

A Study on Impact of Stress on the Medical Students

Dr.Lanka.Keerthi¹, Dr.I.Madhuri²

1-Post Graduate, Department of Physiology, Siddhartha Medical College, Vijayawada, A.P

2-Assistant Professor, Department of Physiology, Siddhartha Medical College, Vijayawada, A.P

Abstract:-Stress is defined as a state of physiological and psychological imbalance resulting due to difference between individual's ability and situational demand. For youngsters, college is the best time in life. During college days only students enjoy the healthy phase of vibrant environment, company of friends and prepares for adulthood. There are rapid changes in physical and mental development. A present cross sectional study was conducted in August-September 2019 among 270 medical students at Siddhartha Medical College, Vijayawada regarding the impact of stress on medicos. Academic stress was found to be the major cause of stress followed by other stressors like emotional stress, social stressors, intrapersonal and interpersonal stressors, financial stressors etc. Majority of students in the study were found to have mild to moderate stress.

Key words:- Medical undergraduates, stressors, stress.

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I. Introduction

Stress has defined as a state of mental or emotional strain or tension resulting from adverse or demanding circumstances. The medical curriculum is identified as stressful and toughest academic curriculum world wide. In the recent years there has been marked revolutionary changes in medical curriculum, teaching and learning methods, changing syllabus i.e.; vast amount of subject to be learned in short duration, fear of failure, new pattern of examinations i.e.; EXIT exam, lack of leisure time, financial problems, severe competition among peers etc. All these changes directly or indirectly may have impact on stress levels of medical students. All these changes will have negative effects on mental health of undergraduate students which will have an impact on the academic performance. In the recent years it was observed that in India there are increased trends of suicides among the medicos. A large variety of studies have been conducted in India to identify the stress levels and stressors in India. The current study has been conducted to obtain information regarding the sources of stress among medical students in Siddhartha Medical College, Vijayawada.

II. Aim And Objectives:-

A study was conducted on 270 medical undergraduates

-To assess the degree of stress among them.

-To suggest measures to overcome stress.

-To find out the sources of stress.

-To estimate difference in stress levels in between boys and girls has been studied.

III. Materials And Methods:-

Type of study:- Cross sectional observational study.

Duration of study:- 1 month (August 1st to September 1st, 2019).

Study setting:- Siddhartha Medical College, Vijayawada.

Study population:- Undergraduate Medical students.

Study instrument:-

Exclusion criteria:- Students who haven't given their concern were excluded.

IV. Results And Data Analysis:-

Random sampling method was used for collection of data.

Tools used in analysis of results are ANOVA, correlation, percentage method. The basic data analysis of selected samples revealed that 60.37% are males and 39.62% are females. The mean age of students in the study was 20.35 years.

Table -1

sex	number	percentage
Male	163	60.37%
Female	107	39.62%

Table-2

Academic year	Number of students	percentage
1 st year	100	37.03%
2 nd year	95	35.18%
3 rd year	75	27.77%

Survey data analysis:-

According to analysis from collected data, the major cause of stress are academic stressors, financial stressors, social stressors, teaching and learning related stressors, intrapersonal and interpersonal stressors, family stressors.

DATA REGARDING SOURCES OF STRESS IN STUDY POPULATION

Source of stress	males	females
Academic stress	72.45%	82.51%
Social stress	20%	16%
Family stress	55%	63%
Emotional stress	24%	45%
Intra and interpersonal stress	7.65%	10.52%
Teaching and learning related stress	67%	72.5%
Financial stress	22.71%	34%

Table-3

ACADEMIC STRESSORS: 82.51% (table-3) of female students responded that main cause of stress as academic activities. Only 72.45% (table-3) of male students stated that the main cause of stress as academic factors. Vast subject, high expectations from parents, professors and self as the main cause of stress for students studying in medical colleges. Exams, burden of learning, lack of time for revision, big range of syllabus are the contributing factors for academic related stress in medical students.

SOCIAL STRESSORS: Stress occurs depending on the social environment of individual. High competition among peers is one of the causes. Only 20% (table-3) of males and 16% (table-3) females considered social factors as one of the causes for stress among them.

FAMILY FACTORS : Most of the students come from background where family members are not in field of medicine, therefore the lack of support from family members is considered as one of the causes of stress in 55% males and 63% females (table-3).

EMOTIONAL FACTORS: Emotional factors is considered to be one of the major cause of stress among students. Lack of confidence about oneself, anxious and having no one to share with is considered as a cause of stress in 24% (table-3) male and 45% (table-3) female students.

INTRA AND INTERPERSONAL STRESS: This is least contributing factor for stress because the interaction among students after college hours was less. Of the total participants in the study only 7.65% (table-3) male students and 10.52% (table-3) female students reported of having intra and interpersonal stress.

TEACHING AND LEARNING RELATED STRESS: Changed curriculum by MCI, introduction of new teaching learning methods, increased burden on student centered learning, lack of recognition of work done by students, lack of skilled teacher to teach the subject in effective way were considered as important factors. 72.5% (table-3) female and 67% (table-3) male students reported to have teaching and learning related stress accounting for second most common cause of stress among medical students.

FINANCIAL FACTORS: No proper financial support for students from their families, parents control on money spent, lack of sufficient funds for personal expenses. About only 22.71% (table-3) of males and 34% (table-3) of females were not having a good financial background to support their studies.

DISCUSSION: In a study conducted by Navaset.al; the female students had reported higher stress compared with their male peers [2], in my present study also female medicos has higher stress levels than males showing consistency in between both studies. But this is in contrary to a study conducted by Johari.et.al; on Malaysian medical students revealed that academic stress were more common in male medical students compared to females, [5].

Inter personal and intrapersonal stress ranked second after academic related stress in a study conducted by Panchu et.al; [3], but in our study a very less percentage of students suffered from interpersonal and intrapersonal stress.

In our present study teaching and learning related stress ranked second after academic stress. This is similar to observations in the study conducted by Garg et.al; [2].

Family factors, financial factors, social factors were similar to studies conducted by other factors [1-8].

LIMITATIONS: This is a cross sectional study design where it collects information based on perception of students at given point of time; therefore the chances for recall bias is present.

V. Conclusion:

Most of the medical undergraduates are facing moderate to high stress. Increased expectations and wide range of subject content, lack of proper planned revision, insufficient skill and heavy workload on teenagers is adding maximal academic stress on medical students which contributed to overall stress scores.

Females suffered from more stress compared to males. Once the stress levels are identified proper stress management strategies must be adapted to decrease the academic stress and the other cause of stress should also be identified and resolved to a certain limit so as to prevent stress related problems. Once the stress of individual was relieved the mental and physical health of an individual will be improved and quality of life becomes better. This is done by working on identifying the stress levels by arranging counselling sessions for students, monitoring of academic activities of students, maintaining good student-teacher-parent relations, development of confidence and communication skills, providing student friendly environment, good student teacher relations for better adjustment in classroom. Medical college students must be exposed to various strategies like spiritual development, management of diversity, decision making in tough situations etc so as to provide stress free life to future practitioners. The students should adapt methods like seeking family, friends, faculty, seniors support to deal with stress related problems.

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