

## **Stress Coping Strategies used by Students of State Agricultural Universities (SAUs) of Northern India**

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### **ABSTRACT**

The study was conducted to identify the stress coping strategies used by the students to cope up with stress. The study was conducted in three colleges of the four State Agricultural Universities of Northern India selected purposively, namely G.B.P.U.A.T., Pantnagar (Uttarakhand), CCS Haryana Agricultural University, Hisar (Haryana), Maharana Pratap University of Agriculture and Technology, Udaipur (Rajasthan) and Punjab Agricultural University, Ludhiana (Punjab). A sample of 540 students was selected through stratified random sampling technique. Three hundred sixty undergraduate students (third year) and 180 post-graduate students (3rd semester) were selected randomly. Thirty undergraduate and fifteen post-graduate students were selected randomly from each college to make a total of 360 and 180 respectively. Five major strategies i.e. relaxation strategies, social support strategies, personal strategies, diet and exercise strategies and psychological strategies were identified. Data were collected through distributed questionnaire technique. The findings of the study revealed that all under-graduate and post-graduate students were practicing positive stress coping strategies such as “listening to music”, “seeking out friends for conversation”, “using past experience to handle problems” and “trying to look on the bright side of the things”. However, meditation and yoga personal sub strategies were found to be least preferred by the students to cope up with stress.

**Key words:** Diet and exercise, personal strategies, psychological strategies, relaxation strategies, social support strategies, stress coping strategies,

### **INTRODUCTION**

Today stress has become a natural part of an individual's life. Stress comes in all forms and can affect anyone despite age, and/or life style. Appropriate stress can be a motivating factor while too much stress undermines both mental and physical health thus coping with stress is important for human survival. College students have a higher predisposition towards experiencing stress thus stress reduction and adopting a healthier life style becomes a major concern of the students. College student's encounters a number of challenges in his/her day to day life which can contribute to stress and if not dealt with can hamper their academic performance, emotional and social well-being. Learning to manage stress may help students to cope with every day social and academic pressures, and have a better college experience. Thus it is necessary to study the stress coping strategies used by the students to release their stress. Keeping in mind the above things in mind the study was

conducted with the following objectives: to identify various coping strategies used by the students to cope up with stress and to compare the stress coping strategies used by the undergraduate and post-graduate students in different universities.

### **METHODOLOGY**

A sample of 540 students was selected through stratified random sampling technique from three colleges (College of Agriculture, College of Home Science and College of Agriculture Engineering) of selected four SAUs. Three hundred sixty students from undergraduate programme from third year class and 180 postgraduate students from their 3rd semester were selected randomly. Thirty undergraduate and fifteen postgraduate students were selected randomly from each college to make a total of 360 and 180 respectively. Data were collected through distributed questionnaire technique. Five major types of coping

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strategies were identified by consulting literature and experts of Department of Extension Education and Department of Extension Education and Communication Management, PAU, Ludhiana. Five major types of coping strategies were relaxation strategies, social support strategies, personal strategies, diet and exercise strategies and psychological strategies.

**Stress coping strategies** was operationalized as specific efforts, both behavioral and psychological, that student employs to master, reduce, tolerate or minimize stressful events. The response of the students was taken on a three point continuum i.e. always, sometimes and never. The extent of stress coping strategies was measured by calculating mean scores of each item related to respective strategy.

## RESULTS AND DISCUSSION

Keeping in view the objectives of the study, the

results have been reported under the following sub-headings.

### Stress coping strategies used by the students to cope up with stress

- 1.1 Relaxation strategies
- 1.2 Social support strategies
- 1.3 Personal strategies
- 1.4 Diet and exercise strategies
- 1.5 Psychological strategies

### Comparison among students of different universities in terms of stress coping strategies.

- 2.1 Comparison among undergraduate students.
- 2.2 Comparison among postgraduate students.
- 2.3 Comparison undergraduate and post graduate students.

**Table 1: Distribution of the students according to the use of stress releasing relaxation strategies**

n=540

Relaxation strategies	Extent of relaxation strategies							
	Undergraduate students (n <sub>1</sub> =360)				Postgraduate students (n <sub>2</sub> =180)			
	Always f (%)	Sometimes f(%)	Never f(%)	Mean scores (0-2)	Always f(%)	Sometimes f(%)	Never f(%)	Mean Scores (0-2)
Listening to music	157 (43.61)	181 (50.28)	22(6.11)	1.38	97(53.89)	76(42.22)	7(3.89)	1.49
Watching favorite TV serials	75 (20.83)	180 (50.00)	105(29.17)	0.80	25(13.89)	105(58.33)	51(28.33)	0.96
Going out for movies	63 (17.50)	209 (58.06)	88(24.44)	0.90	17(9.44)	117(65.00)	46(25.56)	0.38
Playing with the pet	28 (7.78)	127 (35.28)	205(56.94)	0.41	13(7.22)	50(27.78)	117(65.00)	0.48
Taking a nap	71 (19.72)	192 (53.33)	97(26.94)	0.93	51(28.33)	75(41.67)	54(30.00)	0.58
Reading favorite novels and books	50 (13.89)	192 (53.33)	118(32.78)	0.81	30(16.67)	82(45.56)	68(37.78)	0.47
Going for a walk or drive	80 (22.22)	204 (56.67)	76(21.11)	1.16	32(17.78)	101(56.11)	47(26.11)	0.83
Travelling on holidays	42 (11.67)	203 (56.39)	115(31.94)	0.78	24(13.33)	100(55.56)	56(31.11)	0.68
Writing problems in a diary	10 (2.78)	56 (15.56)	294(81.67)	0.32	21(11.67)	34(18.89)	125(69.44)	0.27
Spending time with loved ones	129 (35.83)	177 (49.17)	54(15.00)	1.27	52(28.89)	91(50.56)	34(18.89)	1.06
Joining various recreational activities	27 (7.50)	80(22.22)	253(70.28)	0.73	26(14.44)	65(36.11)	89(49.44)	0.48
Doing yoga	37 (10.28)	72(20.00)	251(69.72)	0.18	19(10.56)	43(23.89)	118(65.56)	0.27
Doing meditation	17 (4.72)	78(21.67)	266(73.89)	0.50	23(12.78)	47(26.11)	110(61.11)	0.28

### Stress coping strategies

Relaxation strategies: these referred to as the activities undertaken by the students to relax in a stressful condition such as go out for movies, read favorite novels and books, go for a walk or drive, travel on holidays, write

problems in a diary etc. Thus a total of 13 items were selected under relaxation strategies.

The data depicted the various relaxation strategies used by the students to cope up with stress. The data

revealed that the major relaxing strategy among undergraduate students was “listening to music” with mean score of 1.38 followed by “spending time with loved ones” and “going for a walk or drive” with mean score of 1.27 and 1.16 respectively. The least used relaxing strategies were “writing problems in a diary”, “doing yoga” and “playing with the pet” with mean scores of 0.32, 0.18 and 0.41 respectively.

In case of PG students the major relaxing strategies used to overcome stress were similar to those used by UG students i.e. “listening to music” with mean score of 1.49 followed by “spending time with loved ones” and “watching favorite TV serials” with mean scores of 1.06 and 0.96 respectively. The least used relaxing strategies were “writing problems in a diary” and “doing yoga” with mean score of 0.27 each which was followed by “doing meditation” and “going out for movies” with mean scores of 0.28 and 0.38 respectively.

Findings of the study revealed that music was major stress coping strategies among undergraduate and postgraduate students. The result is in congruence with the study conducted by Babar et al (2004) where students preferred listening to music to release their stress. Doing meditation was seen as least preferred stress coping strategies among postgraduate students which was in contradiction with the results of the study of Redhwan et al (2009) who observed that doing meditation was major stress coping strategy used by students.

**Social support strategies:** these referred to as the social activities undertaken by the students to seek help during period of stress such as seek out friends for conversation, consult with parents and relatives, join support group, get professional counseling etc. Thus a total of 7 items were selected under social support strategies.

The data presented in the Table depicted that the major social support strategy used by undergraduate students to cope up with stress was “seeking out friends for conversation” with mean score of 1.27 followed by “consulting with parents and relatives” and “online chatting” with mean score of 1.09 and 0.94 respectively. The least used strategies among undergraduate students were “joining support group” and “get professional counseling” with mean scores of 0.27 and 0.28 respectively. Among postgraduate students the results were almost similar with major social support strategy as “seeking out friends for conversation” with mean score of 1.13 followed by “consulting with parents and relatives” with mean score of 0.92 and “joining support group” with mean score of 0.73. Among postgraduate students the least used social support strategies were “online chatting”

and “going out for shopping with friends” with mean scores of 0.39 and 0.42 respectively.

Seeking out friends, teachers and relatives for conversation was found to be major social support strategy used by students. This finding is in congruence with research studies conducted by different researchers such as Fish (1996), Supe (1998), Murphy and Archer (1996) and Chew et al (2003).

**Personal strategies:** these referred to as the activities undertaken by the students at personal level to cope up with stressful situations such as sitting alone in peaceful outdoors, writing poetry, organizing desk or work area, reading religious books, praying daily, trying to anticipate worst possible outcomes etc. Thus a total of 17 items were selected under personal strategies.

The findings indicated various personal stress coping strategies used by the UG and PG students. Among UG students major strategies used were “Using past experience to handle problems” with mean score of 1.55 followed by “trying to come up with different possible solutions” and “making plan of action” with mean score of 1.43 and 1.35 respectively. The least used personal strategies were “writing poetry”, “joining religious activities or group” and “going to pilgrimage” with mean scores of 0.41, 0.44 and 0.61 respectively.

Among PG students the major personal strategy was “trying to look on the bright side of the things” with highest mean score of 1.47 followed by “trying to come up with different possible solutions” with mean score of 1.39. “Making plan of action” and “using past experience to handle problems” were other preferred personal strategies used by the students with both having equal mean scores (1.01). In case of least used personal strategies “joining religious group activities”, “organizing desk or work area” and “going to pilgrimage” were least preferred strategies of the postgraduate students with mean scores of 0.38, 0.45 and 0.47 respectively.

Findings of the study related to making plan of action to release stress supported with the studies conducted by Reddy et al (2007) and Sami et al (2011). Joining religious activities or group and Going to pilgrimage were least preferred stress coping strategies as seen in the findings of the study which was in contradiction with the studies conducted by Zeud (2006) and Chew et al (2003) where participating in religious activities were major coping strategy used by students to cope up with stress.

**1.4 Diet and exercise strategies:** these referred to as the various activities undertaken by the students to manage their diet and body such as take balanced diet, practice

breathing exercises, get enough sleep, consume fruits and fruit juices, change eating habits, get drunk etc. Thus a total of 13 items were selected under diet and exercise strategies. The data depicted the various diet and exercise strategies used by UG and PG students to cope up with stress. The data revealed that the major strategies used were almost similar in both UG and PG students. Among UG students the major strategy used was “getting enough sleep” followed by “consuming fruits and fruit juices” and “taking balanced diet” with mean scores of 1.17, 1.08 and 0.94 respectively. The least used diet and exercise strategies were “smoking”, “taking tranquilizing drugs” and “getting drunk” with mean scores of 0.02, 0.09 and 0.10 respectively. Among PG students the major strategies used were “consuming fruits and fruit juices” with mean score of 1.38 followed by “getting enough sleep” and “taking balanced diet” with mean scores of 1.11 and 0.98 respectively. The least used diet and exercise strategies were same in both undergraduate and postgraduate students i.e. “taking tranquilizing drugs” followed by “getting drunk” and “smoking tobacco”. As per the results of the study use of alcohol and drugs were least preferred stress coping strategies in both

undergraduate and post graduate students. This result is in accordance with the study conducted by Reddy *et al.* (2007).

**Psychological strategies:** these referred to as the activities undertaken by the students at their psychological level such as worry about the problem while doing nothing, doubt own abilities to handle things, use experience of other people to deal with problems, become aggressive etc. Thus a total of 19 items were selected under psychological strategies.

The data depicted the various psychological strategies used by undergraduate and PG students to cope up with stress. The data revealed that in case of UG students the major strategy used was “looking on the bright side of the things” with mean score of 1.10 followed by “using experience of other people to deal with problems” and “waiting for the time to change” with mean scores of 1.06 and 1.03 respectively. The least used strategies were “thinking about suicide” followed by “yelling at friends and people” and “blaming others” with mean scores of 0.13, 0.46 and 0.48 respectively.

**Table 2: Distribution of the students according to the use of stress releasing social support strategies**

n=540

Social support strategies	Extent of Social support strategies							
	Undergraduate students (n <sub>1</sub> =360)				Postgraduate students (n <sub>2</sub> =180)			
	Always f(%)	Sometimes f(%)	Never f(%)	Mean scores (0-2)	Always f(%)	Sometimes f(%)	Never f(%)	Mean Scores (0-2)
Seeking out friends for conversation	162(45.00)	160(44.44)	38(10.56)	1.27	71(39.44)	83(46.11)	26(14.44)	1.13
Going out for shopping with friends	51(14.17)	171(47.50)	138(38.33)	0.76	34(18.89)	86(47.78)	60(33.33)	0.42
Consulting with parents and relatives	106(29.44)	177(49.17)	77(21.39)	1.09	75(41.67)	75(41.67)	30(16.67)	0.92
Joining support group	10(2.78)	78(21.67)	272(75.56)	0.27	20(11.11)	54(30.00)	106(58.89)	0.73
Getting professional counseling	12(3.33)	72(20.00)	277(76.94)	0.28	17(9.44)	49(27.22)	114(63.33)	0.48
Online chatting	90(25.00)	156(43.33)	114(31.67)	0.94	39(21.67)	83(46.11)	58(32.22)	0.39
Visiting relatives	32(8.89)	161(44.72)	167(46.39)	0.69	34(18.89)	85(47.22)	61(33.89)	0.72

In case of PG students the major psychological strategy used was “looking on the bright side of the things” with mean score of 1.49 followed by “trying to forget the whole thing” and “accepting things that are out of control” with mean scores of 1.06 and 0.93 respectively. The least used strategies were “yelling at friends and people” with mean

score of 0.22 followed by “depending on others to solve problems” and “blaming others” with mean scores of 0.37 and 0.39 respectively. It was seen from the results that students mainly used positive coping strategies to cope up with stress which are similar with the results of the study conducted by Reddy *et al.* (2007).

**Table 3: Distribution of the students according to the use of stress releasing personal strategies**

n=540

Personal Strategies	Extent of Social support strategies							
	Undergraduate students (n <sub>1</sub> =360)				Postgraduate students (n <sub>2</sub> =180)			
	Always f(%)	Sometimes f(%)	Never f(%)	Mean Scores (0-2)	Always f(%)	Sometimes f(%)	Never f(%)	Mean Scores (0-2)
Resetting priorities and eliminating time wasting activities	161(44.72)	143(39.72)	56(15.56)	1.31	58(32.22)	94(52.22)	28(15.56)	0.56
Working on a hobby	97(26.94)	188(52.22)	73(20.28)	1.22	57(31.67)	88(48.89)	35(19.44)	0.51
Sitting alone in peaceful outdoors	111(30.83)	181(50.28)	68(18.89)	1.26	56(31.11)	96(53.33)	30(16.67)	0.62
Writing poetry	5(1.39)	50(13.89)	305(84.72)	0.41	11(6.11)	33(18.33)	136(75.56)	0.48
Organizing desk or work area	67(18.61)	169(46.94)	124(34.44)	0.70	49(27.22)	78(43.33)	53(29.44)	0.45
Reading religious books	51(14.17)	128(35.56)	181(50.28)	0.63	24(13.33)	64(35.56)	92(51.11)	0.49
Joining religious group activities	26(7.22)	109(30.28)	225(62.50)	0.44	18(10.00)	65(36.11)	97(53.89)	0.38
Going to pilgrimage	43(11.94)	108(30.00)	209(58.06)	0.61	22(12.22)	67(37.22)	91(50.56)	0.47
Praying daily	102(28.33)	146(40.56)	111(30.83)	0.95	67(37.22)	82(45.56)	31(17.22)	0.53
Trying to anticipate worst possible outcomes	139(38.61)	159(44.17)	62(17.22)	1.08	60(33.33)	89(49.44)	31(17.22)	0.78
Reframing problems	113(31.39)	179(49.72)	68(18.89)	1.06	47(26.11)	91(50.56)	42(23.33)	0.76
Setting realistic goals	138(38.33)	160(44.44)	62(17.22)	1.29	67(37.22)	90(50.00)	23(12.78)	0.74
Making plan of action	166(46.11)	141(39.17)	53(14.72)	1.35	70(38.89)	86(47.78)	24(13.33)	1.01
Trying to come up with different possible solutions	206(57.22)	129(35.83)	24(6.67)	1.43	82(45.56)	76(42.22)	22(12.22)	1.39
Using past experience to handle problems	180(50.00)	132(36.67)	48(13.33)	1.55	68(37.78)	90(50.00)	22(12.22)	1.01
Trying to look on the bright side of the things	166(46.11)	146(40.56)	48(13.33)	1.30	79(43.89)	80(44.44)	21(11.67)	1.47
Fixing study hours	42(11.67)	152(42.22)	166(46.11)	0.88	52(28.89)	73(40.56)	55(30.56)	0.52

**Table 4: Distribution of the students according to the use of stress releasing Diet and Exercise Strategies**

n=540

Diet and Exercise Strategies	Extent of Diet and Exercise strategies							
	Undergraduate students (n=360)				Postgraduate students (n=180)			
	Always f(%)	Sometimes f(%)	Never f(%)	Mean scores (0-2)	Always f(%)	Sometimes f(%)	Never f(%)	Mean Scores (0-2)
Taking balanced diet	73(20.28)	206(57.22)	81(22.50)	0.94	65(36.11)	81(45.00)	34(18.89)	0.98
Practicing breathing exercises	36(10.00)	114(31.67)	210(58.33)	0.61	35(19.44)	81(45.00)	64(35.56)	0.70
Getting enough sleep	130(36.11)	156(43.33)	74(20.56)	1.17	63(35.00)	88(48.89)	28(15.56)	1.11
Having plants in the room	19(5.28)	62(17.22)	279(77.50)	0.36	19(10.56)	32(17.78)	129(71.67)	0.68
Consuming fruits and fruit juices	94(26.11)	190(52.78)	76(21.11)	1.08	58(32.22)	101(56.11)	21(11.67)	1.38
Changing eating habits	61(6.94)	204(56.67)	95(26.39)	0.85	40(22.22)	104(57.78)	36(20.00)	0.76
Getting drunk	9(2.50)	34(9.44)	317(88.06)	0.10	6(3.33)	18(10.00)	156(86.67)	0.17
Taking tranquilizing drugs	3(0.83)	32(8.89)	325(90.28)	0.09	14(7.78)	22(12.22)	144(80.00)	0.09
Drinking lots of caffeinated beverages like tea and coffee	79(21.94)	171(47.50)	106(29.44)	0.51	39(21.67)	69(38.33)	72(40.00)	0.47
Bingeing on junk food	50(13.89)	184(51.11)	124(34.44)	0.63	34(18.89)	75(41.67)	71(39.44)	0.49
Skipping meals	59(16.39)	198(55.00)	103(28.61)	0.74	39(21.67)	82(45.56)	59(32.78)	0.34
Eating more than usual	54(15.00)	185(51.39)	121(33.61)	0.58	33(18.33)	78(43.33)	69(38.33)	0.28
Smoking	14(3.89)	36(10.00)	311(86.39)	0.02	8(4.44)	15(8.33)	157(87.22)	0.17

**Table 5: Distribution of the students according to the use of stress releasing Psychological strategies**

n=540

Psychological Strategies	Undergraduate students (n=360)				Postgraduate students (n=180)			
	Extent of Psychological Strategies				Extent of Psychological Strategies			
	Always f(%)	Sometimes f(%)	Never f(%)	Mean scores (0-2)	Always f(%)	Sometimes f(%)	Never f(%)	Mean scores (0-2)
Looking on the bright side of the things	170(47.22)	166(46.11)	23(6.39)	1.10	84(46.67)	82(45.56)	15(8.33)	1.49
Trying to forget the whole thing	54(15.00)	221(61.39)	85(23.61)	0.93	54(30.00)	92(51.11)	34(18.89)	1.06
Changing the outlook on the problem	79(21.94)	228(63.33)	52(14.44)	1.03	47(26.11)	100(55.56)	33(18.33)	0.78
Accepting things that are out of control	91(25.28)	218(60.56)	51(14.17)	0.99	49(27.22)	97(53.89)	34(18.89)	0.93
Ignoring the problems	57(15.83)	207(57.50)	96(26.67)	0.84	35(19.44)	103(57.22)	42(23.33)	0.54
Worrying about the problem while doing nothing	75(20.83)	216(60.00)	69(19.17)	0.96	37(20.56)	102(56.67)	41(22.78)	0.68
Waiting for the time to change	113(31.39)	182(50.56)	65(18.06)	1.03	45(25.00)	91(50.56)	44(24.44)	0.61
Day dreaming	84(23.33)	178(49.44)	98(27.22)	0.94	34(18.89)	78(43.33)	65(36.11)	0.49
Doubting own abilities to handle things	44(12.22)	166(46.11)	150(41.67)	0.83	31(17.22)	93(51.67)	56(31.11)	0.62
Using experience of other people to deal with problems	109(30.28)	198(55.00)	53(14.72)	1.06	52(28.89)	85(47.22)	43(23.89)	0.67
Becoming aggressive	25(6.94)	159(44.17)	176(48.89)	0.84	17(9.44)	105(58.33)	58(32.22)	0.59
Using negative self talk	24(6.67)	145(40.28)	191(53.06)	0.55	25(13.89)	79(43.89)	76(42.22)	0.49
Yelling at friends and people	14(3.89)	106(29.44)	240(66.67)	0.46	25(13.89)	77(42.78)	78(43.33)	0.22
Procrastinating (delaying) work and duties	67(18.61)	170(47.22)	123(34.17)	0.61	30(16.67)	94(52.22)	56(31.11)	0.52
Thinking about suicide	1(0.28)	3(0.83)	357(99.17)	0.13	6(3.33)	15(8.33)	159(88.33)	0.46
Avoiding contact with people	40(11.11)	164(45.56)	156(43.33)	0.62	25(13.89)	63(35.00)	92(51.11)	0.56
Crying excessively	17(4.72)	113(31.39)	230(63.89)	0.58	33(18.33)	80(44.44)	67(37.22)	0.43
Depending on others to solve problems	15(4.17)	81(22.50)	264(73.33)	0.56	23(12.78)	79(43.89)	78(43.33)	0.37
Blaming others	22(6.11)	119(33.06)	219(60.83)	0.48	20(11.11)	65(36.11)	95(52.78)	0.39

Comparison among students of different universities in terms of stress coping strategies.

Comparison among undergraduate students.

**Table 6: Analysis of variance of different stress coping strategies among undergraduate students in four universities**

n=360

Coping strategies	PAU	GBPUAT	HAU	MPUAT	F-ratio
Relaxation strategies	Mean 13.46	10.33	11.12	9.73	3.17*
	SD 4.55	3.16	3.50	3.67	
Social support strategies	Mean 5.24	5.20	5.40	5.33	0.13
	SD 2.33	2.36	2.61	2.26	
Personal strategies	Mean 17.70	18.01	17.36	16.74	0.82
	SD 5.70	5.32	5.70	6.07	
Diet and exercise strategies	Mean 9.06	7.88	7.54	8.01	3.28*
	SD 4.14	3.02	3.35	3.49	
Psychological strategies	Mean 12.67	16.07	13.61	14.06	2.91*
	SD 4.54	5.77	4.72	5.03	

\*significant at 5% level

The Table 6 indicates the difference among universities in terms of coping strategies used by the undergraduate students. The results revealed that there was significant difference among universities in case of relaxation, Diet and exercise and Psychological strategies. The results were found to be significant at 5% level of significance.

**Comparison among post-graduate students**

**Table 7: Analysis of variance of different stress coping strategies among postgraduate students in four universities**

n=180

Coping strategies	PAU	GBPUAT	HAU	MPUAT	F-ratio
Relaxation strategies	Mean 8.71	7.84	7.87	8.69	1.56
	SD 2.63	2.56	2.93	2.31	
Social support strategies	Mean 4.69	4.69	4.87	4.93	0.22
	SD 1.52	2.10	1.78	1.70	
Personal strategies	Mean 12.73	13.87	12.11	10.56	3.34*
	SD 4.68	4.95	4.12	3.11	
Diet and exercise strategies	Mean 7.29	7.58	7.69	8.00	0.63
	SD 2.26	2.57	2.64	2.46	
Psychological strategies	Mean 13.16	10.31	11.18	12.18	3.57*
	SD 5.04	3.65	4.21	4.97	

\*significant at 5% level

The Table 7 depicted the difference among universities in terms of coping strategies used by the postgraduate students. The results revealed that there was significant difference among universities in case of personal and psychological strategies. The results were found to be significant at 5 per cent level of significance.

**Comparison between undergraduate and post-graduate students**

The Table 8 depicted the difference between undergraduate and postgraduate students in terms of major stress coping strategies used by them. The results revealed that there was significant difference in case of personal and psychological strategies used by undergraduate and post-graduate students.

**Table 8: Comparison between undergraduate and postgraduate students in terms of major stress coping strategies**

n=540

Stress Coping strategies	Undergraduate students (n <sub>1</sub> =360)		Postgraduate students (n <sub>2</sub> =180)		t-value
	Mean scores	Standard deviation	Mean scores	Standard deviation	
Relaxation strategies	0.78	0.36	0.63	0.36	1.05
Social support strategies	0.76	0.38	0.68	0.28	0.41
Personal strategies	1.03	0.36	0.72	0.33	2.66**
Diet and exercise strategies	0.59	0.37	0.59	0.40	0.33
Psychological strategies	0.77	0.26	0.63	0.29	1.97*

\*significant at 5% level, \*\* significant at 1% level

### CONCLUSION

Majority of the undergraduate as well as postgraduate students were using positive stress coping strategies. So there is need to encourage students to adopt same strategies to release their stress in future also.

In case of social support strategies majority of the students were seeking out friends for conversation to cope up with their stress. Thus parents and teachers should be vigilant of student's company.

Stress coping strategies like meditation and yoga were least practised by undergraduate and postgraduate students. Thus students should be motivated to adopt these scientifically approved stress releasing strategies.

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