

# PRACTICES OF STRESS MANAGEMENT ADOPTED BY UNIVERSITY STUDENTS

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**ABSTRACT:** *Stress is being encountered by the citizens at large, professionals with reservation of situations and environments. In reality the nature of stress may have variety individual to individual and situation to situation. Stress may be identified in the context of individuals' life as the financial, social and family issues oriented. Like all individuals, students in general and university students in particular are no exception and fall prey to stress like the common citizens which put them in a curbing position and as such make them constrained to adjust to the severity and of stress. Stress may be described as the body's reaction to a constraint that requires a physical, mental or emotional adaptation, adjustment or positive response. Students may deal with stress situations by changing the scenario, undergoing exercise, involving in gossips, asserting their position caliber or skill, diverting the feeling of labor into an enchantment, falling prey to drugs and sedatives ,taking excessive food of liking, finding time passing activity, deep breathing, and entering into chats with the loved ones. Modes of stress management even in the same community does not remain uniform as such stress management techniques used by a majority of the population around the globe is seen to be medicine use, reduction of activities, yoga, tai chi, religious prayers, massage, crying, and sleeping. The major objective of the study was to view the practices adopted by the students to manage their stress. The major research question of the study was how students manage their stress. The population of the study was university students. Selected through a convenient sampling technique questionnaire was the tool to gather data from the university students. The Chi-square test was applied to see the significance of difference among respondents' perception about the statements of the questionnaire. t-test and ANOVA were also used the view the significance difference about opinions and the effect of the demographic variables of the respondents like gender, age, qualification, parental source of income and locale where they live. Results show that majority of university students does not participate into complex physical activity to manage the stress rather they seek refuge in religious activities to manage their stress.*

## INTRODUCTION

Stress is an everyday experience, study under question is an effort to unfold that how the intellectuals encounter and shed off the stress in a variety of situations which may have a link with the environment we live in, or the friendships we enter into [1]. Stress is not as a matter of course destructive, rather mild and mellow stress most of the times serve as the energizer and mode moderator. Intensive stress poses, therapeutic and social issues causing entering into the phase of withdrawness [2]. Student life is energizing however, it can likewise be exceptionally compelled and distressing as it is mostly a transitional phase [3]. A high push level may influence scholarly exhibitions as well as all well being of those who remained under study [4].

Many students say that the stress they come across emerges out of the job situations or the lifestyle they follow [5]. These may be due to overload or leisure experiences of the past capacitance to the Environmental and Job push: Our living or workplace translates the experiences into anxiety [6]. It may originate from clamor, swarming, contamination, untidiness, or different diversions which we are constrained to make. The anxiety may also be instigated out the variety of occasions we confront with at work [7].

Unforeseen difficulties, perseveringly high and unrelieved anxiety can prompt mental, physical, and behavioral routine anxiety [8]. Stress related behavioral change incorporates danger captivating actions like risky driving, standoffish conduct, and instructive disappointment [9]. In this study analyst have attempted to figure out reasons and routes how to dispose of stress? This study will investigate how subjects of study deal with their stress.

## LITERATURE REVIEW

### What is Stress?

“The term stress refers to negative emotional experiences with associated behavioral, biochemical and physiological changes that are related to perceived acute or chronic challenges [10].” “Stress is the wear and tear caused by life [11].” “Stress is dangerous when it is unduly prolonged, comes too often or concentrates on one particular organ of the body [12].”

### Sign and Symptoms of Stress

Everybody responds to stretch in diverse ways [13]. Be that as it may, there are some basic manifestations to pay special mind to. Your side effects can be mental, enthusiastic, behavioral, physical, or a blend of these [14].

Mental indications of anxiety can include:

- Constant stressing
- A powerlessness to focus
- Feeling that you have misguided thinking
- Seeing just the negative
- On edge musings
- Memory issues

In case you're influenced candidly by anxiety, your manifestations may include:

- Emotional episodes or changes in your inclination
- Fractiousness or having an irritability
- A powerlessness to unwind
- Feeling overpowered
- A feeling of depression
- Dejection
- Low self-regard

- Your conduct may likewise change and you may also be [15]:
- Eating pretty much than regular
- Dozing an excessive amount of or too little
- Detaching yourself from others
- Ignoring or putting off obligations
- Utilizing liquor, tobacco or illicit medications to unwind
- Creating anxious propensities, for instance, nail gnawing or not having the capacity to sit still
- Anxiety can influence you physically, bringing about manifestations, for example, [16]:
- A throbbing Painfulness
- Looseness of the bowels and obstruction
- Queasiness or tipsiness
- Mid-section torments

### Types of Stress

#### Acute Stress

Acute stress is your body's quick response to another's test, occasion, or request - the battle or flight reaction. As the weights of a close miss car crash, a contention with a relative or an immoderate mix-up at work sink in, your body turns on this organic reaction. Intense anxiety isn't generally created by antagonistic anxiety; it's likewise the experience you have when riding a crazy ride or having a man hop out at you in a spooky house. Segregated scenes of intense anxiety ought not to have any waiting wellbeing impacts. Truth be told, they may really be solid as these distressing circumstances give body and cerebrum hone in building up the best reaction to future unpleasant circumstances.

#### Chronic Stress

In the event that intense stress isn't determined and starts to expand or goes on for drawn out stretches of time, it gets to be endless anxiety. Unending anxiety can be unfavorable to your well being, as it can add to a few genuine illnesses or wellbeing dangers, for example, coronary illness, malignancy, lung sickness, mischance, cirrhosis of the liver, and suicide. Stressors in people incorporate such physical stressors as starvation, being hit by an auto, or enduring extreme climate [12]. Also, people can endure such passionate or mental stressors as the departure of a friend or family member, the powerlessness to take care of an issue, or notwithstanding having a troublesome day at work. Three unmistakable stages in the disorder's development may be regarded as [12] the caution response, the phase of resistance, and the phase of depletion [17].

#### Alarm Reaction

The main phase of the general adjustment arranges, the alert response, as the prompt response to a stressor [17]. In the starting period of anxiety, people display a "battle or flight" reaction, which readies the body for physical action [12]. Then again, this starting reaction can likewise diminish the adequacy of the safe framework, making persons more vulnerable to disease amid this stage [18].

#### Stage of Resistance

Stage 2 may likewise be named the phase of adjustment, rather than the phase of resistance [17]. Amid this stage, if the anxiety proceeds with, the body adjusts to the stressors it is presented to [19]. Changes at numerous levels happen so as to decrease the impact of the stressors [20]. For instance,

if the stressor is starvation (potentially because of anorexia), the individual may encounter a lessened yearning for physical movement to moderate vitality, and the assimilation of supplements from nourishment to be amplified [21].

#### Stage of Exhaustion:

At this stage, the stress has proceeded for quite a while. The body's imperviousness to the anxiety might bit by bit be decreased, or may fall rapidly [12]. By and large, this implies the insusceptible framework, and the body's capacity to oppose infection, may be completely dispensed with [12]. Patients who experience long haul anxiety may succumb to heart assaults or serious contamination because of their lessened invulnerability [12]. For instance, a man with an unpleasant employment may experience long haul push that may prompt hypertension and a consequent heart assault [22].

#### How to Reduce, Prevent, and Cope with Stress:

It may appear that there's nothing you can do about anxiety [23]. The bills won't quit coming, there will never be more hours in the day and your vocation and family obligations will dependably be requesting [12]. Be that as it may, you have more control than you might suspect [24]. Truth be told, the straightforward acknowledgment that you're in control of your life is the establishment of anxiety administration [24]. Overseeing anxiety is about assuming responsibility: of your considerations, feelings, plan, and the way you manage issues [25].

#### Identify the sources of stress in your life

Stress organization starts with recognizing the wellsprings of tension in our life [25]. This isn't as straightforward as it sounds. Your genuine wellsprings of nervousness aren't for the most part plainly obvious, and it's exceptionally not by any means evident our own specific uneasiness provoking examinations, estimations, and practices. Obviously, you may understand that you're generally pushed over work because of due dates [12]. In any case, maybe it's you're deferring, rather than the authentic occupation that asks for prompts to due date stress [12]. To perceive your genuine wellsprings of uneasiness, look at your affinities, perspective, and reasons [12]:

- Do you clarify away push as interim ("I simply have a million things going on at this moment") despite the fact that you can't recall the last time you grabbed a seat?
- Do you characterize stress as a vital piece of your work or home life ("Things are constantly insane around here") or as a piece of your identity ("I have a considerable measure of anxious vitality; there's nothing more to it")?
- Do you accuse your anxiety for other individuals or outside occasions, or view it as completely typical and unexceptional [26]?
- Until you acknowledge an obligation regarding the part you play in making or looking after it, your anxiety level will stay outside our control [27].

#### Stress Management Strategy:

- **Alter the Situation:** Day by day if you can't maintain a strategic distance from a distressing circumstance, attempt to change it [28]. Make sense of what you can do to change things so the issue doesn't introduce itself later on

[29]. Regularly, this includes changing the way you convey and work in your life [30].

- **Express your feelings instead of bottling them up:** In the event that something or somebody is annoying you, convey your worries in an open and aware way [31]. On the off chance that you don't voice your sentiments, disdain will manufacture and the circumstance will probably continue as before [32].
- **Be willing to compromise.** When you request somebody to change the conduct, be willing to do likewise at your end also [33]. On the off chance that you both are willing to twist no less than a bit, you'll have a decent risk of discovering a glad center ground.
- **Be more assertive.** Try not to take a rearward sitting arrangement in your own particular life. Manage issues head on, doing your best to suspect and counteract them. On the off chance that you have an exam to concentrate on for and your garrulous flatmate just returned home, say in advance that you just have five minutes to talk [34].
- **Manage your time better.** Poor time administration can bring about a ton of anxiety. When you're extended too thin and running behind, it's difficult to stay quiet and centered [35]. However, in the event that you arrange ahead and ensure you don't overextend yourself, you can modify the measure of anxiety you're under.
- **Adapt to the Stressor:** In the event that you can't change the stressor, change yourself. You can adjust to unpleasant circumstances and recapture your changing so as to feel control of your desires and disposition [36].
- **Reframe problems:** Attempt to see distressing circumstances from a more positive point of view [37]. As opposed to raging around a congested driving conditions, take a gander at it as a chance to delay and regroup, listen to your most loved radio station, or appreciate some alone time [38].
- **Look at the big picture:** Take search for the other point of view of the traumatic condition. Ask yourself how vital it will be over the long haul [39]. What amount of the truth will take to surface eventually? Then again till when it will be? At that point center your time and vitality somewhere else [40].
- **Adjust your standards:** Compulsiveness is a noteworthy wellspring of avoidable anxiety [41]. Quit demanding so as to set yourself up for disappointment flawlessness. Set sensible norms for yourself as well as for other people, and figure out how to be alright with "adequate [42]."
- **Focus on the positive:** At the point when stress is getting you down, pause a minute to think about every one of the things you acknowledge in your life, including your own particular positive qualities and endowments [43]. This straightforward system can offer you some assistance with keeping things in context [44].
- **Adjusting Your Attitude:** How you think can profoundly affect your passionate and physical prosperity. Every time you ponder yourself, your body responds as though it were in the throes of a pressure filled circumstance [45]. In the event that you see great things about yourself, you will probably feel great; the converse is additionally genuine. Dispose of words, for example, "dependably," "never,"

"ought to," and "must." These are the obvious characteristics of self-vanquishing contemplations [46].

#### Accept the things you can't Change:

- A few wellsprings of anxiety are unavoidable. You can't avoid or change stressors, for example, the passing of a friend or family member, a genuine sickness, or a national retreat. In such cases, the most ideal approach to adapt to push is to acknowledge things as they seem to be. Acknowledgment may be troublesome, yet over the long haul, it's less demanding than railing against a circumstance you can't change [47].
- **Don't try to control the uncontrollable:** Numerous things in life are outside our ability to control especially the conduct of other individuals. Instead of worrying over them, concentrate on the things you can control, for example, the way you respond to issues [48].
- **Look for the upside:** As the expression goes, "What doesn't slaughter us makes us more grounded." When confronting significant difficulties, attempt to take a gander at them as open doors for self-awareness. On the off chance that your own poor decisions added to an unpleasant circumstance, ponder them and gain from your oversights [48].
- **Share your feelings:** Converse with a trusted companion or make a meeting with a specialist. Communicating what you're experiencing can be exceptionally cathartic, regardless of the fact that there's nothing you can do to change the upsetting circumstance [49].
- **Learn to forgive:** Acknowledge the way that we live in a blemished world and that individuals commit errors. Relinquish annoyance and feelings of disdain. Free yourself from negative vitality by forgetting and proceeding onward [50].

#### Make Time for Fun and Relaxation:

Past an assume responsibility approach and an inspirational demeanor, you can lessen stress in your life by sustaining yourself [51]. On the off chance that you frequently set aside a few minutes for the sake of entertainment and unwinding, you'll be in a superior spot to handle life's stressors when they unavoidably come. Here are some Healthy approaches to unwind and revive.

Try not to get so made up for lost time in the rushing about of life that you neglect to deal with your own needs. Supporting yourself is a need, not an extravagance.

- **Set aside relaxation time:** Incorporate rest and unwinding in your day by day plan. Try not to permit different commitments to infringe. This is your opportunity to enjoy a reprieve from all obligations and revive your batteries.
- **Connect with others:** Invest energy with constructive individuals who upgrade your life. A solid emotionally supportive network will cradle you from the negative impacts of anxiety [52].
- **Do something you enjoy every day:** You can build your imperviousness to push by fortifying your physical wellbeing [53].
- **Keep your sense of humor:** This incorporates the capacity to chuckle at you. The demonstration of giggling

offers your body some assistance with fighting anxiety in various ways.

#### **Adopt a Healthy Lifestyle:**

Set aside a few minutes for recreation exercises that bring you bliss, whether it be stargazing, playing the piano, or taking a shot at your bicycle.

- **Exercise regularly:** Physical movement assumes a key part in lessening and keeping the impacts of anxiety. Set aside a few minutes for no less than 30 minutes of activity, three times each week. Nothing beats high-impact exercise for discharging repressed anxiety and strain [54].
- **Eat a healthy diet:**
- All around sustained bodies are best arranged to adapt to push, so aware of what you eat. Begin your day right with breakfast, and keep your vitality up and your brain clear with adjusted, nutritious suppers for the duration of the day [54].
- **Reduce caffeine and sugar:**
- The interim "highs" caffeine and sugar give regularly end in an accident in temperament and vitality. By decreasing the measure of espresso, soda pops, chocolate, and sugar snacks in your eating regimen, you'll feel more casual and you'll rest better [54].
- **Avoid alcohol, cigarettes, and drugs.** Self-sedating with liquor or medications may give a simple getaway from stress, yet the help is just interim. Try not to stay away from or veil the current issue; manage issues head on and with an unmistakable personality.
- **Get enough sleep.** Sufficient rest energizes your brain, and your body. Feeling tired will build your anxiety in light of the fact that it may make you think unreasonably [54].

#### **Stress Management Techniques:**

Stress administration can push you to either evacuate or change the wellspring of anxiety, adjust the way you see a distressing occasion, bring down the effect that stretch may have on your body, and show you elective methods for adapting. Stress administration treatment will have the goal of seeking after one or a greater amount of these methodologies [55]. Stress administration strategies can be picked up in the event that you read in self improvement guides, or go to an anxiety administration course. You can likewise look for the assistance of a guide or psychotherapist for self-improvement or treatment sessions [55].

Numerous treatments which offer you some assistance with relaxing, for example, fragrance based treatment, or reflexology, may have a gainful impact [56].

**Medicines:** Specialists won't more often than not recommend prescriptions for adapting to push, unless the patient has a hidden disease, for example, discouragement or some kind of tension. On the off chance that is the situation, the specialist is really treating an emotional instability. In such cases, an energizer may be endorsed. Remember that there is a danger that all the prescription will do is veiling the anxiety, instead of offer you some assistance with dealing and adapt to it [57].

#### **Stress Reduction Activities**

**Simplify:** You may feel like you're not in control of everything that is anticipated from you. It's dependent upon you to choose what you can do, and what you can't. To disentangle your life, take a seat and make a rundown of all that you feel you have to do. At that point isolate every one of the things on the rundown into these three areas:

- These can hold up
- These ought to complete soon
- Do these TODAY

On the off chance that you see that there's equitably a lot to do TODAY, you'll need to eliminate a few exercises to make your calendar more sensible [58].

**Exercise:** Activity is an extraordinary approach to bring down your anxiety. While working out, you can concentrate on what you're doing with your body, which liberates your psyche from different stresses. The overwhelming practice likewise triggers the arrival of chemicals in your body called endorphins, which make you feel more satisfied and more casual. You don't need to be a super-competitor to work out. Notwithstanding something as essential as strolling for 60 minutes can offer you some assistance with relaxing and enhance your state of mind. On the other hand, you can agree to a class at your nearby YWCA or YMCA, for example, moving, volleyball, or swimming [59].

**Yoga, Tai Chi, & Qigong:** These sorts of development use extends and postures for adaptability, quality, focus, and unwinding. Yoga underscores adaptability and quality, while Tai Chi and Qigong offer with focus, some assistance with balancing, and persistence. You can do any of these activities in a class at your nearby YWCA, YMCA, move focus, or at home on a towel or tangle. In case you're bashful about taking a class, you can obtain a DVD out of the library, or discover one on TV and attempt the developments at home [60].

**Take a Break:** Once in a while your drained mind simply desires a little time off from your occupied day. Stop what you're doing, and locate a calm spot where you can put your feet up. Drink some tea (without caffeine), or clean up. Perused a book or magazine, or even stare at the TV. These things sound so fundamental, you may think, "why trouble?", yet when your feet are up, your anxiety level drops [61].

**Meditation and Prayer:** Offer you approaches to be quiet, center your considerations, and feel more positive. Reflection includes sitting still in a calm spot, centering your musings on your breath or on a moderate serenade, and attempting to know about what is happening right now, rather than focusing about the past or going nuts about what's to come. With petition to God you concentrate on feeling joined with a higher otherworldly power, and on the wishes and trusts you may have in yourself or individuals you think about. You may jump at the chance to contact your neighborhood church, sanctuary, yoga focus, or Buddhist focus around a petition to God or reflection bunch. In case you're timid about going to a gathering, you can get DVDs from the library about diverse contemplation and requests to God strategies.

**Massage:** can work ponder on a worried body. A tender back rub can unfasten tied muscles, and make you feel loose

everywhere. An expert back rub can be costly, yet even a basic foot-rub or shoulder-rub from a decent companion can lift the spirits your anxiety – you can look at neighborhood back rub schools to check whether they offer marked down administrations [61].

**Journaling:** In the event that you appreciate composing, this can be a decent approach to de-stress. Record what's been going on with you once a day and how you feel? By recording your considerations and sentiments on paper, you'll likely feel less focused on [62].

**Have a good cry:** Youngsters in our way of life are regularly restless once a day, and even only a couple of evenings in succession of insufficient rest can make you feel touchy and anxious. You really require more rest right now in your life (around 9 hours for each night) than you will as a grown-up. Despite the fact that your school timetable and social life make it troublesome, attempt to put the rest at the highest point of your need rundown, up there with eating solid nourishments [62].

**Sleep:** You may realize that little children get disturbed effortlessly, cry and make complains, and afterward get over it rapidly. This methodology can work for you as well. Toward the end of an upsetting, in the event that you wind up crying to a strong companion, relative, or to your cushion, this can offer you de-some assistance with the stressing. In our way of life we frequently make an effort not to cry, as though it ws an indication of short coming; however that is truly not genuine. In the event that crying offers you some assistance with communicating your dissatisfaction, vent your anxiety, and get some backing, than there's nothing amiss with a decent cry from time to time [63] .

**OBJECTIVES**

- To view the practices of stress management adopted by the students.
- To view the effect of demographic variables on students regarding stress management practices.

**Research Question**

- What practices of stress management are adopted by universities students?
- What are the effects of demographic variables on students regarding stress management practices?

**METHODOLOGY**

**Nature of the Study:**

This study was quantitative in nature. In which data was collected in numeric form and the way it was analyzed.

**Population:**

In this research population was the students of the Government sector universities situated in Lahore city.

**Sample of Study:**

Data was collected from 200 students belonging to four Government sector universities out of which 50 students were selected using convenience sampling method.

**Research Instrument:**

Research tool for the study was a questionnaire designed on three point likert-scale agree, undecided and disagree.

**Plan of data Analysis:**

Chi-square test was applied on the statements to view the significant difference among the practices adopted by the students regarding stress management.

**Data Analysis and Interpretation**

**Table 1: Distribution of participant according to demographic variables**

Variables	Frequency	%
<b>Gender</b>		
Male	89	44.9
Female	109	55.1
<b>Age</b>		
17 to 20 Years	73	36.9
21 to 24 years	98	49.5
25 to 28 years	21	10.6
Above 28	6	3.0
<b>Qualification</b>		
B.S	121	61.1
M.Sc. or equivalent	55	27.8
M. Phil	22	11.1
<b>Marital Status</b>		
Married	24	12.1
Unmarried	174	87.9
<b>Living</b>		
With parents	129	65.2
Hostelied	69	34.8
<b>Income</b>		
Parents	165	83.3
Self	33	16.7

Table 1 shows frequency of demographics of respondents. Total number of respondents were 198 out of whom 89 (44.9%) were male and 109 (55.1%) were females. According to age 73 (36.9%) defendant was 17 to 20 years old, 98 (49.5%) were 21-24 years old, 21 (10.6%) defendant was 25-28, and 6 (3.0%) respondent was 28 years and above. Regarding qualification 121 (61.1%) of respondents were of B.S, 55 (27.8%) were doing masters degree 22, while (11.1%) were doing M. Phil degree. Regarding marital status 24 (12.1) students were married while174 (87.9) students were unmarried. 129 (65.2%) students were living with parents and 69 (34.8%) were hostelied. While 165 (83.3%) were sponsored by their parents and 33 (16.7%) were supporting their selves.

**Table 2: Chi-square value of student’s perception about statement I follow a planned exercise to manage my stress.**

Statement	Observed Number			χ <sup>2</sup>	P
	A	UD	D		
I follow a planned exercise to manage my stress.	95	55	48	29.04	.000

Table 2 shows students' perception about statement; I follow a planned exercise to manage my stress. Chi-square test was conducted to see the significant difference. Results reveals there is significant difference ( $p=.000$ ,  $\alpha=.05$ ) between scores of the students' perceptions about statement and ( $\chi^2 = 29.04$ ). Result shows that majority of the university students follow a planned exercise to manage their stress.

**Table 3: Chi-square value of student's perception about I watch TV program to improve health.**

Statement	Observed Number			$\chi^2$	P
	A	UD	D		
I watch TV programme to improve health.	47	49	102	10.66	.001

Table 3 shows student's perception about statement; I watch program to improve health. Results reveal there is a significant difference ( $p=.001$ ,  $\alpha=.05$ ) between scores of the student's perceptions about statement and ( $\chi^2 = 10.66$ ). Results show that majority of students disagree watching TV program to improve health.

**Table 4: Chi-square value of student's perception about I do not participate into complex activity to manage the stress.**

Statement	Observed Number			$\chi^2$	P
	A	UD	D		
I do not participate into complex physical activity to manage stress.	73	66	59	85.72	.000

Table 4 shows students' perception about statement; I do not participate into complex physical activity to manage stress. Chi-square test was conducted to see the significant difference. Results reveal that there is a significant difference ( $p=.000$ ,  $\alpha=.05$ ) between scores of the students' perceptions about statement and ( $\chi^2 = 85.72$ ). Results show that a great majority of university students agree that they do not participate into complex physical activity to manage the stress.

**Table 5: Chi-square value of student's perception about I perform religious practices to manage my stress.**

Statement	Observed Number			$\chi^2$	P
	A	UD	D		
I perform religious practices to manage my stress.	148	24	26	78.28	.000

Table 5 shows students' perception about statement; I perform religious practices to manage my stress. Chi-square test was conducted to see the significant difference. Results reveal that there is no significant difference ( $p=.000$ ,  $\alpha=.05$ ) between scores of the students' perceptions about statement and ( $\chi^2=78.28$ ). Results show that majority of university students perform religious practices to manage their stress.

**Table 6: Chi-square value of students' perception about when I feel stress I spend my time with family members.**

Statement	Observed Number			$\chi^2$	P
	A	UD	D		
When I feel stress I spend my time with family members.	98	43	56	54.04	.000

Table 6 shows students' perception about statement when I feel stress I spend my time with family members. Chi-square test was conducted to see the significant difference. Results reveals there is significant difference ( $p=.000$ ,  $\alpha=.05$ ) between scores of the students' perceptions about statement and ( $\chi^2 = 54.04$ ). Results show that majority of the students agree that they spent their time with their family to manage their stress.

**Table 7: Mean  $\pm$  SD and t-value of students regarding their gender**

Variable	Male n=89		Female n=109		t	P
	M	SD	M	SD		
Gender	1.91	.27	1.89	.26	.484	.053

Table 7 shows mean of male students as 1.91 and mean value of female students as 1.89 and table also shows the t-value which is .484 and p value is .053 which is greater than 0.05. Hence there is a significant difference between male and female students regarding their perceptions about practices of stress management adopted by them.

**Table 8: Mean  $\pm$  SD and t-values of married and unmarried**

Variable	Married n=24		Unmarried n=174		t	P
	M	SD	M	SD		
Marital status	1.89	.37	1.90	.25	.484	.053

Table 8 shows practices of stress management adopted by university students. Table shows the mean of married students is 1.89 and mean value of unmarried students is 1.90 and table also shows the t-value which is .484 and p value is .053 which is greater than 0.05. Hence there is a significant difference between married and unmarried students regarding their perceptions about practices of stress management adopted by them.

**Table 9: Mean  $\pm$  SD and t-values hostilities with parents**

Variable	With parents n=129		Hostelied n=69		t	P
	M	SD	M	SD		
Living	1.90	.26	1.90	.28	.484	.053

Table 9 shows practices of stress management adopted by university students. Table shows the mean of those student who live with parents is 1.90 and mean value of hostelied student is 1.90 and table also shows the t-value which is .484 and p value is .053 which is greater than 0.05. Hence there is no significant difference between with parent and hostilities students regarding their perceptions about practices of stress management adopted by them.

**Table 10: Mean ± SD and t-values of students living**

Variable	Parents n=165		Self n=33		t	P
	M	SD	M	SD		
Source of Income	1.91	.26	1.84	.30	.484	.053

Table 4.21 shows practices of stress management adopted by university students. Table shows the mean of parents is 1.91 30 and mean value of self is .30 and table also shows the t-value which is .484 and p value is .053 which is greater than 0.05. Hence there is a significant difference between parents and self dependents regarding their perceptions about practices of stress management adopted by them.

**Table 11: Mean ± SS and p values of students according to their age**

ANOVA					
Mean	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	.09	3	.031	.420	.738
Within Groups	14.18	194	.073		
Total	14.27	197			

Table 11 shows students' perceptions according to their age. Table shows the mean of leaders between groups is .092 and mean within groups is 14.18. Table also shows the F-value which is 0.420 and p value is .738 which is greater than 0.05. Hence there is a significant difference between students 'perception about practices of stress management adopted by university students.

**CONCLUSION**

At the end researchers concluded that in current scenario there are several things due to which students feel stress in spite of their studies. Many of the students do not know how to manage their stress but sampled population of students show that they adopt different strategies to manage their stress. Some of them spend time with their family while other go for the exercise. Some of them perform religious activities while others watch TV programs. To sum up the discussion there is not a single activity on which all the students agree by which they manage their stress.

**RECOMMENDATION**

- Parents should help their grown up wards to manage their stress in a positive way.
- Students should be educated enabling them to adopt stress management techniques for their well being.
- Students be made to take part in recreational activities so as to manage their stress.
- Students should be made to socialize with the family and friends to hush of their stress.

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