**RESEARCH METHOD (SOC 308)**

**GROUP WORK**

**TOPIC**

**THE ROLE OF STRESS ON ACADEMIC WORK IN NIGERIAN UNIVERSITIES. CASE STUDY; AFEBABALOLA UNIVERSITY ADO EKITI**

**GROUP MEMEBERS**

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**INTRODUCTION**

 “Academic stress is a mental distress with respect to some anticipated frustration associated with academic failure or even awareness of the possibility of such failure”. (Gupta and Khan, 1987). For many undergraduate students, university life is a major transition in their lives since they are accorded the chance to decide what to do without the undue influence of their parents. The students make various decisions regarding all aspects of their lives such as academics, social life, and leisure activities (Baker, 2003). However, amidst the new found freedom students have to struggle to meet the expectations of their parents which include expectations related to their academic performance (Smith & Renk, 2007). Stress is an inevitable part of life; it can take a toll on students' physical health, emotional wellbeing, and academic success unless they learn to manage it appropriately. College students experience stress related to changes in lifestyle, increased workload, new responsibilities, and interpersonal relationships.

Stress has been seen tightening its grip on the students, as they have to compete at every step of their academic career in this fast moving world. This shadow of academic stress all the more darkens for the students of high and intermediate schools as they have to enter into the world of competition for choosing their respective careers. In addition society believes that that graduating from a high-ranking university is a “passport” to a good job, high salaries, and high social status (Ang & Huan, 2006). As a result, the students are indirectly subjected to a variety of stressors mainly linked to academic success (Sreeramareddy, Shankar, Binu, Mukhopadhyay, & Menezes, 2007). There are various coping strategies used by students when experiencing academic stress. Some resort to avoidant coping; alcohol/drug abuse, denial and behavioral disengagement; while others cope actively through acceptance, planning, and positive reframing and taking the necessary steps to overcome the academic stress (Sreeramareddy et al., 2007).

**OBJECTIVES**

* To study and access academic stress amongst youths in Nigerian universities.
* Effects of stress on student’s academics. Also analyze the sources of students stress and its associated causes.
* To know the present level of academic stress students face.
* To know how academic stress affects the mental health of students.

**SURVEY ON THE ROLE OF STRESS ON ACADEMIC WORK AMONG AFEBABLOLA UNIVERSITY STUDENT, ADO EKITI**

Dear respondent,

We the students of sociology department, 300 level in Social Management Science College, are conducting a survey research on **‘the role of stress on academic work among ABUAD students’.** The main purpose is to examine the main sources of academic stress students face in the university and if it poses a threat to their academic work and performances. So, your identity will be anonymous and the information provided will be confidential. The responses provided would be kept confidential.

Thank you in advance for your cooperation.

**QUESTIONS**

**Section A:**

**Demographic Data**

Please fill in the gap and tick where appropriate

1. Gender – female ( ) Male ( )
2. College - SMS ( ) Medicine ( ) Engineering ( ) law ( ) sciences ( )
3. Levels - 100lvl ( ) 200lvl ( ) 300lvl( ) 400lvl ( ) 500lvl ( )
4. Age - 15- 16 ( ) 17-19( ) 20 and above ( )

**Section B:**

**Kindly fill in the gab ( ) that most agree with your view.**

1. How many hours do you spend in class per day?

2-3hours ( ) 4-7 hours ( ) 6 hours and above ( )

1. How many hours do you study in a day

2-3 hours ( ) 4-5 hours ( ) 6hours and above ( )

1. Do lecturers give out plenty assignments?

Yes ( ) No ( )

1. If yes, does the assignments stress you out?

Yes ( ) No ( )

1. Do your course mates add to your academic stress?

Yes ( ) No ( )

1. If yes in what way do they add to your academic stress?

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1. Are your lecturers a contributing factors to stress?

Yes ( ) No ( )

1. If, yes how do they contribute to it?

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1. Do you recognize stress in your life?

Yes ( ) No ( )

1. How stressed do you feel on a daily basis?

Not stressed at all ( )

A little bit stressed ( )

Extremely stressed ( )

1. What are the usual physical effects of stress you’ve noticed on yourself? (Select all that apply).

Increased heart rate ( )

Increased blood pressure ( )

Upset stomach, nausea, diarrhea ( )

Tunnel visions ( )

Feeling uncoordinated ( )

1. What are your personal methods to relive academic stress? (Select all that apply)

Eating ( )

Sleeping ( )

Drinking ( )

Drugs ( )

Talking with someone ( )

Social media ( )

Others, state ( )

1. Do you experience other forms of stress, apart from academic stress?

Yes ( ) No ( )

1. If yes, what other forms of stress do you experience?

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1. Is the academic stress affecting your mental health?

Yes ( ) No ( )

1. If yes, in what way?

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1. When stressed do you exhibit certain behaviors?

Yes ( ) No ( )

1. If yes, what kind of behavior do you exhibit?

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1. What are your most stress factor in your current academic context? (Select all that apply)

Study work load ( )

Grades ( )

Relationship in school or outside school ( )

Relationship with other students ( )

Campus social life ( )

Others, state ( )

1. From what you ticked above are you properly handling it?

Yes ( ) No ( ) Not handling it ( ) cannot handle it ( )

1. What is something that our university could do to help lower your stress? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_