



# South Asian Journal of Marketing & Management Research (SAJMMR)

(Double Blind Refereed & Peer Reviewed International Journal)



**DOI: 10.5958/2249-877X.2021.00049.7**

## COVID 19 AND STRESS AMONG STUDENTS

**Dr L.Vijayashree\*; Shishira Srinivasa\*\***

\*Head-New Gen IEDC, ED Cell & Professor -MBA DEPT,  
BNMIT, INDIA

\*\*Part time PhD Scholar,  
BNMIT, Bangalore (Affiliated to VTU), INDIA

### ABSTRACT

*In today's culture, there are numerous factors that may act as a stress catalyst, making stress a big aspect of one's life. Covid-19 has wrought tremendous havoc all over the planet. Stress isn't just an issue for adults; it's also growing more common among children of all ages. Proper stress management is incredibly difficult to achieve since parents do not have the time to adequately care for their children. Most people assume that stress can only be caused by a traumatic event, but the fact is that tension may also be caused by a good experience. There are numerous causes of student stress that can lead to stress in a student's life, including misbehavior between the student and the teacher, which can lead to increased tension and stress. A lack of parental engagement also led in attacks on all pupils. Children in general do not pay attention to their eating habits, making them more vulnerable to stress in general. Inadequate sleep is also a source of stress, and students all over the world suffer as a result. Students' capacity to manage stress is hit or miss.*

**KEYWORDS:** Covid-19, Students, Stress, Online Classes, Impact, Remedies

### REFERENCES:

1. Currie C, Molcho M, Boyce W, Holstein B, Torsheim T, Richter M. Researching health inequalities in adolescents:
2. The development of the Health Behaviour in School-Aged Children (HBSC) Family Affluence Scale. *Social Science & Medicine*. 2016 ;66(6):1429–1436.
3. Dangi RR, George M. Psychological Perception of Students During COVID-19 Outbreak in India Psychological Perception of Students During COVID-19 Outbreak in India. *High Technol Lett* [Internet]. 2020;26(6):142–78. Available from: [https://www.researchgate.net/publication/342094992\\_Psychological\\_Perception\\_of\\_Students\\_During\\_COVID-19\\_Outbreak\\_in\\_India](https://www.researchgate.net/publication/342094992_Psychological_Perception_of_Students_During_COVID-19_Outbreak_in_India)

4. Eisenberg, D., Gollust, S. E., Golberstein, E., & Hefner, J. L. (2007). Prevalence and correlates of depression, anxiety, and suicidality among university students. *The American Journal of Orthopsychiatry*, 774, 534–542.
5. Fink G. Stress: Definition and history. In: *Encyclopedia of Neuroscience* [Internet]. 2009. p. 549– 55. Available from: <https://www.researchgate.net/publication/285784528>
6. Folkman S. (2015) A theoretical analysis. , *Journal of Personality and Social Psychology* 46, 839-852.
7. Gale SD, Berrett AN, Erickson LD, Brown BL, Hedges DW. Association between virus exposure and depression in US adults. *Psychiatry Res* [Internet]. 2018;261(March):73–9. Available from: <https://doi.org/10.1016/j.psychres>.
8. Hunsley, J., Elliott, K., and Therrien, Z. 2020. The efficacy and effectiveness of psychological treatments for mood, anxiety, and related disorders. *American Psychology* 55(3), 161-176.
9. Jennings. M L (2009) Medical student burnout: interdisciplinary exploration and analysis. , *The Journal of Medical Humanities* 30, 253-269.
10. Kessler, R. C. (2012). The costs of depression. *The Psychiatric Clinics of North America*, 351, 1–14.
11. Kraag, G., Zeegers, M. P., Kok, G., Hosman, C., & Abu-Saad, H. H. (2006). School programs targeting stress management in children and adolescents: A meta-analysis. *Journal of School Psychology*, 44(6), 449–472.
12. Lewis, J. & Webster, A. (2014). *Sort Your Brain Out: Boost Your Performance, Manage Stress and Achieve More*, Capstone.