

A Review Study on the Role of Depression, Anxiety and Stress in Academic Sector

Monika Jhangra¹, Dr. Ankita Singh Rao²

Research scholar¹, Assistant Professor²

School of Design and Arts, Poornima University, Jaipur, India

Abstract: Excellence in now's day extremely competitive academic loads more than a thorough knowledge of particular Area. Students are a crucial age because young publics are facing various changes in lifecycle. They should enhance their capability to achieve stress in demand to alive a healthy life after incoming the public. Students not only necessity to adapt to a new lifecycle and new environment, on the other hand also required to be at home with many new people, things and events. Their lifecycle is very stressful. It is significant to understand the sources of stress and how to deal with them. Depression, stress, anxiety generally came from educational tests, relationship difficulties, interpersonal relationships, life ups and downs, studies, peer , teachers, parent's pressure and occupation exploration. This stress can often cause psychological, behavioral problems and physical. Appropriate events should be taken to help make the right decision, affect their future. Reducing anxiety and timing and leisure activities may be an effective strategy Decrease the learning pressure of college students. With the help of this study we learn more about colors and how they touch our feeling to styling improved. Using some right color of different spaces and person can also help to reduce stress and depression.

Keywords: - Depression, anxiety, academic stress, color for stress

Introduction: - In present life, stress is inevitable, since the need to achieve highlights is much higher than everyone's ability. The environment expects everyone to achieve tremendous achievements in

society, and those who cannot match it to their needs will be put under pressure. Stress is just the mental pressure that humans encounter due to daily activities. Regardless of occupation, department, cadre, gender, age, cultural background, etc., everyone in this world will be under pressure. Youth is a dangerous age, and student experience role confusion and self-organization. For them, the stress generally comes from educational tests, relationship difficulties, interpersonal relationships, career development and finance. Considering all these factors, this kind of stress usually leads to psychological, physical and behavioral problems. Therefore, we strive to understand the pressure and sensitive regulation of today's young people. The inferences from this research may lead to improved adaptability and educational piece.

What is stress?

Stress is a sensitive or physical pressure. It may come from any event or understood that makes you nervous, frustrated, or angry. Stress is the body's answer to a need or challenge. In a short time, stress may be positive, for example when stress helps you avoid danger or before the deadline. Stress is where somebody feels helpless or threatened Stress from specific situations and their bodies respond accordingly. Hormone release preparation action body. Rapid heartbeat, Blood pressure increases. Additional blood is delivered to the heart and the main physiques, and from "less Important" zones, such as the digestive system.

Symptoms of Anxiety, stress and depression:

Excessive Worrying, Feeling Agitated, Restlessness, Fatigue, Irritability, Tense Muscles, Panic Attacks, Anxiety Falling or Staying Asleep, Avoiding Social Situations, weakness, feeling too cold or too hot, fast breathing, or hyperventilation, sweating and etc.

Impact of color on stress level

According to many researchers, People with stress are more possible to associate their feelings with gray, while cheerful people prefer yellow. The effects are detailed in the BMC Medical Research Methodology magazine today, which can help doctors assess the feelings of student and other patients who cannot interconnect verbally. When it comes to feelings, there are great changes the groups. Only 39% of well persons associate their feelings with a color. In the voting results, Yellow 14 is the most standard choice, with about 20% of the votes. At the same time, about 30% of anxiety patients have gray shades, and more than half of depressed helpers also have. In gap, well volunteers only use gray shading to define their feelings about 10% of the time.

Literature review

Frank, R.A. and Kodikal, R (2019), has presented we can control the learning pressure among UG students and can identify various sources of stress. People also say that a small amount of positive pressure is important to motivate students to perform better, but this pressure can still lead to disasters in students' lives by affecting learning and memory. Stress can also lead to physical and mental health problems and reduce the level of confidence. In extreme cases, students may terminate their lives, which is the situation in most modern situations. Universities must guide students to develop interpersonal skills so that they can share their problems, seek guidance and reduce the burden on friends and family. Time management techniques and avoiding the use of

electronic products can save a lot of production time and can be used directly for courses and extracurricular activities. Universities may also consider establishing counseling units on campus to provide psychological counseling to students to help them relax.

Basudan, S., Binanzan, N. and Alhassan, A., (2017) The purpose of this article is to use the Depression, Anxiety and Stress Scale to measure the occurrence and level of depression, anxiety and stress in dental students. The high incidence of depression, anxiety and stress among dental students highlights the importance of providing support plans and taking preventive measures to help students, especially those who are most at risk of advanced mental illness.

Behere, S.P., Yadav, R. and Behere, P.B., (2011) has proposed Stress as a whole is common among students in all three fields, regardless of age, gender and other variable. Students in all three areas deny that there are problems, with the largest number of nursing students. The stress level of medical and engineering students needs clinical attention, and none of them the classification of nursing students belongs to this category. There is a blind attitude among students coping with the existing pressure is a serious problem and may indicate severe psychological and psychosocial problems.

Bhargava, D. and Trivedi, H., (2018). Has proposed Stress is a condition of mental stress caused by the problems faced by specific individuals in the face of environmental and social well-being. This disease causes many diseases. Adolescence is a critical period, because life at this time looks many changes. The researchers found that stress mostly came from educational tests, social relationships, interpersonal relationship difficulties, life changes and career development. This stress can often cause psychological, physical, and behavioral problems. This study found the cause of stress among young

people. Therefore, after determining the cause, the researchers suggest that more attention can be paid to the development stage of children entering adolescence. They should grow up in a positive environment. By reducing the negative effects of stressors, more attention should be paid to outdoor activities and a hostile learning environment. The research results will be helpful to individual students, academics, lecturers, career and counseling centers.

Reddy, K.J., Menon, K.R. and Thattil, A., (2018). Has presented Academic pressure has become a common problem throughout the country, cultural and ethnic groups. Current research shows that academic pressure is still a serious problem, affecting students' mental health and well-being. It also emphasizes the stream-wise differences in stressful experiences. Therefore, the management of the disease becomes crucial at all levels, including individuals, society, and institutions. Techniques such as biofeedback, yoga, life skills training, mindfulness meditation, and psychotherapy have been found to effectively reduce the stress of students. Understanding resources in different fields will enable professionals in the field to tailor intervention strategies for students.

Reddy, J.K., Menon, K. and Thattil, A., (2017). has presented the transition occurs at the individual and social levels, adolescents are particularly vulnerable to the concept of academic pressure, so management of this situation becomes critical at all levels, including the individual, social, and institutional levels. Biofeedback, Yoga, life skills training, mindfulness meditation, and psychotherapy have been found to effectively reduce the stress of students. Understanding sources from different fields will enable professionals in the field to combine the most effective strategies to tailor interventions for students.

Kutchma, T.M., (2003). The purpose of this study is to study the red and green room color pair's Personal perception of stress. Through previous research, it was found that the color of the room has a specific Influence on psychomotor activity and emotional state. During the reporting process, some subjects Report an increase in heart rate or feeling nervous in the red state. Although many subjects the report said that the stall looked dull or closed in green. The heart beats faster, only the feeling of tension. The subject also reported that the red condition was very bright Compared with green and white conditions. This can explain the feeling of rapid heartbeat Compared with the predictable tension in the green case, the red case Subjects are more likely to feel closed. Where physiological research may be relevant a red environment will increase your heart rate, a green environment will report stress or Blood pressure measurement; social psychology research may be considered control.

Lubos, L.C., (2008). According to author, Conduct research to determine the effect of color relieves pressure. The stress level of students is significantly reduced Blue and pink color therapy. For nursing students, clinical work is a stressful experience. However, students after receiving color therapy, the pressure were significantly reduced. Both blue and pink colors are soothing. Blue has a stronger effect on reducing stress.

Various types of therapies used as to treat stress, depression and anxiety.

- **Time management strategies:** few persons sense stress and depression if they create too various commitments at once. There may involve work, family and fitness related events. Development for the upcoming needed measure can service avoid this stress. Current time management strategies can benefit publics focus on one mission at a period. Book-

based organizers and online calendars can help you fight the need to multitask.

- **Colors:** Different colors will have different psychological effects, physical, emotional. While some colors cool persons, others are exciting. Nearby physically with the correct colors can help you take benefit of their single benefits, such as reducing stress. People who breathing in areas with more green spaces has better mental health and physical, than those with fewer green places. Red denotes power and strength, and may even motivate aggression. Yellow is linked with hope, happiness, and cheerfulness. As "warm colors", both red and yellow are careful to growth the sense of arousal. Green is emotionally still and denotes harmony. Blue is a practical color, but it is very restful and can lower blood pressure. As a "cool" shade, both green and blue are calming.
- **Meditation:** Your primary care provider may also recommend medicines to help treat anxiety disorders that have been diagnosed. These may include selective serotonin reuptake inhibitors (SSRI), such as sertraline (zoloft) or paroxetine (paroxetine). Sometimes providers use anti-anxiety drugs (benzodiazepines), such as diazepam ((valium) or lorazepam ((alprazolam)), but these methods are usually used in the short term due to the risk of addiction.
- **Spend time with friends and family:** Community livelihood from friends and family can help you spend a stressful time. Being share of a system of friends will bring you a sense of belonging and self-worth, which can help you in problematic situations.

- **Counseling:** Speaking is a tried and tested method to overcome stress, anxiety or depression. Cognitive behavior therapy (CBT) provides employees with channels to eliminate any negative thoughts or feelings, which can reduce stress and maintain their mental health.
- **Yoga:** Yoga is a mind-body exercise that chains body posture, meditation or relaxation and controlled breathing. Yoga can help decrease stress, anxiety and depression, lower heart rate and lower blood pressure

Conclusion: This study attempts to review academic pressure and the causes and symptoms of stress, anxiety and depression, how to deal with them Stress mechanism. Cause of stress in adolescence is due to educational tests, relationship difficulties, interpersonal relationships, life ups and downs, studies, peer, teachers, parent's pressure and occupation exploration. This stress can often cause psychological, behavioral problems and physical. It cuts the physical movement of the body and reduces the time spent with friends and relatives. All of this creates anxiety and growths the likelihood of depression and suicide. This is required plus recommended for students who systematically set goals, use technology to a limited extent and share your emotions with loved ones. Therefore, the management of the disease becomes crucial at all levels, including individuals, society, and institutions. Techniques such as biofeedback, yoga, life skills training, colors, Time management strategies, mindfulness meditation, support, motivation and psychotherapy have been found to effectively reduce the stress of students. Understanding resources in different fields will enable specialists in the field to tailor intervention strategies for learners. Ultimately, improving students' overall living standards is not only good for individuals, but also for the overall

productivity of the institution and achieve their goals their purpose or goal.

References

- (1). Frank, R.A. and Kodikal, R.2019, Percieved Role Stressors amongst Students in Higher Education.
- (2). Basudan, S., Binanzan, N. and Alhassan, A., 2017. Depression, anxiety and stress in dental students. International journal of medical education, 8, p.179.
- (3). Behere, S.P., Yadav, R. and Behere, P.B., 2011. A comparative study of stress among students of medicine, engineering, and nursing. Indian journal of psychological medicine, 33(2), p.145.
- (4). Bhargava, D. and Trivedi, H., 2018. A study of causes of stress and stress management among youth. IRA-International Journal of Management & Social Sciences, 11(03), pp.108-117.
- (5). Reddy, K.J., Menon, K.R. and Thattil, A., 2018. Academic stress and its sources among University students. Biomedical and Pharmacology Journal, 11(1), pp.531-537.
- (6). Reddy, J.K., Menon, K. and Thattil, A., 2017. Understanding academic stress among adolescents. Artha Journal of Social Sciences, 16(1), pp.39-52.
- (7). Kutchma, T.M., 2003. The effects of room color on stress perception: red versus green environments. Journal of Undergraduate Research at Minnesota State University, Mankato, 3(1), p.3.
- (8). Lubos, L.C., 2008. The role of colors in stress reduction. Liceo Journal of Higher Education Research, 5(2), pp.1-1.