



Stress Levels and Relieving Methods in Post Graduate Students of Subharti University, Meerut

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ABSTRACT

Introduction:

Stress is the mental and physical response and adaptation by our bodies to the real or perceived changes and challenges in our lives. A stressor is any real or perceived physical, social, or psychological event or stimulus that causes our bodies to react or respond.

Aims and Objectives:

- To assess the perceived stress levels, behavioural, physical and emotional changes along with the relieving methods in post graduate {Medical and Dental} students of Subharti University, Meerut.
- To study the perceived stress levels in post graduate {Medical and Dental} students of Subharti University, Meerut.
- and Dental Students
- To analyse the various relieving methods adopted by Post Graduate (Medical and Dental) students

Material and Methods:

The Cross-Sectional Study was conducted in Subharti University, Meerut on Post Graduate (Medical and Dental) Students. The sample size was taken purposively 200. Those who were present on the day of the study and willing to participate were included in the study and rest were excluded from the study.

Summary and Conclusion:

The study was conducted on 200 Post Graduate medical and dental students of Subharti University, Meerut to assess the perceived stress levels among them, any physical, emotional or behavioural changes due to stress and various strategies adopted by them to relieve stress

Keywords: Stress, Mental, Physical.

INTRODUCTION

Stress is the mental and physical response and adaptation by our bodies to the real or perceived changes and challenges in our lives. A stressor is any real or perceived physical, social, or psychological event or stimulus that causes our bodies to react or respond.^[1]

Medical education is inherently stressful and demanding. A postgraduate medical student, in particular, is likely to face many stressors considering the various roles and responsibilities in personal and professional domains. Postgraduate medical students (medical residents) usually have long working hours,

need to face various clinical emergencies, and also have academic as well as research works in their training period. Hence, they are vulnerable to suffer from stress and related disorders.^[2]

Chronic stress in medical professionals may have a negative impact on learning, performance, problem-solving and decision-making abilities, and ultimately patient care.^[3] Chronic stress leads to a predisposition to medical illnesses, such as cardiovascular disorders, peptic ulcers, asthma, psychocutaneous disorders, and many more, which is a well-known fact.^[4] Any stress if left unattended can lead to burn out and can predispose the individual to psychiatric disorders such as depression and anxiety, substance use, and even suicide.^[5] Incidence of suicide among young medical professionals is showing an upward trend. Hence, addressing to stress-related psychological problems in medical residents is a necessity of the hour.^[6]

Effects of stress are dependent on coping skills. A person's coping styles determine if he/she has negative consequences of stress. Coping refers to the thoughts and actions taken to deal with stress. It is a conscious effort to tolerate stress. The coping strategies can be adaptive or constructive that reduces stress levels. However, maladaptive or dysfunctional

coping styles are counterproductive and can worsen stress.^[7] An insight into the coping styles of the medical residents can be effective for the purpose of addressing their stress.

This study was conducted to assess the perceived stress, various physical, emotional and behavioural changes and various relieving strategies adopted by them

Aims and Objectives

- To assess the perceived stress levels, behavioural, physical and emotional changes along with the relieving methods in post graduate {Medical and Dental} students of Subharti University, Meerut.
- To study the perceived stress levels in post graduate {Medical and Dental} students of Subharti University, Meerut.
- To study the various Physical, Behavioural and emotional changes among post graduate {Medical and Dental} students.
- To analyse the various relieving methods adopted by Post Graduate {Medical and Dental} students.

Material and Methods

STUDY SETTING	SUBHARTI UNIVERSITY, MEERUT
STUDY POPULATION	POST GRADUATES (MEDICAL and DENTAL STUDENTS)
STUDY DESIGN	CROSS SECTIONAL
SAMPLE SIZE	200
SAMPLING TECHNIQUE	PURPOSIVE SAMPLE
INCLUSION CRITERIA	THOSE WHO WERE PRESENT ON THE DAY OF THE STUDY AND WILLING TO PARTICIPATE
EXCLUSION CRITERIA	THOSE WHO WERE ABSENT AND NOT WILLING TO PARTICIPATE
DEPENDENT VARIABLE	STRESS LEVEL AND RELIEVING METHODS
INDEPENDENT VARIABLE	AGE, SEX
DATA ENTRY AND ANALYSIS	EXCEL AND SPSS

Result:**Demographic Data**

AGE	FREQUENCY	PERCENTAGE
26-29	134	67
30-33	66	33
GENDER	FREQUENCY	PERCENTAGE
MALE	148	74
FEMALE	52	26
TOTAL	200	100

The demographic data shows majority of the subjects were between 26-29 years of age (67%) and males (74%)

Stress Levels (Pss10 Scale)

STRESS LEVELS	FREQUENCY	PERCENTAGE
MILD	50	25
MODERATE	90	45
SEVERE	60	30
TOTAL	200	100

The PSS-10 scoring shows 25% Post Graduate Medical and Dental students had mild stress, 45% Moderate stress and 30% had severe stress.

Various Behavioral, Physical and Emotional Changes

BEHAVIOURAL CHANGES	YES	NO
IRRITABLE	96 (48%)	104 (52%)
FATIGUE	96 (48%)	104 (52%)
RESTLESS	76 (38%)	124 (62%)
DIFFICULTY IN CONCENTRATING	90 (45%)	110 (55%)
PHYSICAL CHANGES	YES	NO
HEADACHE	96 (48%)	104 (52%)
BACKACHE	90 (45%)	110 (55%)
CONSTIPATION	140 (70%)	60 (30%)
CHANGES IN EATING HABITS	78 (39%)	122 (61%)

CHANGES IN SLEEP PATTERNS	24 (12%) (INSOMNIA)	176 (88%)
EMOTIONAL CHANGES	YES	NO
WORRY TOO MUCH	114 (57%)	86 (43%)
ANGER	108 (54%)	92 (46%)
AFRAID THAT THINGS MAY GO WRONG	102 (51%)	98 (49%)
INTRUSIVE THOUGHTS	96 (48%)	104 (52%)

The table shows 48% of the post graduate students were irritable, 48% experienced fatigue, 38% were restless and 45% had difficulty in concentrating.

48% of the Post Graduate students had headache, 45% had backache, 70% had constipation, 39% showed changes in eating habits and 12% showed changes in sleeping pattern in the form of Insomnia. 57% of the Post Graduate students worried too much, 54% showed anger, 51% were afraid that the things may go wrong and 48% had intrusive thoughts.

Methods Adopted To Relieve Stress

METHODS	YES	NO	TOTAL
MUSIC	65%	35%	100%
SOCIAL MEDIA	80%	20%	100%
SLEEPING	62%	38%	100%
WEB SERIES AND SHOWS	51%	49%	100%
SPENDING TIME WITH FRIENDS AND FAMILY	93%	7%	100%
EXERCISE	51%	49%	100%
YOGA	20%	80%	100%
MEDITATION	08%	92%	100%
READING BOOKS	21%	79%	100%
DANCING	22%	78%	100%
COOKING	22%	78%	100%
LONGDRIVES	98%	2%	100%
ALCOHOL AND SMOKING	39%	61%	100%

The table shows 98% of the post graduate medical students preferred long drives, 93% spent time with

their family and friends, 80% of them used social media, 65% listened to music, 62% used sleep, 51%

watched web series and shows, 51% used exercise, 39% used alcohol and smoking, 22% used dancing or cooking, 21% read books, 20% used yoga and 8% used meditation to relieve their stress.

Summary and Conclusion

The stress is a huge factor that is responsible for a lot of physical and mental changes in a person. The way a person deals with stress depends on a lot of factors ranging from personal to environmental.

The study was conducted on 200 Post Graduate medical and dental students of Subharti University, Meerut to assess the perceived stress levels among them, any physical, emotional or behavioural changes due to stress and various strategies adopted by them to relieve stress.

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