

ACADEMIC STRESS TAKING A TOLL ON MANAGEMENT

POST GRADUATES: A MYTH OR REALITY

KALAGI SHAH & POOJA SHAH

Institute GLS Institute of Computer Technology, Gujarat, India

ABSTRACT

Stress has existed throughout the evolution. Students stress is an unavoidable phenomenon which is often seen in their lives. Post graduate students were easily target of stress than the graduate students. Factors such as physical and mental, family, job, relationship and social were the main source of stress among the students. There is always a dilemma for the students regarding its performance in exam and to secure a good job. Academic stress among students has long been researched on, and researchers have identified different stressors affecting the students. Students have different expectations, goals and values that they want to fulfil, which is only possible if they are integrated with that of the institution. The prima facie goal of this research is to evaluate the impact of the components of academic stress such as such as curriculum and instruction, team work related issues, assessment, and placement, impact on performance, etc. on the students. The study takes into account various criteria like physical, psychological, individual, and psychosomatic factors of stress among the management students. Research was supported by sampling 100 post graduate management students from various management institutes spread across Ahmedabad, a city in Gujarat, India. Data was collected through structured academic stress questionnaire.

KEYWORDS: Stress, Psychological Impact, Academic Performance