REFERENCES


Adolescence & Stress

Adolescence is a stage in between childhood and adulthood i.e., age in between 12-25, where the body and mentality maturity is occurred. The study was on the basis of academic stress of undergraduate students by age and gender and its interrelationship to various factors such as anxiety, time management and leisure satisfaction. Gender differences have a significant impact on all the measures considered for the study. This research was conducted to study the stress and coping strategies among the college students. The researcher looked into the socio democratic profile of the participants, the level of stress among college students and the coping strategies used by college students to deal with stress. Stress and coping research is challenging to conduct with infants and young children who cannot directly tell us how they feeling or what they are thinking. Understandably, currently models of stress and coping in infancy are based on adult models. These models elucidate the processes that may be at work during times of stress and the mechanisms underlying exposure to certain risk and stress and later development. However, future research is needed to enhance and better articulate these models for infants and young children. For example, more evidence for children’s cognitive appraisals during Academic Stress is one of the factors that have effects on the mastery of academic curriculum.

Stress is the body’s nonspecific response mechanisms towards demands or strains made on it (Meyer, 1959). It is a process by which we perceive and cope with environmental threats and challenges. Academic stress is a common phenomenon faced by university students. Academic stress is often seen in the daily activities of students. A student can be stressed due to different reason or stressors such as; lecture over-load, heavy workload, difficulty understanding contents, financial problem, relationship with others, and more. Stress follows the three stages of alarm, resistance, and exhaustion. If the stress is prolonged or severe, it could result in diseases of adaptation or even death. A host of literature, both popular and academic, extols the practice of stress management and whole industries are devoted to it. Many techniques are available to help individuals cope with the stresses that life brings. Stress coping, as described by researchers such as Lazarus and Folkman, implies a more specific process of cognitive appraisal to determine whether an individual believes he or she has the resources to respond effectively to the challenges of a stressor or change (Folkman & Lazarus, 1988; Lazarus & Folkman, 1987).