

STRESS MANAGEMENT IN CORPORATE EDUCATION (POISON PILL OR A PLEASURE PILL)

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ABSTRACT

Many people wrongly believed that there is only one type of stress i.e. destructive stress but there is also another type of stress i.e. constructive stress. We firmly believe that corporate education yield both the positive and negative outcomes. The reason why corporate schools and colleges are thought to be stress stations is that they do not conduct stress relaxation hours. They think that the money spend on conducting stress relaxation hour is of waste. We have conducted a survey with a sample size 100 consisting of students belonging to all age groups. We found that there is high necessity of stress management in corporate education. Many students are committing suicides because of improper handling of stress. According to me the students who are able to cope up with stress are able to have bright and successful careers.

KEYWORDS: Stress, Constructive Stress, Destructive Stress, Successful Careers

METHODOLOGY OF STUDY

We have conducted a survey with a sample size 100 consisting of students belonging to all age groups. We found that there is high necessity of stress management in corporate education. We have also taken the use of secondary data from the net. We have covered three corporate schools and colleges in Kakinada. We have come to know that students of class10 and inter are becoming career conscious and are ready to bear any hardship for goal accomplishment.

OBJECTIVES OF STUDY

- To study the reasons for Stress in Corporate Educational Institutions
- To know why people opt for Corporate Educational Institutions
- To understand the measures taken by the management in removing Stress
- To enumerate the consequences of Stress
- To know whether the medium of institution making the students stress full
- To analyze the techniques adopted by the students for reducing Stress

REVIEW OF LITERATURE

Definition

Stress is defined as a response to a demand that is placed upon you. Stress is a normal reaction when your brain recognizes a threat. When the threat is perceived, your body releases hormones that activate your “fight or flight” response. This fight or flight response is not limited to perceiving a threat, but in less severe cases, is triggered when we encounter unexpected events. Psychologist Richard S. Lazarus best described stress as “a condition or feeling that a person experiences when they perceive that the demands exceed the personal and social resources the individual is able to

mobilize.” For most people, stress is a negative experience.

Causes of Stress

The situations and pressures that cause stress are known as stressors. We usually think of stressors as being negative, such as an exhausting work schedule or a rocky relationship. However, anything that puts high demands on you or forces you to adjust can be stressful. This includes positive events such as getting married, buying a house, going to college, or receiving a promotion. Of course, not all stress is caused by external factors. Stress can also be self-generated, for example, when you worry excessively about something that may or may not happen, or have irrational, pessimistic thoughts about life.

What causes stress depends, at least in part, on your perception of it. Something that's stressful to you may not faze someone else; they may even enjoy it. For example, your morning commute may make you anxious and tense because you worry that traffic will make you late. Others, however, may find the trip relaxing because they allow more than enough time and enjoy listening to music while they drive.

Common External Causes of Stress

<ul style="list-style-type: none"> • Major life changes • Work or school • Relationship difficulties 	<ul style="list-style-type: none"> • Financial problems • Being too busy • Children and family
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Common Internal Causes of Stress

<ul style="list-style-type: none"> • Chronic worry • Pessimism • Negative self-talk 	<ul style="list-style-type: none"> • Unrealistic expectations/Perfectionism • Rigid thinking, lack of flexibility • All-or-nothing attitude
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EFFECTS OF STRESS

Stress may cause you to have physiological, behavioral or even psychological effects.

- **Physiological** – hormone release triggers your fight or flight response. These hormones help you to either fight harder or run faster. They increase heart rate, blood pressure, and sweating. Stress has been tied to heart disease. Because of the increase in heart rate and blood pressure, prolonged stress increases the tension that is put on the arteries. It also affects your immune system which is why cold and flu illness usually show up during exams.
- **Behavioral** – it may cause you to be jumpy, excitable, or even irritable. The effects of stress may cause some people to drink or smoke heavily, neglect exercise or proper nutrition, or overuse either the television or the computer.
- **Psychological** – the response to stress may decrease your ability to work or interact effectively with other people, and be less able to make good decisions. Stress has also been known to play a part in anxiety and depression.

EFFECTS OF CHRONIC STRESS

The body doesn't distinguish between physical and psychological threats. When you're stressed over a busy schedule, an argument with a friend, a traffic jam, or a mountain of bills, your body reacts just as strongly as if you were facing a life-or-death situation. If you have a lot of responsibilities and worries, your emergency stress response may be "on" most of the time. The more your body's stress system is activated, the harder it is to shut off.

Long-term exposure to stress can lead to serious health problems. Chronic stress disrupts nearly every system in your body. It can raise blood pressure, suppress the immune system, increase the risk of heart attack and stroke, contribute to infertility, and speed up the aging process. Long-term stress can even rewire the brain, leaving you more vulnerable to anxiety and depression.

Many Health Problems Are Caused or Exacerbated by Stress, Including

<ul style="list-style-type: none"> • Pain of any kind • Heart disease • Digestive problems • Sleep problems 	<ul style="list-style-type: none"> • Depression • Weight problems • Autoimmune diseases • Skin conditions, such as eczema
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HOW TO MANAGE STRESS

You may feel like the stress in your life is out of your control, but you can always control the way you respond. Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. Stress management involves changing the stressful situation when you can, changing your reaction when you can't, taking care of yourself, and making time for rest and relaxation.

Remember the four A's: avoid, alter, adapt, or accept.

- **Avoid** unnecessary stress: Not all stress can be avoided, but by learning how to say no, distinguishing between “should” and “must” on your to-do list, and steering clear of people or situations that stress you out, you can eliminate many daily stressors.
- **Alter** the situation: If you can't avoid a stressful situation, try to alter it. Be more assertive and deal with problems head on. Instead of bottling up your feelings and increasing your stress, respectfully let others know about your concerns. Or be more willing to compromise and try meeting others halfway on an issue.
- **Adapt** to the stressor: When you can't change the stressor, try changing yourself. Reframe problems or focus on the positive things in your life. If a task at work has you stressed, focus on the aspects of your job you do enjoy. And always look at the big picture: is this really something worth getting upset about?
- **Accept** the things you can't change: There will always be stressors in life that you can't do anything about. Learn to accept the inevitable rather than rail against a situation and making it even more stressful. Look for the upside in a situation—even the most stressful circumstances can be an opportunity for learning or personal growth. Learn to accept that no one, including you, is ever perfect.

REASONS FOR REDUCING STRESS

Stressors are anything that cause or increase stress. Below are a few examples:

- **Academics** – by far the biggest stressor for school students, the pressure of not failing.
- **Environment** – certain environments can bring about stress such as discussing/viewing Heated topics
- **Extracurricular** – some students may feel pressured to make extracurricular activities a part of their daily routine to the point where every hour of the day is accounted for.
- **Peers** – peer pressure is a major stressor, especially pressure that is negatively influenced.

- **Time Management** – one of the biggest stressors is not knowing how to plan and execute daily activities such as class, work, study time, extracurricular activities, and time alone.
- **Money** – some student find themselves thinking more about money than they do anything else. Money is a huge stressor that college students face.
- **Parents** – yes, even parents can become stressors. Pressure from parents to succeed is a great stressor.

ANALYSIS AND INTERPRETATION

Table 1: What is the Reason for Stress in Corporate Education?

S. No	Options	Number of Respondents
1	High competition	12
2	high work load	11
3	Both 1 and 2	77
4	none	-
Total		100

INTERPRETATION: The first and the foremost main reason for stress in corporate educational is due to high competition and high work load. As number of educational institutions are increasing the students are also becoming equally competitive.

Table 2: Why do you Opt for Corporate Educational Institutes?

S. No	Options	Number of Respondents
1	Better marks	22
2	Career	11
3	Good education	23
4	Infrastructure	10
5	All of the above	34
Total		100

INTERPRETATION: The main reason for opting corporate educational institutions is for good marks and good education. These educational institutions are providing best and highly qualified faculty. In addition to better marks and good education, infrastructure is also taken into consideration.

Table 3: What Are the Elements That Cause Stress?

S. No	Options	Number of Respondents
1	Parents	46
2	Teachers	32
3	Lack of Talent	14
4	Environment	08
Total		100

INTERPRETATION: Through our interactions with the students we came to know that they feel that elements of stress are parents, teachers, lack of talent and environment. Among these parents and lack talent create more stress because they compare with the top rankers and force them to study well.

Table 4: What Are the Measures That Are Taken by the Management in Removing the Stress?

S. No	Options	Number of Respondents
1	Conducting games	34
2	Conducting events	32
3	Counseling's	14
4	Providing yoga, swimming	20
Total		100

INTERPRETATION: Recently certain measures are taken by the management in removing the stress by conducting games regularly and providing yoga and swimming. By these activities students feel relaxed, think in good way and become capable of avoiding the stress. Only some of these institutions are implementing these measures

Table 5: What Are the Consequences of Stress?

S. No	Options	Number of Respondents
1	Decrease the Performance	23
2	Depression and Suicide	12
3	Loosing Self Confidence	11
4	Loosing Health	22
5	Increase in Performance	32
Total		100

INTERPRETATION: Stress leads to decrease the performance, depression and suicide, loosing self confidence and loosing health. All these factors make the students life miserable. Because of these there is a negative impact on students and tend to commit suicide.

Table 6: Is Your School/College Conducting any Tours for Reducing Stress?

S. No	Options	Number of Respondents
1	Yes	22
2	No	78
Total		100

INTERPRETATION: Because of high competition and to increase the brand image they are mainly focusing on education and neglecting stress reducing tours which are helpful for refreshment and exploring new things.

Table 7: Is Medium of Instruction Making the Students Stress Feel?

S. No	Options	Number of Respondents
1	yes	88
2	No	12
Total		100

INTERPRETATION: the medium of instruction is making the students stress feel as they belong to village background and are not capable of understanding the language because of this they feel hard to communicate with other which leads to stress.

Table 8: Which one of the Following is Highly Stressful?

S. No	Options	Number of Respondents
1	Government Educational Institutions	10
2	Private Educational Institutions	11
3	Corporate Educational Institutions	79
4	None	-
Total		100

INTERPRETATION: most of the students feel that the corporate educational institutions are highly stress full because these educational institutions are conducting extra classes even on Sundays. And for getting top scores they make students work for whole day without giving time to relax

Table 9: Is Financial Position Reason for the Stress?

S. No	Options	Number of Respondents
1.	Yes	78
2.	No	22
	Total	100

INTERPRETATION: Financial position is the stress creating factor, if they are in good financial position they won't feel any stress for paying the fee. Otherwise it definitely is a stress factor.

Table 10: What Are the Techniques That Should be Adopted by the Students in Reducing Stress?

S. No	Options	Number of Respondents
1	Time management	33
2	Knowing Learning Style	13
3	Develop optimism	20
4	organizing the work	34
	Total	100

INTERPRETATION: students are adopting certain stress reducing techniques like knowing learning style and organizing the work these techniques help them in leave stress less life

FINDINGS

- The Stress of High Competition and Heavy Work load are decreased by proving learning skills and time and work management
- The Corporate Educational Institutions are opting for conducting tours and cultural programs for the refreshment of the students from their regular life.
- The students pertaining to 9th and 10th class are finding their own ways in reducing stress by preparing time tables, playing games etc.,
- The reason for opting Corporate Education is to get more marks and to have a bright careers
- The students must believe in smart work, they also should plan their work in a better way.
- Students from low financial status feel stress because they worry about their future responsibilities consequences that they have to bear if they fail to study in a better way.
- We have also found that lack of expertise in English is another reason for the Stress.
- Many students spoil their health and even go to the extent of committing the suicides because of Stress.
- The performance sometime is decreased, but if the student is able to cope up with stress then his performance is sure to increase.
- Parents have high expectations on their children, so they force them to work more. This increase the stress on the students.

RECOMMENDATIONS

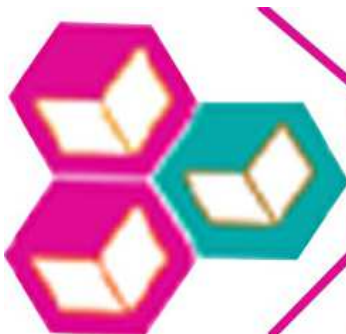
- As all the students are not same, some students feel it difficult to understand the subject so, teachers should recognize such students and should take extra care
- The fee structure of these corporate educational institutions should be in such a way so that everyone can afford to get better of education
- They should conduct counseling classes' atleast once in week to manage stress.
- Management should provide regular interactions with the parents and provide expert guidance regarding encouraging their children.

CONCLUSIONS

Just as a coin has head and tail. There are also merits and demerits of Corporate Education. If these corporate colleges spend small amount in conducting Stress Relaxation Hours then there would be a large reduction in the suicides and failures. This is because students who are stress free will perform well. In this case stress becomes constructive. Parents also should stop comparing their children with others. They also should not force their children to get more and more marks. Marks are not only the criteria to be successful in life

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