

The Impact of Student Stress Management on Their Ability to Learn Effectively is Discussed in Covid 19

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ABSTRACT

Due to the abundance of factors that operate as stress catalysts in modern society, stress has become an essential component of daily living. Around the world, Covid-19 has caused enormous distress. Stress affects children of all ages increasingly, and it is not only restricted to adults. Since parents don't have enough time to adequately care for their children, stress management is actually very challenging. Most people have the belief that stress may only result from a sad event, but in reality, stress can also be brought on by a positive experience. There are a variety of factors that can lead to stress in a student's life, including a mismatch between the student and the teacher, which can lead to tension and stress. Lack of parental involvement is another factor in attacks on all students. Children typically don't pay attention to their eating habits, which makes them more vulnerable to stress. Insufficient sleep is a frequent cause of stress that affects students worldwide, therefore that is another factor that contributes to stress. It's difficult to predict how well pupils will manage their stress. Most educational institutions provide optional stress management classes to address this terrible problem, but students frequently lack the time to attend. Through this essay, an effort is made to understand how stress affects pupils and the significance of managing it for good learning.

Keywords: Stress Management, Health, COVID-19, Stress level, pandemic.

1. INTRODUCTION

COVID-19 entered our globe at the end of 2019 and has since attained pandemic status, endangering the health of untold numbers of people. An outbreak of pneumonia with an unknown cause has been going on since December 2019, and it was first noticed in Wuhan, Hubei Province, China (Wang et al. 2020). The World Health Organization determined a new coronavirus, SARS-CoV-2, as the cause of the pandemic in China and other regions of the world after the epidemic (WHO). The WHO labelled Covid19 a pandemic on March 11, 2020. Globally, Covid-19 has impacted more than 4.5 million people (WHO, 2020). Due to the death rate of COVID-19 and accompanying issues including economic unpredictability, unemployment, stress, anxiety, and insecurity, this new pandemic ailment is frightening and distressing for everyone. It's normal for people to have a variety of thoughts, sentiments, and reactions as the COVID-19 epidemic and its extensive effects continue to play out globally and in our neighbourhood. Thus, the primary goal of this study is to understand how stress affects pupils and the need of managing it in order to improve learning.

We must recognise that a pandemic is more than just a medical problem; it also has social, emotional, and psychological effects on the people. The idea of wearing masks and remaining alone is linked to mental illnesses such as anxiety, panic attacks, insomnia, tension, and others. Many pupils had psychological issues as a result of the pandemic epidemic, which are hurting their overall personality as well as their academic performance (WHO, 2020). In an effort to stem the spread, nations around the world imposed stringent measures for their residents. The nation closed public gathering areas and instituted travel prohibitions while converting its physical education system to online instruction. Quarantine is the most demanding.

Keeping individuals who have been exposed to an infectious disease apart and limiting their movement is what the Centers for Disease Control and Prevention (CDC) defines as quarantine (CDC, Report, 2020). Everyone can suffer considerable mental strain when in lockdown, often known as quarantine. Specifically, three aspects of mental health—autonomy, competency, and connectedness—are impacted by quarantine. People experience isolation as a result of being cut off from their friends and their everyday activities.

Samantha K. Brooks' latest study on "the psychological impact of quarantine and ways to mitigate it" revealed how COVID-19 is influencing those under lockdown. Fear, sadness, numbness, insomnia, bewilderment, rage, post-traumatic stress disorder (PTSD) symptoms, depressive symptoms, low mood, stress, emotional disturbance, impatience, and emotional weariness were the most common emotions people reported. Evidence suggests that these repercussions may possibly have longer-term effects (Brooks et al, 2020). Every issue is being dominated by stress.

Stress is the body's nonspecific reaction to any demand, according to Hans Selye (Fink, 2009). At some point in their lives, everyone is under stress. Stress as a scientific notion "suffers the affliction of being too widely known and too poorly understood," according to Hans Selye, a scientist who popularised the idea. Despite being one of the most widespread human experiences, stress is surprisingly challenging to quantify. According to scientists, stress is a force or an occurrence that compromises regular stability, balance, or performance. The example that follows might help you better comprehend stress.

A suspension bridge's balance could be thrown off by the strain of a high wind, causing the bridge to swing side to side. As they drive across the bridge, most people don't even feel the little swaying. Everyone can see how the bridge is shaking as the wind picks up. This swaying, though it may cause some people to feel uneasy or worried, is essentially how the bridge manages stress. The bridge would be more brittle and susceptible to destruction from wind stress if it did not wobble at all. The bridge might actually collapse if the wind picked up significantly to the point that it surpassed the bridge's design limits. Life's stress is like that wind. Despite being frequently present, stress usually goes unseen. Stress can often make people feel unsteady or afraid, as if they were in danger of collapsing just like that bridge. Most of the time, this anxiety is unfounded, and people's foundations are considerably more solid than they believe. It is vital to understand that there are times when one is actually in danger of collapsing. But in most cases, the true danger posed by stress is that it will, over time, harm people's health and reduce their quality of life.

Since stress no longer just affects adults, but now affects kids of all ages, it has become an essential component of life and the body's response to a challenge. The current COVID 19 issue is a contributing factor in the rise in student stress. Undoubtedly, stress is now the main factor cited as a barrier to academic success. Since the appropriate kind of stress may sharpen our minds and reflexes and motivate us to change and grow, some levels of stress can actually be beneficial for us. It is your fight-or-flight reaction to difficulties you encounter in

life. Your heart rate and blood circulation will likely increase as a result of this natural reaction, helping you to better handle these difficulties. It is stated that everyone experiences stress at some point in their lives, regardless of age, gender, or circumstance, however it might appear differently for each person (Currie et al, 2016). Stress can, however, become a nuisance or even a health danger when it lasts for a long time.

Stress is a necessary and inevitable component of studying. It encourages students to put in more effort, stay on task, and concentrate on their studies rather than other activities. However, students who are overly anxious cannot properly study (Gale et al, 2018). It's critical to distinguish between stress that helps kids study and stress that interferes with productive learning. Everywhere we go, we hear individuals lamenting the lack of focus among pupils. Numerous advisors, instructors, and life coaches help others achieve it. Without a doubt, stress management has become a buzzword for students' dedication to their academic achievement, relationships with other students, and the idea that the more they try or worry, the less they can learn efficiently.

Symptoms and Signs of Stress

Stress can affect your emotions, behaviour, and cognition in addition to your physical reaction (Dangi et al, 2020). Everybody experiences stress in different ways, just as every person experiences stress in different ways. The quantity of symptoms from each category can vary depending on the person and the source of the stress. A summary of the different symptoms that a person experiencing stress may experience. Some stress symptoms can be mistaken for other illnesses. To accurately identify when you are under stress, be sure to comprehend how it affects you.

Table 1: Signs and Symptoms of stress among students.

Physical Symptoms	Emotional Symptoms	Cognitive Symptoms	Behavioral Symptoms
<ul style="list-style-type: none"> • Irregular bowel movements • Involuntary twitching or shaking • Irregular or missed periods • Getting sick more often than normal • Reduced libido 	<ul style="list-style-type: none"> • Less than normal patience • Feelings of sadness and/or depression • Feelings of being overwhelmed • Restlessness • Reduced or eliminated desire for activities once 	<ul style="list-style-type: none"> • Impaired concentration • Trouble with remembering things, such as homework assignments • Chronic worrying • Anxious thoughts or feelings • Reduced or impaired judgment 	<ul style="list-style-type: none"> • Change in eating habits • Change in sleeping habits • New or increased use of drugs, tobacco or drugs • Nail biting • Pacing • Abnormal failure or delay to complete everyday responsibilities • Significant change in school or work performance

The difficulty in defining and quantifying stress, despite the fact that it is a common human experience, was discovered to be due to the fact that "there hasn't been a definition of stress that everyone accepts" and "people have quite different beliefs with respect to their definition

of stress." They add that a definition of stress must include address negative stress (also known as eustress), its physiological implications, and the body's natural fight-or-flight reaction. Stress levels can be classified based on the current scenario (Veena, 2016).

Levels of stress

Acute stress: The most frequent type of stress that every individual encounters is acute stress, which is brought on by current or upcoming stresses. It may be both favourable and unfavourable. In response to sudden or alarming occurrences, it appears swiftly. The majority of the time, it disappears fast, either on its own or once the stressful event is over. Acute stress rarely results in significant health issues. For instance, the anxiety that students often feel before tests or exams; riding a roller coaster might result in acute stress, but in an exciting way. A positive form of acute stress is the anticipation before a fun event. A automobile accident causes immediate negative stress. There is nothing wrong with experiencing acute stress as long as it doesn't linger for too long or happen too frequently. This kind of stress is common and simple to recognise. According to Will (2006), some symptoms of acute stress include:

- Stomach pain from conditions like heartburn, diarrhoea, or an acidic stomach.
- Increased heart rate and blood pressure.
- Chest discomfort or breathlessness.
- Migraines, backaches, and jaw pain.

Episodic stress: Chronic acute stress is a sort of stress that recurs frequently. In essence, those who experience episodic stress frequently feel overwhelmed by it and struggle to control it. This is the kind of stress that recurs frequently, occasionally in a predictable pattern. People with episodic stress are frequently agitated, anxious, and may be prone to persistent worrying. They are almost always in "crisis mode." Worry and angst over things that are happening to you or those around you accompany it. If you have a "type A" personality, you can be more prone to this.

People who fit the type A personality tend to be gregarious, ambitious, meticulously organised, highly status-conscious, impatient, nervous, pro-active, and time-conscious. Many high-achieving "workaholics" with Type A personalities are Type A personalities. As you may feel a sense of urgency and a need to complete tasks, this could possibly become too much for you to handle. For instance, students may decide to study the night before a test rather than constantly throughout the period. Because it is becoming a habit, this type of stress is episodic.

Similar to acute stress symptoms, episodic stress symptoms might be more severe or persistent. According to the APA American Psychology Association (2020), chronic headaches or migraines, hypertension, and heart disease are some symptoms of long-term episodic stress. People who experience episodic stress frequently view it as a necessary component of life and might not be aware of how harmful its effects might be. It has been highlighted that because episodic stress sufferers are so accustomed to feeling its symptoms and regard them as usual, it may be challenging for them to receive therapy.

Chronic acute stress: Chronic acute stress can be compared to a constant source of stress that slowly destroys you. You are more likely to develop chronic stress if there is no apparent resolution to your problem or if there is no way out. It frequently manifests as a reaction to circumstances that seem bleak and out of your control, such as a rocky marriage, a poisonous job, or destitution.

Your health eventually starts to suffer from this kind of stress, and it can cause cancer, heart troubles, strokes, and other problems. Definitely seek assistance if you are experiencing chronic stress. Chronic stress management can be difficult, and long-term recovery almost always requires expert assistance (WHO, 2020).

Types of stress: Students will probably experience new stressors while in college, whether they attend in-person or online. They may learn to recognise symptoms that only emerge in specific circumstances as they start to notice how they and their body respond to it. When individuals face these difficulties, they can assist themselves overcome them without becoming exhausted by realising the type of stress they are under.

Four basic types of stress were identified by social scientist and management expert Dr. Karl Albrecht: temporal, anticipatory, situational, and encounter stress (Kraag et al, 2006). While these many sorts can occur in a variety of settings, including the workplace and the home, they are particularly pertinent to a student's life.

Time stress: When you worry about time, and more precisely when you don't have enough time to do all the chores, you experience time stress. When someone worries they won't be able to meet a deadline or will be late for a meeting or appointment, they frequently experience this.

You could experience time stress in various ways as a student. As you become familiar with the layout of your campus or if you have to return home and connect onto your computer for a lecture after completing your household responsibilities, you might worry about arriving late to your lessons. Whether you're attending college or classes for the first time or returning after a break, it can be challenging to adjust. You can also have anxiety over the size of your workload or the calibre of your work for class.

Anticipatory stress: During your studies, you could experience this form of stress in both a general and specific way. You are going through a more tangible sort of anticipatory stress if you are worried about an upcoming test, assignment, or presentation. A more ambiguous manifestation is when you experience fear or dread towards the future in general. When students are making decisions regarding their post-college lives and getting closer to graduation, they may experience this form of stress more frequently.

Situational stress: Situational stress occurs when you are in an upsetting or scary circumstance that is beyond your control, such as the current COVID 19 crisis. This type of stress, in contrast to time-related and anticipatory stress, occurs unexpectedly and with little to no notice. In actuality, you might not have foreseen the circumstance at all. This kind of stress can happen to pupils in a variety of different ways. It could result from something as simple as forgetting your lines during a speech or as serious as receiving a call about a crisis in the family. This form of stress can happen in a variety of circumstances, such as when you get a bad grade on an assignment, argue with a buddy, or almost strike a car in front of you on the road.

Encounter stress: When you have anxiety when you are alone or in a group with a certain person, encounter stress results. You might not want to spend time with them or find it challenging to communicate with them. Whatever the cause, you are uneasy with this individual or group for some reason. Even if you enjoy their company, you may experience tension if you have spent too much time with them and are feeling burnt out. Stressful situations can arise for students everywhere, from intimidating lecturers to strange

classmates. Furthermore, you might only share this sensation for a little period of time with a particular person. For instance, you might fear meeting your roommate for the first time following a disagreement, but the anxiety may subside once you find a solution.

Different stressors among students during COVID 19

Academic: The most frequent ongoing source of stress for college students may be this. While there are numerous advantages to being a student, there are also inescapable burdens. These pressures can set off anxiety and depressive episodes in people who are currently dealing with depression or are predisposed to it. One of the main types of stress in the learning process of students has been identified as stress connected to academic pressure. It's unquestionably one of the greatest issues the current student body is dealing with during COVID 19. Additionally, it is growing to be a very stressful issue for both instructors and pupils. Without a doubt, stress management has become a watchword for students' commitment to their academic achievement, relationships with other students, and the idea that the more they try or worry, the less they can effectively study (Albers et al, 2017). Everywhere they try to unwind, their minds are racing, yet all they can focus on is studying when you try to study, you can't. There are those who are unable to spend time with their own because of the stress of their studies. Even while it initially looks manageable, if it is not burdened, it will eventually have a negative impact on the student's performance. It is necessary to prepare for and travel to colleges before and after studying, in addition to being physically present at the educational institution. Therefore, it is crucial to comprehend what causes students' stress and how it affects their ability to learn effectively.

Academic vitality is one of the key elements that influences a student's capacity to cope with the pressures of the modern educational environment (Jennings, 2009). Academic vitality refers to a flexible response to the many obstacles and problems encountered during schooling (Folkman, 2015). It refers to a capacity for survival or the continuation of a meaningful or purposeful existence, as well as ferocious physical or mental vigour. When acting spontaneously, a person doesn't just feel dissatisfied and exhausted; they also experience constant vigour and enhanced energy, as well as an overall sensation of inner vitality (Jennings, 2009). Therefore, a person's ability to adapt to the various situations that arise during the academic year, their sense of empowerment and self-efficacy in the face of obstacles, their level of anxiety and depression, their sense of responsibility in handling academic tasks, and their academic success all have a relationship to their academic life (Folkman, 2015).

Class scheduling and credit load: You could feel stressed out planning your classes for several subjects. One of the many things you need to think about is trying to enrol in the courses at times that are convenient for you and making sure you're taking all the prerequisite classes. Some students might be required to make their own timetables for the first time at this point. You might not be aware of the ideal class times for your academic performance or the recommended number of credits. If your schedule does not match your expectations, you could become upset with yourself after a few weeks of lessons.

Ways to handle stress from class scheduling and credit load

If your calendar is too full, keep in mind that it is temporary. In a few short weeks or months, your existing classes will come to an end, and you'll need to create a completely new timetable. Take advantage of the chance to create a schedule that better meets your requirements. Make adjustments to your timetable.

Grades and exams: Another potential source of stress for students is their academic standing. Due to a variety of reasons, including living up to your own and your parents' and professors' expectations, you could experience pressure to achieve specific grades in your classes. Your ambition to continue in your chosen degree and career is satisfied by receiving good grades. Even if you regularly study, you could experience exam anxiety that prevents you from performing well or, in some situations, from even taking the test. The worry that you didn't study enough is one of the factors in exam anxiety. It can also be challenging to balance your classes, family obligations, work schedule, and social life because of the increasing workload and harder course load. Tests or projects may also account for a sizable portion of a student's mark in some classes. Thus, this adds to the tension.

Ways to overcome grade and exam stress

Since you are continuously surrounded by your stresses and your equally anxious classmates, overcoming school-related stress might be challenging. However, you attend school to learn and advance, not to achieve all as on your transcript. Instead than placing more emphasis on grades, concentrate on gaining an education. If you take your education seriously, grades will come in automatically. Do as much research as you can. One exam at a time, pay attention. Avoid thinking about your next exam. Consider the subject at hand, not the test. Avoid picturing the exam while you are studying. Study in the same room or building where the test will be given, or practise timed problems in that location. Finding someone to help you study more efficiently can make all the difference, whether it's a teacher to help you understand topics, someone to review your work, or even something as basic as flashcards.

Ways to plan your future and avoid stress

Although dealing with future uncertainty can be challenging, you are not alone. As you begin to consider what you want to do after graduation, don't be afraid to ask your friends, family, professors, advisors, career and guidance team, and counsellors for assistance and advice. If you are unsure about your profession decision, take an aptitude test. Your course will be guided by the test results. Talk to your career and guidance teacher about this.

Tips to maintain your health as a student

Try your best to avoid contact with anyone who is contagious, wash your hands often, and adhere to other safety precautions if a specific sickness is spreading around your school or community. Wear a mask, keep your distance from others, wash your hands or sanitise them, don't share your possessions, and avoid parties in the COVID 19 situation. Accept the fact that everyone gets sick occasionally and that, despite your best efforts, you still might. If you do contract something, look after yourself by getting as much rest as you can, taking medication, and then waiting to resume your regular activities. Watch what you eat. Eat sensibly and healthfully. For instance, consuming too much caffeine can make test stress symptoms worse.

Tips to balance relationships in college

Try to exclusively ally yourself with those whose company you appreciate. It would be a waste of your limited college time to interact with people you don't get along with. You have the choice of who receives special attention when participating in a class discussion through chat or working on a group assignment online. In college, you can develop friends for life, so do your best to focus your time and energy on the connections that are important to you. The

role of faculty advisers and councillors should be expanded, core requirements should be more lenient, and incoming graduate students should receive better orientation.

Ways to overcome stress from finances

According to research, thinking positively can increase one's physical health as well as reduce feelings of depression and distress. Remind yourself that getting a degree can lead to improved career prospects once you graduate, and keep in mind why you decided to pursue a degree in the first place. Experts continue to hold the view that investing in education will pay off in the long run.

Tips to balance family, school, and work

These techniques might assist you in creating boundaries between the various aspects of your life so that you can give each the focus it requires. Remember that it's crucial to have the flexibility to adjust to new needs and concerns. If you think you won't be able to make the required changes to your plans, you can feel more anxious.

Managing stress as a student: Recommended approach

Set up a few minutes to sit quietly with yourself rather than running mindlessly through your day. Make sure you have a clear intention for the day and are calm and centred. In this manner, you are ready for a peaceful, satisfying experience.

Although stress in college is unavoidable, it doesn't have to rule your life. Make every effort to comprehend the type of stress you're experiencing, the reasons behind it, and effective ways to handle it. You are doing everything in your power to maximise the value of your college degree by finding a healthy approach to deal with your stress. You may control your stress in a variety of ways as a student. We all have our favourite ways of dealing with stress, just as everyone feels stress in their own unique way. However, not all stress reduction techniques are beneficial, and some may make you feel worse than before. It's critical to have effective coping mechanisms in order to manage stress as a student. In spite of the fact that you cannot control the sources of your stress, you can decide how to handle them.

Academic Stress: The different academic factors that will cause a student's stress include an increase in workload over an inadequate amount of time, new duties, difficult tests, challenging classes, low grades, deadlines to meet, schedule conflicts to work out, and a more autonomous character. The components of social stress include building a new social network, leaving home and experiencing less parental support, living with a roommate, juggling schoolwork with friends or part-time employment, and adjusting to the responsibilities of young adult relationships.

Other Stresses: Daily problems, financial difficulties, long study sessions and early mornings for lectures, the logistics of independent living (such as laundry), and new students' abrupt transition from one college to another are the main sources of stress. There are two different approaches to dealing with stress: unhealthy approaches and healthy approaches.

Unhealthy ways to manage stress

Smoke, use drugs or drink: After a challenging day, it may be tempting to relax with a cigarette or glass of wine, but it may not be the best course of action. Smoking, drinking, or using drugs may temporarily reduce your stress levels, but after their effects wear off, you can experience increased tension. For instance, studies have shown that alcohol consumption

might actually make stress worse. Although using drugs and alcohol to cope with stress might seem to work in the short term, it is a surefire way to end up in trouble. Your future will swiftly turn into a nightmare due to the troubles that arise. Any addiction has the potential to swiftly go out of control. Avoid using drugs, gambling, and other activities that can seem to be triggers for your addiction.

Spend compulsively: Your natural inclination may be to go out and get something sweet for yourself when you're feeling bad. It's okay to treat yourself once in a while, but if shopping or blowing money is how you decompress, you can be adding to your stress by straining your finances or furnishing your home with items you don't actually need.

Over and under eat: You most likely experience a craving for comfort food or lose all appetite when under stress. Eating too much or too little can have a long-lasting negative impact on your physical health, so you should attempt to keep up your normal eating habits while you're feeling stressed.

Ignore the stressor: It's acceptable to step away from your issue for a while to calm down and come up with a fresh solution, but ignoring it entirely might not be the best course of action. The stressor may remain in the back of your mind until you are unable to ignore it any longer if you are unable to completely let it go.

Procrastinate with social media, streaming services, etc.

You can lose yourself in a variety of digital distractions to decompress. Even while it's beneficial to strike a balance between work and play, it's crucial to set boundaries for your use of digital media. You'll fall farther behind on your work and experience more stress overall the more time you spend streaming material or reading through your social media feeds, which will feed this harmful cycle of avoidance.

Healthy ways to manage stress

Confront the stressor: Dealing with the source of your stress directly may be one of the greatest methods to handle it. Sit down and consider what you can do if your hectic schedule is giving you anxiety. Consider transferring to an online university if you are currently enrolled in a traditional university but are finding that it simply does not meet your scheduling requirements.

Time management: One of the best methods for reducing stress is good time management (Macan et al., 1990). Whether it's for business, play, or study, time must be used effectively. Students must be able to create and follow a schedule. Between work and study, pick a pleasant break, even if it's just a few minutes to breathe. Making a calendar and effectively managing your time reveals your priorities and goals. Students should always attempt to prepare ahead and avoid procrastination so that they can properly manage stress. However, it is always recommended to maintain composure and concentration if they are overextending themselves and falling behind schedule. Make a "To Do" list or a planner, keep track of deadlines and timetables, and develop the ability to say "No" to reduce stress.

Being organised: In order to manage stress in academic life, organisation is crucial (Sinha, 2014). Stress can be greatly decreased by keeping academic notes organised, submitting assignments on time, and remembering all deadlines. Always put a system in place for

organising your notes, keeping track of your assignments, and managing other critical materials. They can then create a productive learning environment where they can concentrate, focus, and complete tasks as a result. Additionally, if they are organised, they can provide the piece of mind that comes from knowing where everything is, keeping track of due dates and exam dates, and reducing some mental clutter.

Exercise, Nutrition and Sleep: A good diet, regular exercise, and enough sleep can greatly reduce stress. They must be well-rested because sleep has a powerful stress-relieving effect. Make everything function, and then live a stress-free existence.

Spend time with loved ones: Get close to people who you enjoy being around and spending time with. Even if you don't discuss your problems with them, being in a pleasant environment can greatly reduce tension. All it takes to reduce stress is a cup of coffee with loved ones or close friends. If a person feels lonely, stress may also worsen. You immediately feel a lot better when you open yourself to someone you can trust. Students can benefit from improved connections with friends, family, parents, and teachers in addition to the health benefits of stress management and relaxation. When someone is worried, their family suffers as a result, and it's normal for them to vent part of their anger and frustration on them. Family members may experience the feeling that they are moving through a minefield since they never know when their level of tension will lead to an outburst of rage. Reducing stress makes people happier, which makes their friends, family, and teachers happier as well. Everyone should practise stress reduction and relaxation techniques, but especially those who work from home. Numerous advantages, such as enhanced relationships and better health, can result from reducing stress. Knowing your stress triggers, exercising, meditating, planning, and taking vacations are all vital methods to de-stress and learn how to unwind.

Get professional support: It's possible that you'll need more help than your loved ones can provide you or that you'll be dealing with difficulties that are too much for you to handle. Don't be reluctant to ask an expert for assistance. Even if you attend school entirely online, your institution probably has a wealth of resources at your disposal.

2. CONCLUSION AND DISCUSSION

Everyone was impacted by COVID-19 on a worldwide scale. This lockdown was previously employed 100 years ago to combat the Spanish Flu. Due to lockdown, people are currently experiencing fatigue and anxiety in COVID-19. Students are struggling with their academics. All of these factors contribute to their mental health being disturbed. According to the study's findings, students are under a lot of stress, and that stress is only becoming worse as the number of days passes. Other coping mechanisms that students use include yoga, exercise, and diversionary therapies like spending time with family and watching television. Problems in the classroom, the environment, society, and one's health are all significant contributors to stress. The main causes of stress for students are academic-related, so it is necessary to take particular, targeted actions to significantly reduce this load. The demands of the students should be taken into account when modifying teaching methods and college surroundings. Utilizing student welfare services effectively, creating environments that are more "student-friendly," and organising regular, inclusive extracurricular activities can all be effective stress relievers. Similar to this, it has been found that students who live in dorms are more likely to experience stress; as a result, it is important to perform regular reviews of the dorms with

input from the students and to immediately resolve any complaints they may have. The majority of students supported including stress management education into the curriculum, hence steps should be taken to do so. Pupils' health is a top priority, thus encouraging students to adopt healthy eating and lifestyle choices is important. Teachers, parents, and even students themselves should be aware that stress can be brought on by having excessive expectations for academic success. Last but not least, good study habits and planning can reduce stress and improve learning for students.

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