

## NEED OF STRESS MANAGEMENT FOR THE YOUNG GRADUATES

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### Abstract:

*Stress in simple words is an experience which brings tension to human beings. This experience of stress is different to different people depending upon age, upbringing, educational and social background and the technic to handle stress or overcome it too differs. Stress Management is a technique of utmost importance not only from economic, social or health point of view but for overall development of human being and his existence. However and unfortunately the magnitude of its management is not equivalent in all. Youth are the backbone and an asset to any Society, State and Nation as the power of youth is considered very essential as they are believed of being 'future' and for building new bridges to prosperity of any country. The young generation who will venture into the world after their education to fulfil their dreams and getting engaged in self-employment or some sort of corporate or Government services would be required to have mental toughness and need to be prepared for various challenges forming hurdles in their ways. The current study aims to identify the problems and challenges that huddles final year girl graduates of Arts specially coming from Marathi Medium. These students need stress management counselling before entering into the cut throat competition in this overloaded world. Using case studies, this study carried out in-depth interviews. Students of final year of Arts were randomly chosen from the total population as a sample study. The data collection has been conducted through both primary and secondary database.*

**Key words:** *Stress, Youth, Challenges, Self-Employment.*

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### **Introduction:**

The world today is moving so fast in search and need of affluent and lavish lifestyle. One slice and category of this world is the youth, who is the future of the country and especially if those academic scholars are not brain drained and severed in their own country would certainly contribute into development of their nation. But paradoxically, a critical problem that today's youth especially with the academic expenditure has dilemma at individualistic concept that includes stress of employment, future, facing the outer world etc. The study analysis from the sociological substantial point of view is particularly problematic of those students from vernacular medium who find difficulties in comprehensively competitive and fast growing segment of the world, with whom they are not well-versed. Thus it also affects their focus and slows down their academic performance as they are in the journey of final stages of their education. The study encountered many difficulties and challenges of such vernacular final year students graduating with especially Arts stream of Marathi Medium from one of the noted Mumbai College.

Mumbai has many renowned and well known educational institutes constituting to almost more than 1500 Colleges in

and around Mumbai but having only a very small percentage of Marathi medium colleges. The students studying in this colleges as expected find more difficulties and complexities as they have to struggle more inertly than compared to those from English medium. Although the workload, syllabus, hard work or the tasks/ assignments are gradually increasing but this strata of students from vernacular medium face dual-career crisis leading into unfortunate stress and vulnerability.

### Objectives of the Study:

- a) To identify main cause of stress at final year of their career.
- b) To focus on stress management as need for young graduates

### Methodology:

To understand the problem and challenges of final year students of Arts of Marathi medium from Mumbai. The study was carried on qualitative data. The life history method helped in understanding their problem in-depth.

### Collection of data:

Emphasize of the study was on open-ended interview schedules, in-depth interviews. Communication of respondents was in Marathi language which was the mother tongue of respondents.

### Sample size:

The researcher selected 04 students on random basis as a sample size. This study sample included girls (04).

### Qualitative data:

The qualitative research intended to understand the hidden issues. The experiences may be through life histories or routines. Thus qualitative data was taken for the study. In this paper qualitative research is based on case studies. The qualitative exploratory approach helped to understand humanistic reality. Depth study was carried by interview schedule, and observation. The micro level study was chosen from the Mumbai.

### Results and Discussion:

It was observed that these young girls had stress at the final year compared to the higher secondary schooling, junior colleging and First year and Second year. The major factor which was seen profoundly among them which led to stress was fear of failure and inferiority complex. Fear of failure in academic success, in vision, in strategy and planning and overall stress leading to failure and fear of life. The aspect of failure which the respondents considered was both career wise as well as in relationship. Many youth admitted that in the way leading to final year expectations were not only from their parents but also from themselves which lead to more mental disturbance. Moreover findings attributed that youth were more likely to experience stress due to competition of outer world, lack of fluency in English speaking, writing and communicating and realisation that the syllabus is not actually providing the values, systematically conceptualization which was leading to the emotional distress. Interestingly examination issues or fear were not upfront or major issue for final year students but the stress about future once they completed their graduation or overall education, i.e the tension of employment, earnings, packages, etc. was more rooted in their mind. Furthermore, it is apparent and evident that the average students face huge cultural barrier and personal complexities coping with outer world leading to stress.

### Cases:

Due to limitation of words, below cases have tried to emphasize only on highlight points. Please note that ethic of research - hiding identity of respondents is strictly followed, also there narrative in Marathi language during interview is translated into English for this paper.



**Case 1:** ‘I am 20 yrs. of age and studying in Mumbai. I am not facing any academic problem as I love to study and my academics, however I am sacred about my future and that leads to stress and distress. I want to do a proper job but I don’t know if I will get it, if I get one will I be able to take up the same? Am I potential enough to do justice to it? All this puts me under tremendous stress’.

**Case II:**

‘I am 21 years old residing in suburb of Mumbai. I am continuing my education with lot of financial hardship and adversities, but my family has high value for education. Economic condition of my family is very average. I am studying to get a decent job but these leads to mental stress of whether I will really get a good job? Academically I don’t have any issues or problems about education but my real fear is whether I will really be able to adjust with this world.’

**Case III:**

‘One of the response admitted that the day she entered the final year class, the very feeling about passing out and future challenges had brought her under stress. She tried to console herself and boosting her inner confidence regarding there won’t be any such crisis but on the other hand she was worried and in dilemma whether everything will be sorted? Will she really get job she deserved?.

**Case IV:**

‘I am 20 years old, and interested to get into Government services and working hard. To support my dream I even took a job. But balancing both put me under stress and was unable to concentrate on final year studies. So I left job. But the final year examinations have put me in tension. I hope I will get marks but not sure whether I will really get through after that and fulfil my dream of government services.’

All the four above respondents fall under same age range. All face relatively identical crisis of stress related about future. The academic performance when highlighted was not their worries. The outcome of the four respondents were happy at academic level for themselves. Intelligence was not bad but all wasn’t smooth considering future. The illogical stress they are undergoing have put themselves in dilemma, how to cope with the future?. Three of the respondents admitted that lack of English speaking fluency have injected a sense of inferiority complex and fear for the same.

**Stress Management:**

In the today’s stressful situations youth get exposed to sophisticated, unpleasant environment. Education system is modernizing but at the same time youth are worried about the future management over time, emotion, frustration etc. and play very essential role at this particular age. All this can be relived through ‘Stress Management’. Whether Arts, Commerce, BMS or any field may be sports, performing arts etc. all need proper guidance at threshold of graduation. ‘Stress Management’ should be included in the final year syllabus as the students need not have to learn or even have time later. Stress management will boost and enhance students self-confidence, self-belief in setting goals, clarity in objectives, sharpness in thinking before action, overcoming of depression, grow on self-esteem, discipline and most importantly optimistic approach towards life.

**Limitations:** The sample size is relatively small in size as well as the study focuses only on one college of Mumbai and same gender. Hence generalization of the study might have affected.

**Findings:** The present study is an attempt to underline that youth needs to understand dynamics of competition and self-belief as soon as they go in the outer world. Thus, they require careful designed syllabus. With theoretical practical session on stress management and how to keep a positive attitude, how to handle their problems and learn things and

help manage stress before it gets over them, accept that all the things around cannot be controlled and some things are to be ignored. They should be given proper stress management training, which should not be only in Business management, IT fields, MDA etc. but to students getting into any field or entering self-employment structure.

**Conclusion:** There are various approaches to the study of stress. In the process of Stress Management. One works for the essential aspects in assessment of work distribution, division of labour, manage time effectively, etc. but most importantly manage unwanted stress. This technic needs to be included in all streams of life so that students don't lack confidence.

Different people have different ways of managing and exhibiting stress like crying, panicking, etc. But the Stress Management treatment will make multiple changes in the individual's, beliefs, feelings and behaviour (Chubforushzadeh, 2009). Theories of forgiveness, ignorance, yoga, meditation, time and sleep management will definitely help in managing one's life. The study done in researchers at Indian University in the US showed that the stress combined with less control over their work and lower cognitive ability at workplace can lead to serious deterioration of mental health, increasing the likelihood of depression and even death (Time of India, 2020). The Boost of stress-management strategies will help this vernacular students to cope the situation around with confidence and self-belief. In these pandemic period it was very difficult to avoid not only health issues but most importantly anxiety, depression tension, stress. As we are going through more and more stressful hardships time and resulting into pressures, Stress relief will play a vital role.

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