

STRESS: Cause and Effects

Case Study of Architectural Students' Community

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Abstract:- Stress is termed to be an ailment of psychological pressure for any individual confronting issues from environmental and societal comforts that stimulates significant number of disorders. Young adults should develop skills to manage their stress capabilities to live a healthy and happy life in the present-day context. They as students should be well equipped to manage various sources of stress and lead a happy life among the community. Although few studies researched so far prove architecture students to experience substantial stress, this research paper intends to study on how the students of architecture accustom themselves with the stress and cope with it. The negative emotions of mental health causing stress, anxiety, depression, lead many students to walk down the path of adversity. Apart from the diversified syllabi of the curriculum that deals with theoretical subjects, the practical approach of learning makes the student feel substantially burdened with loads. Most students also feel pressurised with the external factors such as personal problems, economic issues that lead to psychological trauma affecting the health and education.

The paper intends to look into the analysis of various factors behind the reasons for facing the stress, signs of anxiety experienced, health issues related to it, etc. in undergraduate students establishing a peer support to overwhelm the resiliency during the course line.

Keywords:- Stress, Pressure, Health Issues, Negative Emotions.

I. INTRODUCTION

Architecture is considered to be very stressful course with long working conditions and hard work. It has been revealed through various research results world over that students can experience a significant amount of stress, which in turn can lead to negative academic outcomes or health problems. Sources of stress (stressors) include academic-related issues (such as examinations or the clinical environment), personal factors (such as relationships), and their economic situation (such as debt and student loans) etc. Not many studies have been conducted in recent times for Indian scenario of architecture students. This drew our attention towards conducting a survey and finding out how stress is panning out in the palette of Indian architecture student's community.

II. SURVEY

An online questionnaire survey designed and conducted through out India. Population size on an average was considered to be 1,40,000 students, with a confidence level of 95% and Margin of error being 5%, the targeted sample size was 384 samples, while we have received an over whelming response with 469 samples. This survey was conducted through platform of google forms.

III. RESULTS AND DISCUSSION

Among the 469 respondents of the survey, there were a greater number of female students than male students. Out of all the respondents in the study, 268 (57.1%) were female and 199 (42.4%) were male and the rest of 2 responses were categorised into the 3rd gender. The respondents in the survey were 18-23 years old which means 24.9% students of 20 years of age were more in number and were mostly in their 2nd year of the curriculum. (Fig. 1)

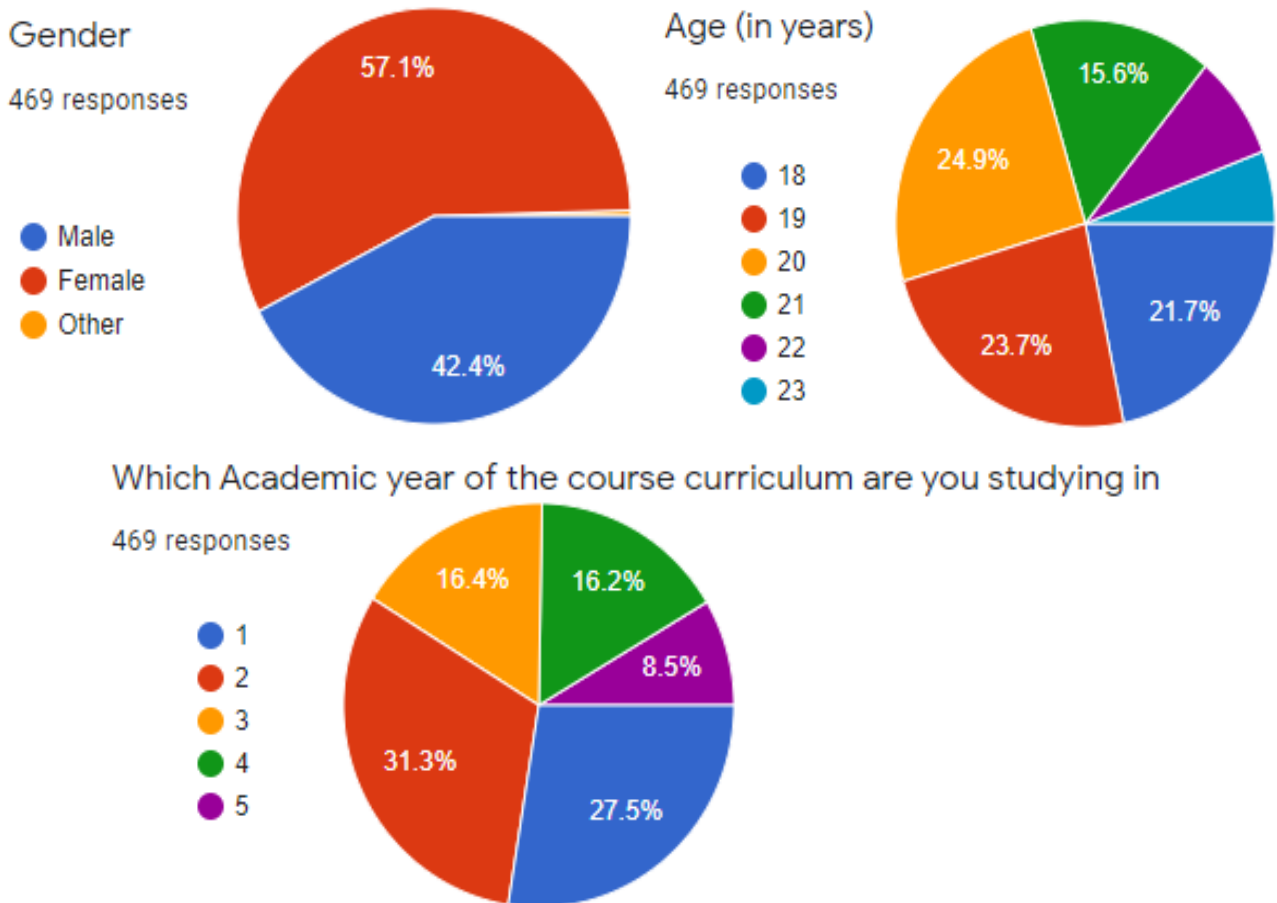
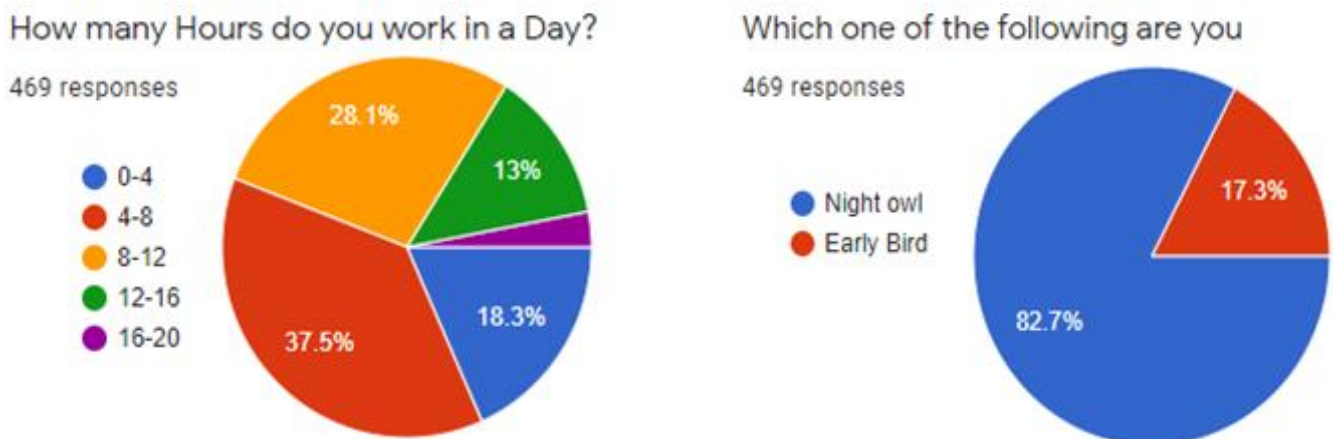


Fig 1:- Gender, Age and Academic year Responses

To analyse the effect of stress linked to the working pattern on the students, questions related to sleeping pattern and working pattern was focussed. Out of the total respondents, 82.7% students were night owls (388 respondents) out of which maximum of them work for around 4- 8 hours (176 responses) and sleep for around 4-6 hours a day (246 responses). (Fig. 2)



How many hours do you sleep in a day?

469 responses

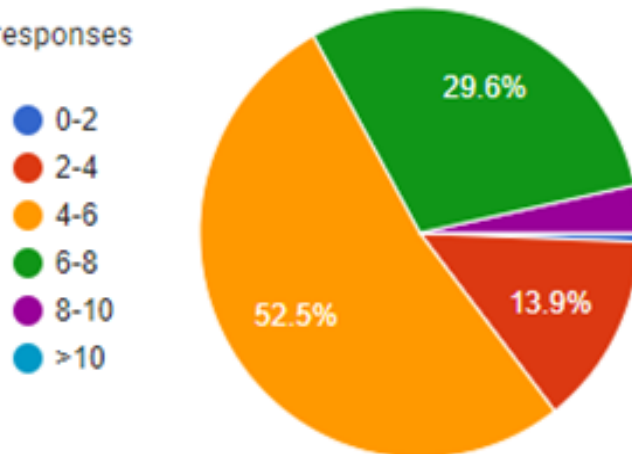


Fig 2:- Working pattern, Sleeping pattern Responses

Out of the general factors for stress analysis, financial situations were maximum affecting the students (215 students, 45.8%) after which the reason of choice career and relationship with friends (each category with around 40 %) was causing distress amid the students. In case of the stress related to architectural education, the reason for the trauma was mainly due to the working loads and deadlines (77.2% comprising 362 respondents) followed by long working hours (catering to 49.9%, 234 students). The other reasons for educational stress were almost equally divided among jury/viva-voce, group works, cost of study, uncertain job market, etc. comprising to about 30-35% of responses. (Fig. 3; Fig. 4)

Which of these general factors cause stress to you?(Multiple Answer Question)

469 responses

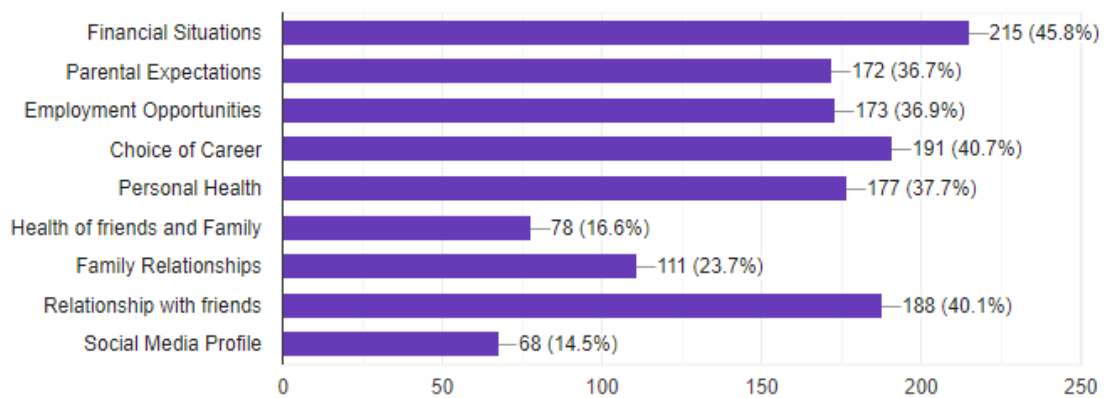


Fig 3:- Responses for General factors for stress

Which of the below factors related to Architectural education causes stress to you?(Multiple Answer Question)

469 responses

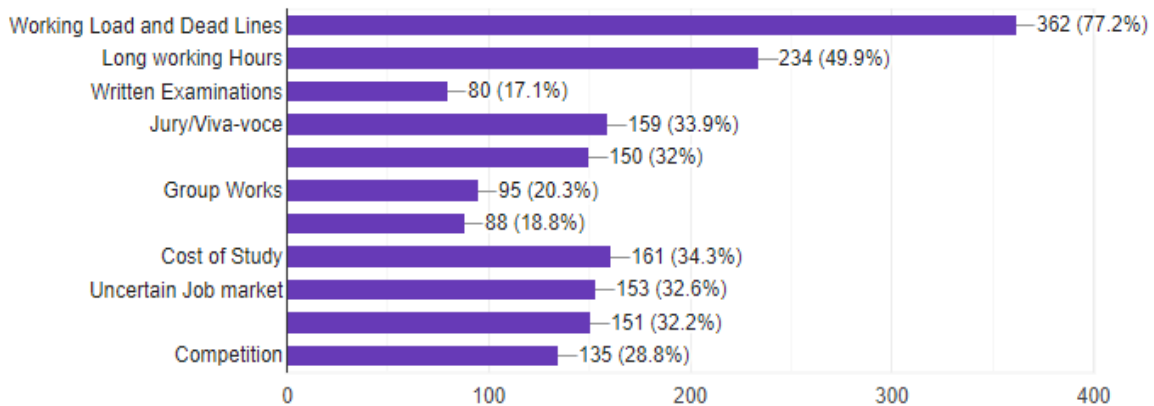


Fig 4:- Responses for factors related to Architectural Education

Although there are various responses for the stress related due to architectural education, the signs of stress noticed by the individuals were taken into consideration. Almost 45% of the students (211 replies) were worried about studies all the time, and around 40% of the responses were related to low level anxiety or need to shut out home or social life (186 and 183 replies each) to overcome the pressure issues. Restlessness, agitated or irritable mood was predominantly observed by individuals for stress signs (246 people, 52.5%). Upset mood, isolated, tired and anger were the other noticeable signs which were practically experienced by the entities during the situations. These signs were noticed in around 185-190 individuals comprising to almost 40% of the respondents. (Fig. 5)

Which of these early Signs of Stress do you notice in your Self.(Multiple Answer Question)

469 responses

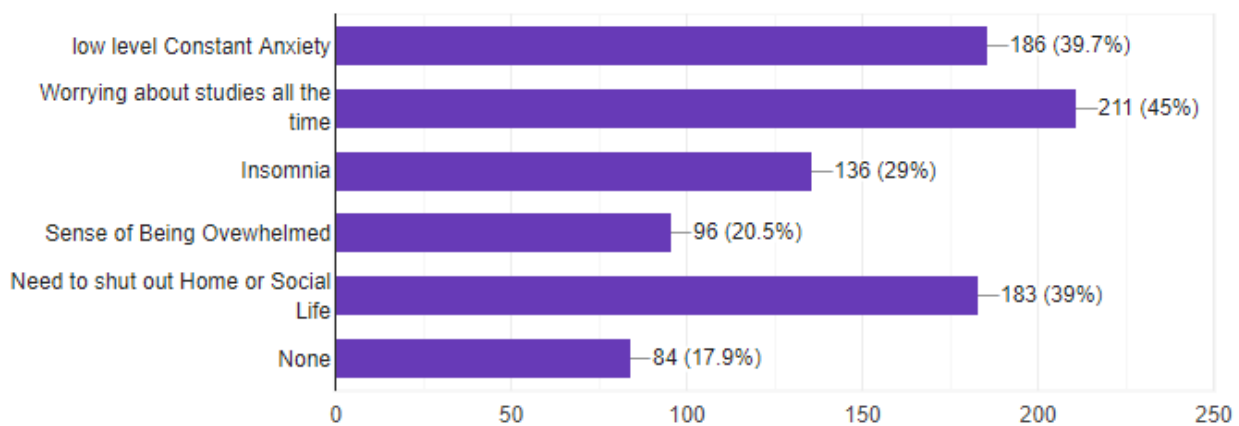


Fig 5:- Responses for Early signs of Stress

A significant effect on health was clearly observed where maximum respondents were affected by headache and backpain (50-60%). Due to the above consequences, poor concentration, depression, loneliness are the other signs that are upsetting the students in their profession. At a very tender age due to the impact of the stress on workloads, timings, working pattern, etc., learners are experiencing various health problems including stomach disorders, fatigue/dizziness, high blood pressure, etc. complications. (Fig. 6; Fig.7)

Which of the following developed signs of stress do you find in yourself often. (Multiple Answer Question)

469 responses

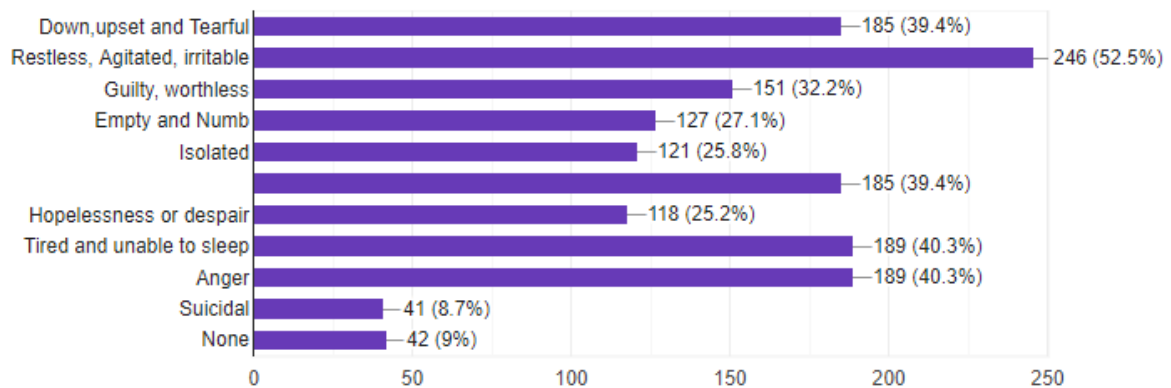


Fig 6:- Responses for Developed signs of Stress

Are you facing any of these health problems due to stress or while you are stressed?(Multiple Answer Question)

469 responses

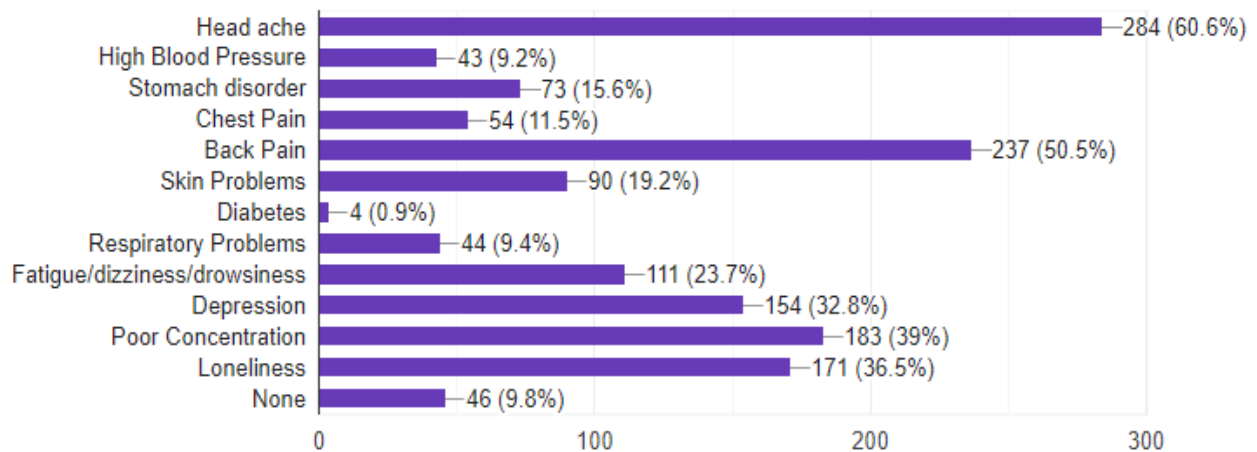


Fig 7:- Responses for Health problems due to Stress

As the last review for the survey questionnaire, coping strategies practiced for reducing the stress was asked. Most of them were contented to seek the emotional support from friends and family and also were indulged in self-distraction (almost around 210 students- 45%). The other responses included to develop strategies on how to deal with the situation, indulge themselves in some activity of their choice including sports, travel, etc. (Fig. 8)

What are the coping strategies that you are practicing yourself to reduce stress?(Multiple Answer Question)

469 responses

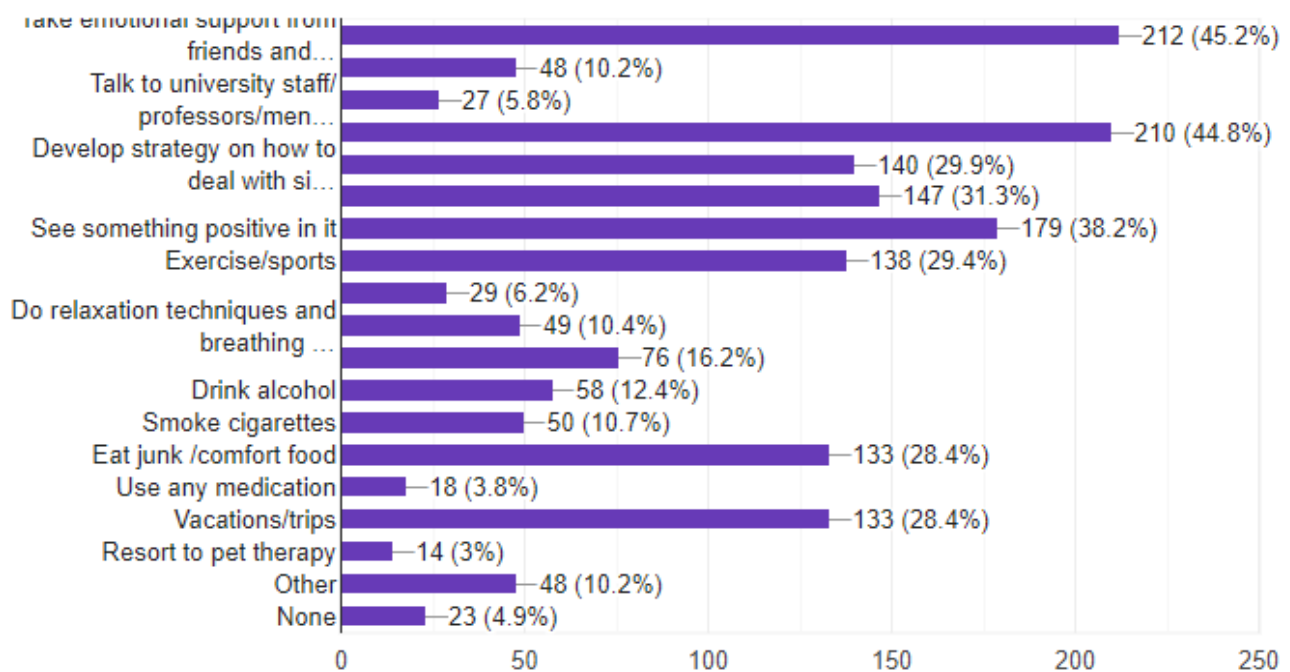


Fig 8:- Responses for Coping Strategies to reduce Stress

IV. CONCLUSION

Developing flexibility or bounciness to an issue is the best technique or strategy to prevent stress, depression and anxiety among the undergraduate students. The significant components for emerging the attitude in the students include-

- Augmenting confidence
- Setting goals
- Growing networks
- Handling stress
- Enhancing health
- Understanding inspiration

Most of the coping approaches for relieving the negative feelings of distress related to any factor could be executed by friends, family and faculty members. Mentoring is one of the aspects which provides a positive outlook plays a predominant role in helping an individual compromise or overcome all the situations of life. Sadly, this solution is not adapted much in Indian context due to various social, psychological and economic issues.

Education on resilient strategies in academics as well as elective curricula proves to upsurge the success in any student. This contribution is hypothetically required to be taken up at a very tender age so as to dynamically take up the ability to have a positive coping ideology. Time

management is one such aspect which helps to list out priorities, proper time utilization for working pattern, proper screening of time for entertainment and recreation, etc. activities that helps to reduce the negative emotions leading to various issues of stress and trauma. Possessing a check on the priorities helps to attain positive attitude for a healthy regime.

➤ Way Forward:

STRESS and Mental Health & Wellbeing for Architecture Students as an issue has been and being addressed with greater care and attention in the recent times in various countries world over. For Instance, RIBA and ABS have established architects mental well being forum and have also published an Architects mental well being Tool Kit, which is very handy and useful to many architects. Lot of universities have rigorous mentorship programmes and counsellors to help students deal with stress. We require more concentration and research more in this direction and come up with effective and adaptive solutions. More advanced and effective implementation systems for the solutions also need to be developed.

This research paper addresses the common sources of stress and stress related issues in architecture students. Further, the research would be extended to added qualitative analysis of various causes of negative feelings experienced by professional students.

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