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Academic Stress Among Undergraduate Students

The College Undergraduate Stress Scale (CUSS) was used to evaluate students' stress level. The stress levels of undergraduate students were compared based on their year of study in university, and their degree programs.

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The findings of the study showed that overall, the undergraduate students experienced moderate levels of stress.

Stress and Academic Achievement among Undergraduate ...

It was found out that, academic workload, inadequate resources, low motivation, poor performance in

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academic, continuous poor performance in academic, overcrowded lecture halls, and uncertainty of getting job after graduating from the university lead to stress among students.

An Assessment of Academic Stress among Undergraduate ...

In fact, many college students feel stress

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while going to school. Only 1.6 percent of undergraduates reported that they felt no stress in the last 12 months, according to the National College Health Assessment (NCHA). Being able to manage stress is crucial for your academic success and personal well-being in college.

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Stress in College Students for 2019: (How To Cope)

Depression, anxiety, behavioural problems, irritability, etc. are few of the many problems reported in students with high academic stress(Deb, Strodl & Sun, 2015; Verma, Sharma & Larson, 2002). Incidences of depression were also found among stressful adolescents

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as it is linked with inability to concentrate, fear of failure, negative evaluation of future, etc. (Busari, 2012). Adolescents were also reported to be indulging in various risky behaviours such as increased consumption of alcohol and ...

Academic Stress and its Sources

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Academic stress among students have long been researched on, and researchers have identified stressors as too many assignments, competition with other students, failures, lack of pocket money (Fairbrother and Warn, 2003), poor relationships with other students or lecturers, family or problems at home.

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An assessment of academic stress among undergraduate ...

The result showed that academic overloads, course awkward, inadequate time to study, workload every semester, exams awkward, low motivation, and high family expectations were drive moderately stress among students. It

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was also found that fear of failure is the major source of stress among undergraduate students.

ACADEMIC STRESS AMONG UNDERGRADUATE STUDENTS: THE CASE OF ...

One study reported that stress among undergraduate business students is a

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notably important factor which is interrelated with poor performance (Bennett, 2003). A research found that student's attitude towards the learning of working ethics is related to the academic performance and achievements (Conard, 2006; Jansen & Bruinsma, 2005).

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Effect of Stress on Academic Performance of Students ...

Academic 'burnout' in students – a state of emotional exhaustion, depersonalization and reduced personal accomplishment – has been linked to academic stressors, as well as interpersonal stressors and anxiety about the future (Lin and Huang, 2014).

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An exploratory study of students' weekly stress levels and ...

Over a period of time, academic stress among students has increased drastically due to parental expectation and competitive environment among students. This has resulted in having harmful effect to the individual, parents,

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society and nation at large.

Academic stress and coping mechanism among students: An ...

Stress can have an impact on a student's academic performance which can be both positive and negative depending on its severity. Minimal level of stress can lead to positive outcomes

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such as...

(PDF) An Assessment of Academic Stress among Students of ...

Academic stress among undergraduate students has become a topic of interest in many European and North American countries. Seven out of ten students in Swedish higher education experienced

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stress several days a week during the spring. Three out of ten experienced difficulties in sleeping or skipped lunch at least once a week.

Academic Stress - diva-portal.org

Common Causes of Stress Among Students Stress is the body's natural response to challenges. When a student

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experiences high levels of stress or chronic stress, regardless of her age or grade, it can interfere with her ability to learn, memorize, and earn good grades -- as well as lead to poor physical, emotional and mental health.

Common Causes of Stress Among Students | The Classroom

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STRESS AND EXERCISE 2 Abstract

Background: Stress is prevalent among undergraduate students, especially students in health professions majors.

Exercise as a health promoting behavior decreases stress. At the same time, increased stress may decrease exercise.

This study described exercise and stress among undergraduate health

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professions students.

Stress and Exercise in Undergraduate Health Professions

...

Academic Demands and Test Anxiety
This may be the most common long-
term cause of stress for college
students. After all, that's why students

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go to college - to learn. When you don't get the results you think you should get, or you feel pressured to get certain academic results, this can cause a lot of stress.

Student Stress & Anxiety Guide | LearnPsychology.org

The stress is due to, among other

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factors, academic pressure, perfectionist standards and the demanding nature of the healthcare practice, which involve emotionally stressful situations. 30, 31 Thus, the impact may not be restricted to the student QoL impairments, but also the patient care and the relationship established with the same. 32, 33

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Stress and Quality of Life Among University Students: A ...

Effective time management is associated with greater academic performance and lower levels of anxiety in students; however many students find it hard to find a balance between their studies and their day-to-day lives.

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Impact of Time Management Behaviors on Undergraduate ...

Chinese international students have been the largest demographic of international students in the U.S. for the past decade. In our increasingly globalized world, it is inevitable that more international students will immigrate to the U.S. for educational

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opportunities, among many others, and it is important to consider the challenges that these students may face, to ease their cultural transition.

"Acculturative stress and aspects of well-being among ...

Academic stress among undergraduate students: the case of education faculty

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at King Saud University. This study investigated the academic stressors experienced by the students at university. A total sample of 232 subjects participated in this study were obtained from faculty of education at KSU.

A Study on Academic Stress among

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Higher Secondary Students

academic performance among students in the UK, found that depression has a negative ... anxiety and stress among a group of university students. ... depression and its treatments and the academic ...

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