



A study on stress management of college students towards part time jobs with special reference to Coimbatore city

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Abstract

Stress has become a prevalent issue affecting a significant number of individuals and it is a major focus for health psychologists. This paper unveils and examines interim findings from a recent research investigation focusing on stress and fatigue experienced by college students engaged in part-time jobs. Research suggests that despite facing stressful situations and their associated impacts, student-workers have developed effective strategies to eliminating stress. In this study, a total of 50 respondents were taken and data was collected through a questionnaire, various statistical tools were applied to arrive at the result. Thus, this paper outlines their gender and their stress relief factors. This finding may be used to manage the stress and get relief from it for the students who are engaged in part time employment.

Keywords: Stress, college students, part time employment, studies

Introduction

Balancing academic studies with part-time employment places students under a triple burden, encompassing, work, study and leisure. While some may believe that stress is limited to specific situations, it actually permeates various aspects of life, including school, work, home and everyday hassles. This stressful scenario frequently results in academic dropouts, leaves of absence and even adverse health consequences for students. The primary aim of this study is to systematically pinpoint the factors that can have a systemic impact on academic success throughout the course of the curriculum, with the ultimate goal of integrating preventive measures to address these challenges. They perceive stress as having a negative impact on their academic performance, emotional well-being and overall health. Their ability to manage stress in academic settings varies and they desire a stress management course.

Objectives of the study

- To study the stress level of college students engaged in part-time jobs.
- To measure and find the factors that can affect the student's studies.
- To find the relief measures for the students who are engaged in part-time jobs

Limitations of the study

- The duration of the study was concise.
- A limited sample size has been taken to analyse students' stress levels.
- This study only applies to stress management for college students working part-time.

Statement of the problem

Numerous students are employed (part-time, finding it challenging to juggle) their studies and work simultaneously. This study exclusively focuses on stress

Management for part-time students and the sample is limited to individuals residing within the city of Coimbatore.

Review of literature

- Juliet Acheampong (2023), stress and its management among part-time students should not rest on the University authorities alone but rather there should be a partnership between the University authorities and the part-time students. The students' challenges or grievances regarding their studies/work to stress and its management must be the priority of the University authorities as well as their employers. Consequently, the part-time students themselves must access the various stress management measures or means and apply them in their lives.
- Sibiu and Romania (2017), with the help of family and friends, many working students are able to keep their stress levels relatively under control. Identifying students' interests and goals is an important part of helping them successfully pass through college. At the same time, the management of the faculty and the professors themselves must take into consideration that stress is a factor that affects students' performance and behaviour. Student support programs for reducing stress among the group of working students must be developed as well.
- Cooper (1996) stated that people are experiencing too much stress in modern societies, and student-workers in part-time programs at tertiary levels are no exception. No doubt, stress has become one of the most widely used terms due to the work of doctors, social scientists, the media, and other researchers.
- Myres (1989), when people are under stress, they are prone to depression and other illnesses, including peptic ulcer, hypertension, and mental disorders, which are debilitating to the health of individuals and may hamper the development of their potential in life. Students-

workers face problems like work pressure, financial difficulties, relationships, busy schedules, and behavioural and emotional indicators. It presupposes that since the above-mentioned problems, among others, can cause stress, student-workers may be under stress.

Research methodology

Research Methods is defined as “tools or instruments used to accomplish the goals and attributes of study”.

Method of data collection

The data was collected for this study is

- **Primary data:** The primary data are those which are called fresh form Google forms for the primary time.
- **Secondary data:** Secondary data is collected from journals, magazines and books, newspaper and internet.

Area of study: This study was conducted in Coimbatore city.

Sample size: The sample size is 50.

Tools used for analysis: Data analysing tools are Simple percentage and Chi-square test.

Simple percentage: Percentage base analysis helps to find which factors is significant among a number of factors.

Chi-square: A chi-square statistic is used to test the measures of expectation.

**Analysis and Interpretation
Simple Percentage**

Simple percentage formula

$$\frac{\text{number of respond}}{\text{total number of resposdents}} * 100$$

Demographic profile of the respondents

Table 1: Showing the demographic profile

S.N	Demographic	No of respondent	Percentage
1	Gender	Male	66%
		Female	34%
2	Age	Below 20	24%
		21-25	74%
		Above 25	2%
3	Marital status	Married	16%
		Single	84%
4	Education	UG	42%
		PG	48%
		Other courses	10%
5	Occupation	Private employee	62%
		Profession	32%
		Occasional employee	6%
6	Monthly salary	Below Rs.5000	26%
		Rs.5000 to Rs.8000	20%
		Above Rs.8000	54%
7	Type of living area	Urban	44%
		Rural	38%
		Semi-urban	18%
8	Mode of working	Online	32%
		Offline	68%

Interpretation

Table 1 clearly states the demographic profile of the sample respondents. Most of them are Male. Majority of them are at the age of 21 to 25. Majority of them are Single. Most of them are Post Graduates Students. Majority of them are private employees. Majority of them are earning Above Rs.8000 per month. Most of them are living in urban areas. Majority of them are working in offline mode.

Chi-square Analysis

A chi-square test is a statistical test used to compare observed value with expected value. The purpose of this test is to determine if a difference between observed data and expected data is due to chance, or if it is due to a relationship between the variables are studied.

The two variables are gender and the stress relief measures of the respondents.

Table 2

S.N	Factors	No of respondent	Percentage
1	Gender	Male	66%
		Female	34%
2	Stress Relief	Listening songs	40%
		Playing games	32%
		Travelling	26%
		Gym exercise	2%

Interpretation

Table clearly states that the demographic profile of the respondents. Most of the respondents are listening songs from the stress relief.

Degree of freedom = (r-1) (c-1)

Table3

Particulars	Listening songs	Playing games	Travelling	Gym exercise	Grand total
Male	5	14	13	1	33
Female	15	2	0	0	17
Grand total	20	16	13	1	50

H₀ = There is no relationship between the independent variable and the dependent variable.

H₁ = There is relationship between the independent variable and the dependent variable.

Chi square analysis formula: $\chi^2 = \sum (O_i - E_i)^2 / E_i$

Test 4: Chi-square Table

O	E	(O-E) ²	(O-E) ² /E
5	13.2	67.24	5.09
14	10.56	11.83	1.12
13	8.58	19.536	2.28
1	0.66	0.1156	0.18
15	6.8	67.24	9.88
2	5.44	11.83	2.18
0	4.42	19.536	4.42
0	0.34	0.1156	0.34
50	50	98.72	25.49

Source: Primary source.
Significance level = 0.05

Result

Calculated chi-square value is (25.49) which is greater than the table value (7.815). Hence the hypothesis is not accepted. This is null hypothesis (H₀).

Findings

1. Majority 66% of the respondents are male.
2. Majority 74% of the respondents are the age of 21-25.
3. Majority 84% of the respondents are singles.
4. Maximum 48% of the respondents are Post Graduates students.
5. Majority 62% of the respondents are private employees.
6. Majority 54% of the respondent's salary is above Rs.8000.
7. Maximum 44% of the respondents are living in urban areas.
8. Majority 68% of the respondents are working in mode of offline.
9. Majority 58% of the respondent's job were referred by friends.
10. Maximum 48% of the respondents are working since less than 1 year.
11. Maximum 44% of the respondents are working time is 9AM to 1PM.
12. Maximum 44% of the respondent's job nature is sales.
13. Majority 52% of the respondents are reason to get self-development.
14. Maximum 46% of the respondent's job impacting in irregular to the classes.

15. Maximum 46% of the respondent's difficulties in job is tiredness.
16. Maximum 50% of the respondents stress in the job is sleeplessness.
17. Maximum 48% of the respondent's performance in studies is average.
18. Majority 76% of the respondents are balancing their job with study with the help of internet.
19. Maximum 40% of the respondents are relief their stress in listening songs.
20. Maximum 50% of the respondents discussed their stress with friends.
21. Majority 56% of the respondents are engaged their stress management techniques in gym exercise.
22. Maximum 46% of respondent's exams in the college happen in half yearly.
23. Majority 56% of respondents have decided to remain in the job.

Suggestions

A significant number of college students, primarily male postgraduate students, balance their studies with part-time jobs. Their work hours typically fall between 9 Am and 1 Pm, allowing them to attend evening classes. It is essential for them to maintain regular attendance in classes and focus more on their academic pursuits. Many of these students face stress-related issues such as insomnia and fatigue, which they manage through activities like exercise and listening to music. They have made a conscious decision to continue with their jobs to promote their personal development.

Conclusion

According to my research, stress significantly impacts the lives of students, particularly postgraduate students who often experience issues such as insomnia, fatigue, health-related concerns, and time management challenges. To alleviate this stress, they adopt coping strategies like engaging in exercise, listening to music, and seeking support from counselling services to find relief.

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