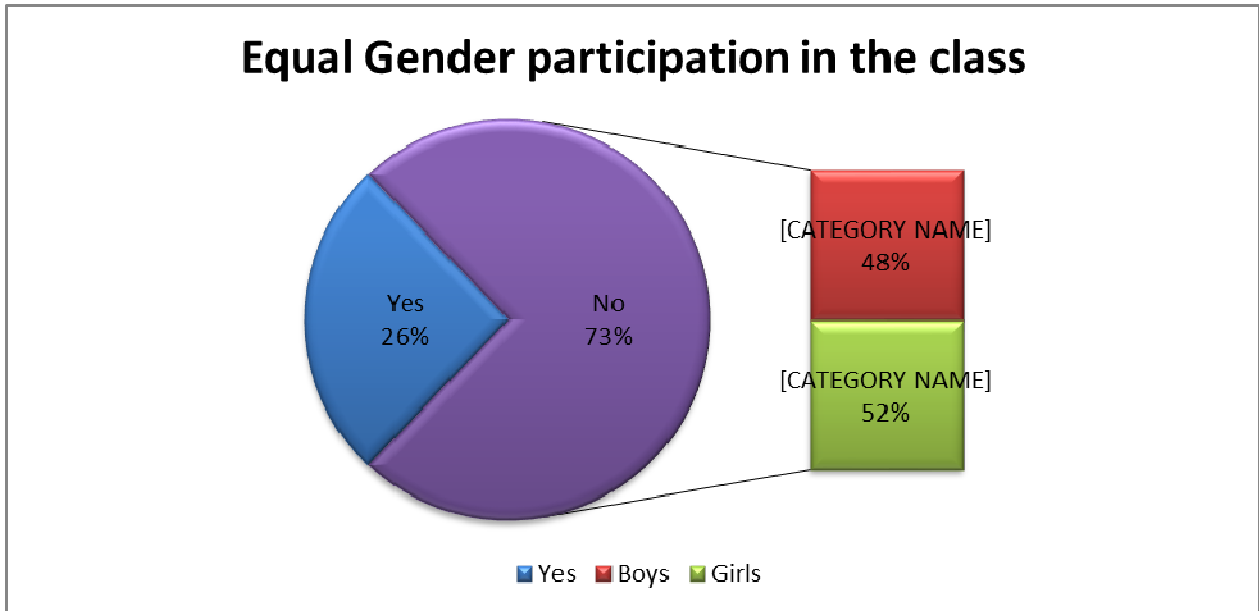
Research Methodology

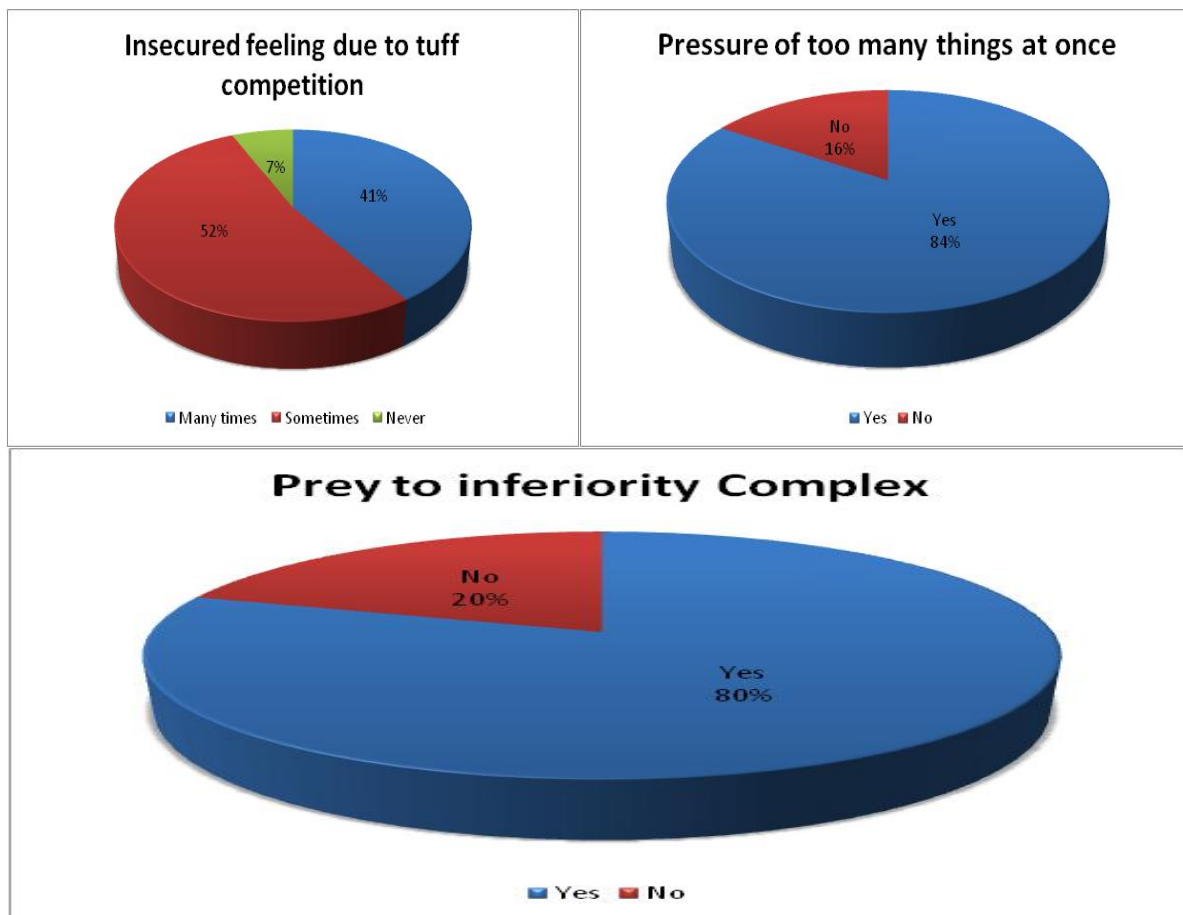
The researchers have carried out to work with Social research and the basic objective of the social research is to understand the social phenomenon of emotional wellbeing and its functioning in the society in the right sense. The researchers have structured research on the Commerce Undergrad students of SPPU of final year, For the better enhanced insight of the concept, the researchers have also proposed to study the concept with the perception of 3 stakeholders i.e., Students, respective Parents and respective Teachers. The researchers have taken 20 students, 20 parents and 10 teachers. There were three questionnaires in the study – Students questionnaire, Parents Questionnaire and Teachers Questionnaire. The framing of the questions in the questionnaires is executed on the Projective techniques and especially by attitudinal survey method. The Statistical tools like tabulation, average, percentage, Pie charts have been used to analyse the data.

Data Analysis and Interpretation

01	S-1	Do you notice that you no more do things, which once you liked to do?	Yes – 73%		No – 27%
02	S-2	Do you think that you are not appreciated; even when you give up your best?	Yes – 28%	Sometimes – 51%	No – 21%
03	S-3	Do you feel insecure because of tuff competition in getting good grades?	Many times – 41%	Sometimes – 52%	Never – 06%
04	P-01	Are the children fearful of tough competition?	Yes – 67%		No – 33%
05	P-02	Do you notice that the students of today resist the change, or they do not change with the change?	Yes – 56%		No – 44%
06	P-03	Do you notice that the students have to do many things at once?	Yes – 81%		No – 19%
07	T-01	Do the students of today easily fall prey to inferiority complex?	Yes – 81%		No – 19%
08	T-02	Do you find that the students react positively to any change?	Yes – 50%	No – 40%	Sometimes – 10%

09	T-03	Do the students of today lack the self-initiative for the studies?	Yes – 70%	No – 30%
10	S-04	Every Boy and Girl gets equal opportunities to participate in the college? If no, then who gets better opportunities?	Yes-26%	No-74% Boys – 51% Girls – 49%
11	S-05	Do you think that boys are promoted more than the girls in the college?	Yes – 27%	No – 72%
12	P-04	Are the girls more competitive than boys?	Yes – 51%	No – 49%
13	P-05	Are the Girls more independent than Boys?	Agree – 48%	Disagree-52%
14	T-04	Do Girls and Boys equally participate in the class?	Yes – 75%	No – 25%





Findings of the study

1. In this research, the researchers have attempted to basically determine the relationship between the gender of the student and his or her emotional wellbeing. So, with the same purpose, the researchers had framed few queries to the students, parents, and teachers.
 - A. The students on the same had initially opined that all the students do not get equal participation opportunities in the college, so we could interpret that every gender has a mental sticker that every other sex gender gets better opportunities. When further, the question was reframed to know who gets better chances or who is on the better side, the students responded fairly to the boys and girls i.e., the either of the gender parties opined on nearly at par.
 - B. The parents on the same issue to check the comparative efficiency of the students on the basis of the gender, so the parents voted nearly on the equilibrium that the boys and girls are round the clock appropriately competitive and independent.
 - C. The teachers with the same matter had agreed with the fact that the boys and girls do equally participate in the class. Thus, the researchers can conclude that there is no linkage between the gender and the emotional stability of the students

2. It was also one of the objective to study the emotional soundness of the College students in three fold perception of students, respective teachers and respective parents.

- A. The students when questioned regarding their feeling of others caring them, so the one third do agreed that nobody cared for them and the remaining two third disagreed. This shows that two third of the students have better self-acceptance and the remaining one third have a poor self-acceptance, and further they opined majorly that their teachers comparatively do not care for them as compared to the Mother, Father and Friends.

On the same matter, the students had also opined that they no more do the things, which they liked to do earlier and this exhibits that due to the competitive pressure, the students have started avoiding the things rather their hobbies.

With the same intention, the three fourth students commonly opined that they are sometimes, rather many times not appreciated, even when they do give up their best. This shows that the students are affected by the false illusion of fame and not mental or emotionally strong.

The students had also widely quoted that they feel insecure of the tuff competition in the studies to get good grades.

- B. The parents on the same area said that their children are fearful of tuff competition, which shows that the parents perception also agrees to the same.

Further, the parents had also partly agreed that students resist the change or rather do not change with the change and this could be also interpreted that the students on their delight change with the change, the best example can the Expertise knowledge about the Mobile Apps.

The parents on the advanced question responded that the students have to do many things at the particular instance, thus their perception means the students are very much pressurized.

- C. On the same track, the teachers said that the students easily fall prey to the inferiority complex, thus exhibiting their view that students are not emotionally strong.

The teachers had also given a feedback that the students fairly react positively to the change, while partly with the negative notion at times.

On the advance screening, the teachers had majorly reacted that the students of today lack the self-initiative to studies, they have to be pressurized to do their requisites.

Suggestions:

- Time Management: If the farmer does not sow the seeds at the proper time, does not water them on the proper intervals, does not reap them at the proper time – then in such case he will not be able to yield better returns for the farm. So if the students does not comply with his timely commitments or responsibilities to secure his future, then his future will also be very much uncertain and tensed too. The best advice for the students is to plan their timing and also spare some time for Hobbies, and finally failure to the timings will also leads to his or her emotional imbalance.
- Miracle of optimism: With respect to the data analysis, it has been very strongly believed that 81 percent of students easily fall prey to inferiority complex and it can also be concluded from the statistics that 70 percent of students lack self-initiative for the studies. At times due to the addiction of pessimism, the students perceive everything in the negative manner and due to which they get stressed, possess scare interest in the studies and lose their emotional wellbeing. So the students are hereby asked to change their perceptions and enjoy the miracles of positive thinking. Due to the positive thinking, they will

be experiencing new and interesting things in the studies; they will be calm and cool at the targets, and also evolve oneself with the creativity.

- Identify the real fame: It is generally observed behind the addiction of illusionary fame, the students are disturbed with their emotional wellbeing. So it is recommended to the students that they should work hard on the proper lines in the proper direction, the fame and success will automatically follow.
- Explore Extracurricular activities: The hobbies and the sports are the spice of one's life. The Sports and hobbies help the students to release their stress and assist in generating freshness and creativity to the emotions.
- Map your career path as per your interests: The gentle advice to the students and parents is to develop the SWOC analysis of the students and then accordingly prefer their desirable career paths.
- Spare time for the kids: The best and worthy gift for the students from the parents is that they spare some time for their kids from their busy schedule. This time is like an investment for their future, if the parents do not spare time with the kids – the gap between the two will widen, resulting in hard relationship.
- Identify the Uniqueness of the child: Many parents compare the child with his or her peers and due to which the child feels very embarrassing and due to which he or she loses the emotional wellbeing. As it is rightly said, when one compares himself with someone, he himself is insulting himself. Every parent has to be very conscious enough to understand that every child is unique in him, so we have to assist the child to identify the same and also help to choose the career through the same uniqueness.
- Equivalence gender preference: As per the response of the students, 74 percent of students have opined that they do not equal importance in the school and society, but on further interrogation – it was found the 51 percent of boys get more importance and 49 percent for the girls; which shows that it is only the false perception of the students about the parents. But then also generally it is observed that the parents exhibit gender preference and show unknowing undue importance for the one gender – due to which the seeds of rejection and inferiority are sown in the minds of the child. Resulting the child loses his emotional wellbeing and ultimately the nature of pessimism.

- Nurture the child with the change: It is observed that the parents themselves are very much attached with the traditional means and methods, they evade the new changes, resultant this attitude of restraint to the change transfers to the wards and hence the children to evade the change.

Conclusion

In this particular research, the researchers got to know very realistic amazing and at the time some experiences were very much sensational – what a

person might consider as very minute, the same might be very much drastic and dynamic, it can change the life of the student to the very positive extreme and unfortunately to the negative extent also. The emotions in today's world play a very crucial role in the development of the person, it is the perception glass through which the person perceives the things and interpret the same. If the person perceives the negative, understand and digest the negative, then the outcome will be also very much of course negative.

