

Causes and consequences of physical stress among college students

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Abstract

College students experience high levels of stress in many areas of their daily lives. Every person has stress and it affects their body, which is called physical effects. The most obvious form of physical stress is acute injury. Acute injury is an injury that occurs as a result of a specific event. A muscle slip, wrist bowling fracture, shoulder ski displacement; these are examples of serious injury caused by physical stress. However, not all forms of physical stress come in such an obvious form. The most common and untreated form of physical stress comes from chronic condition or overuse, both of which are also known as chronic stress. Conditions such as sitting or arthritis with daily poor posture create a stress on the body that is just as harmful as any injury. Many people with physical disabilities experience anxiety and depression due to loss and altered behaviors of the people around them. This may be a usual or unusual event. The researcher conducted the research to find out which physical consequences are most affected to students, and examines whether physical stress and their gender are interrelated. In order to obtain reliable data, structural Questionnaire (link) via Whatsapp and email using the "Google-Form" sent a total of 460 samples. This study shows that there is significant difference between the causes and the consequences of physical stress. The researcher has applied the statistical tools like percentage analysis, reliability test, factor analysis, t-test, Friedman test, and paired sample test to analyse the results.

Keywords: *Physical Stress, Causes, College Students, Consequences, Stress, Stressors*

JEL Classification: *D19, I12*

Introduction

The body reacts to stress by releasing hormones. These hormones further alert the brain, making the muscles tense and increasing the pulse. In the short term, these reactions are good because they help to handle the stressful situation. This is the body's way of defending itself. Stress in a biological or medical environment is a physical, mental or psychological or emotional factor that causes physical or psychological stress. Stresses

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can be internally (from disease or medical practice, physical challenges) or can be externally (from family, environmental, workplace factors, psychological or social circumstances). It has the potential to have a positive impact on stress and a negative impact on our lives. It can also cause physical conditions such as headaches, hair loss, digestive problems, body weight problems and sleep disturbances. It can also cause psychological and emotional strain, including confusion, anxiety and depression. Stress has become a significant topic in academic circles. Students feel stressed even when they have too less sleep, poor diet and too much no work. Not only that, but they also experience stress when they travel to college or staying in hostel. Besides, **Bland *et al.* (2014)** found positive protective impact of physical activity such as exercise and behaviors on stress tolerance among college students. **Bulo & Sanchez (2014)** empirically found the students' higher pressure on each other and lower environmental pressure. **Mushtaq & Akhouri (2016)** stressed on the need for a change in the attitude of the society towards the disabled, as well as those who are physically challenged need to change their attitude towards themselves. Having this background, the present study concentrates on the causes of physical stress and the consequences of physical stress among the students.

Objectives of the Study

1. To assess the physical stress level among the college students.
2. To examine the causes and consequences of physical stress among the college students.

Methodology of the Study

The present study is analytical in nature. Data relating to undertaken to students' physical stress level have been collected from a total of 460 samples of respondents through a self-developed structural Questionnaire link which was sent to them via Whatsapp and email using the "Google Form". The collected data have been analyzed employing percentage, reliability test, factor analysis, t-test, Friedman test, and paired sample test. The study used SPSS software for the data analysis.

Results and Discussion

Demographic profile

Of the total sample, 55.4% are females and 44.6% are males, 89.6% within the age group of 16-25, 6.5% within the age group of 26-35, 3.9% within the age group of above 35, 10% got married and the balance 90% are unmarried. Out of the sample, 7% belong to Agriculture major, 23.3% belong to Arts major, 52.8% belong to Commerce, 0.9% belong to Education, 3% belong to Engineering, 1.3% belong to Law, 1.1% belong to Management and 17% belong to Science major, 60% are studying under graduation, 27.4% are studying post graduation, 3.3% are doing master of philosophy and 9.3% are doing doctor of philosophy. With regard to the institutional type, 57.8% are studying in government institutions, 16.3% are studying in aided institution, 24.8% are in self-financing institutions and the remaining 1.1 are studying in private institution, 92.4% are day scholars and 7.6% are hostellers. Based on the sample, 6.7% are not doing any homework daily, 44.3% are using less than 2 hour to do their homework, 34.6% are taking 2-4 hours to do their homework, 9.1% taking

4-6 hours, 3% taking 6-8 hours and 2.2% taking more than 8 hours to do their homework, 1.5% have the habit of sleeping less than 4 hours, 18.7% sleeping 4-6 hours, 52.2% sleeping 6-8 hours, 23.5% sleeping 8-10 hours and 4.1% are sleeping above 10 hours. Hence it is understood that the sample group consist of majority females, youngsters, under graduates, mixed with all disciplines, studying in Government Institutions and days scholars.

Physical Stress

Table 1: ANOVA and Reliability Test

Items		Sum of Squares	df	Mean Square	F	Sig
Between People		3121.597	459	6.801	34.423	.000
Within People	Between Items	301.997	9	33.555		
	Residual	4026.803	4131	.975		
	Total	4328.800	4140	1.046		
Total		7450.397	4599	1.620		
Grand Mean = 2.18, Cronbach's Alpha = .857						

Source: Derived from Primary Data

ANOVA and reliability analysis as presented in Table 1 shows that the value of Cronbach's Alpha is 0.857 which is the good measure of reliability. The F value is 34.423 and is statistically significant as the p value is less than 0.05. Therefore, it can be considered that all the statements taken for the study are reliable, statistically significant and can be used for further analysis.

The value of Kaiser-Meyer-Olkin Measure of Sampling Adequacy as shown in Table 2 is 0.833 which is moderate and Bartlett's Test of Sphericity is statistically significant as the p value is less than 0.05. The value of chi-square is 1969.084 for degrees of freedom of 45.

Table 2: KMO and Bartlett's Test

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.833
Bartlett's Test of Sphericity	Approx. Chi-Square	1969.084
	Df	45
	Sig.	.000

Source: Derived from Primary Data

The 10 physical stress variables are classified and brought under two factors namely Challenged Disabilities and Common Disabilities.

Factor I: Challenged Disabilities

The five statements filtered under this head are Deaf and dumb disorder (0.872), Physically challenge (0.835), Vision impairment (0.745), Part time job (0.646) and Working too hard (0.610). The variance of this factor is 31.785 percent which consists of 52.27 percent out of total.

Factor II: Common Disabilities

The five statements filtered under this head are Tired (0.843), Restless sleep (0.766), Restlessness (0.712), Health condition (0.631) and Travelling difficulties (0.631). The variance of this factor is 29.026 percent which consists of 47.73 percent out of total.

Table 3: Factor Analysis for Physical Stress

Physical Stress	Component	
	Challenged Disabilities	Common Disabilities
Deaf and dumb disorder	.872	.069
Physically challenge	.835	.059
Vision impairment	.745	.271
Part time job	.646	.198
Working too hard	.610	.424
Tired	-.129	.843
Restless sleep	.130	.766
Restlessness	.347	.712
Health condition	.347	.631
Travelling difficulties	.319	.631
% of Variance	31.785	29.026
Cumulative % of Variance	31.785	60.812
Total	52.27	47.73

Source: Derived from Primary Data

Note: Extraction Method: Principal Component Analysis

Rotation Method: Varimax with Kaiser Normalization

Table 4: Component Transformation Matrix

Component	Challenged Disabilities	Common Disabilities
Challenged Disabilities	.742*	.670*
Common Disabilities	-.670*	.742*

Source: Derived from Primary Data

Note: Extraction Method: Principal Component Analysis

Rotation Method: Varimax with Kaiser Normalization

Table 4 shows that Challenged Disabilities factor has positive and close relationship with Challenged Disabilities (0.740) and positive relationship with Common Disabilities (0.672) and Common Disabilities factor has negative relationship with Challenged Disabilities (-0.672) and positive relationship with Common Disabilities (0.740).

Table 5 presents that the mean value of Restlessness for Female students is 2.50 (SD:1.248) and Male students is 2.58 (SD:1.393) is ranked as first, Tired for Female students is 2.52 (SD:1.203) and for Male students is 2.30 (SD:1.258) is ranked as second, Working too hard for Female students is 2.24 (SD:1.252) and for Male students is 2.56 (SD: 1.408) is ranked as third, Travelling difficulties for Female students is 2.24 (SD:1.249) and

for Male students is 2.43 (SD:1.295) is ranked as fourth, Restless sleep for Female students is 2.29 (SD:1.197) and for Male students is 2.36 (SD:1.293) is ranked as fifth, Health condition for Female students is 2.20 (SD:1.146), for Male students is 2.30 (SD:1.231) is ranked as sixth, Vision impairment for Female students is 1.89 (SD:1.185) and for Male students is 2.31 (SD:1.397) is ranked as seventh, Deaf and dumb disorder for Female students is 1.63 (SD:1.068) and for Male students is 2.17 (SD:1.273) is ranked as eighth, Physically challenge for Female students is 1.64 (SD:1.116) and for Male students is 2.10 (SD:1.31) is ranked as ninth and Part time job for Female students is 1.58 (SD:1.039) and for Male students is 2.00 (SD:1.293) has a last ranked as tenth and to promote for further tests can be conducted. It is inferred that for females, the major physical stress are Tired, Restlessness and Restless sleep while for males, the major physical stress are Travelling difficulties, Restlessness and Working too hard.

Table 5: Descriptive Statistics for the Physical Stress

Physical Stress	Gender	N	Mean	Std. Deviation	Std. Error Mean
Travelling difficulties	Female	255	2.24	1.249	.078
	Male	205	2.43	1.295	.090
Tired	Female	255	2.52	1.203	.075
	Male	205	2.30	1.258	.088
Restlessness	Female	255	2.50	1.248	.078
	Male	205	2.58	1.393	.097
Restless sleep	Female	255	2.29	1.197	.075
	Male	205	2.36	1.293	.090
Part time job	Female	255	1.58	1.039	.065
	Male	205	2.00	1.293	.090
Health condition	Female	255	2.20	1.146	.072
	Male	205	2.30	1.231	.086
Working too hard	Female	255	2.24	1.252	.078
	Male	205	2.56	1.408	.098
Vision impairment	Female	255	1.89	1.185	.074
	Male	205	2.31	1.397	.098
Deaf and dumb disorder	Female	255	1.63	1.068	.067
	Male	205	2.17	1.273	.089
Physically challenge	Female	255	1.64	1.116	.070
	Male	205	2.10	1.310	.091

Source: Derived from Primary Data

As per F statistic given in Table 6, Vision impairment is 17.781 (t:-3.504, p:0.000), Deaf and dumb disorder is 14.822 (t:-4.933, p:0.000), Part time job is 13.524 (t:-3.869, p:0.000), Physically challenge is 10.760 (t:-4.015, p:0.001), Working too hard is 5.246 (t: -2.584, p: 0.022), Restlessness is 4.406 (t:-.637, p:0.036), Restless sleep is 2.892 (t: -.600, p: 0.090), Tired is 2.743 (t:1.945, p:0.098), Health condition is 1.523 (t:-.887, p:0.218) and Travelling difficulties is .258 (t:-1.636, p:0.612). Vision impairment, Deaf and dumb disorder, Part time job, Physically challenge, Working too hard and Restlessness are

considered to be the major physical stress as the results are statistically significant with the p values less than 0.05. On the other hand, Restless sleep, Tired, Health condition and Travelling difficulties are insignificant as p values are greater than 0.05. In terms of gender, Physical stress is caused by Part time job, Deaf and dumb disorder, Vision impairment, Working too hard and Physically challenge.

Physical Consequences

Table 7: ANOVA for Reliability Statistics

Physical Consequences		Sum of Squares	df	Mean Square	F	Sig
Between People		7856.830	459	17.117	21.499	.000
Within People	Between Items	501.029	29	17.277		
	Residual	10696.938	13311	.804		
	Total	11197.967	13340	.839		
Total		19054.796	13799	1.381		
Grand Mean = 2.00						
Cronbach's Alpha = 0.953						

Source: Derived from Primary Data

ANOVA and reliability analysis for the Physical Consequence as presented in Table 7 shows that value of Cronbach's Alpha is 0.954 which is the good measure of reliability and the mean square Between People is 17.117 and Between Items is 17.277. The F value is 21.499 and is statistically significant as the p value is 0.000 which is less than 0.05. Thus, all the statements taken for analysis are reliable, statistically significant and further tests can be conducted.

Table 8: KMO and Bartlett's Test for Physical Consequences

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.952
Bartlett's Test of Sphericity	Approx. Chi-Square	8155.732
	Df	435
	Sig.	.000

Source: Derived from Primary Data

As per the result depicted in Table 8, it is noted that the Kaiser-Meyer-Olkin Measure of Sampling Adequacy is 0.952 which is moderate and Bartlett's Test of Sphericity is statistically significant as the p value is 0.000 which is less than 0.05. The value of chi-square is 8155.732 for degrees of freedom of 435.

Table 6: Independent Samples Test for Physical Stress

Physical Stress When Equal variances assumed	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	p	t	df	p	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
Vision impairment	17.781	.000	-3.504	458	.001	-.422	.120	-.659	-.185
Deaf and dumb disorder	14.822	.000	-4.933	458	.000	-.538	.109	-.753	-.324
Part time job	13.524	.000	-3.869	458	.000	-.421	.109	-.634	-.207
Physically challenge	10.760	.001	-4.015	458	.000	-.454	.113	-.677	-.232
Working too hard	5.246	.022	-2.584	458	.010	-.321	.124	-.565	-.077
Restlessness	4.406	.036	-.637	458	.525	-.079	.123	-.321	.164
Restless sleep	2.892	.090	-.600	458	.549	-.070	.116	-.299	.159
Tired	2.743	.098	1.945	458	.052	.224	.115	-.002	.450
Health condition	1.523	.218	-.887	458	.376	-.099	.111	-.317	.120
Travelling difficulties	.258	.612	-1.636	458	.102	-.195	.119	-.429	.039

Source: Derived from Primary Data

Table 9: Factor Analysis for Physical Consequences

Physical Consequences	Component			
	Serious Phenomenon	Strange Phenomenon	Extraordinary Phenomenon	Usual Phenomenon
Wrist Pain	.721	.121	.204	.235
Digestive upset	.684	.337	.226	.106
Lower abdomen pain	.666	.324	.189	.143
Eye problems	.630	.017	.267	.288
Neck pain	.619	.056	.117	.437
Finger Numbness	.592	.285	.135	.282
Back Pain	.582	-.083	.328	.412
Ulcer	.546	.351	.351	-.030
Pounding heart	.526	.234	.476	.036
Weight gain	.455	.281	.208	.176
Foot Numbness	.213	.767	.106	.133
Thigh Pain	.236	.738	.044	.377
I feel trouble while breathing	.139	.710	.266	.240
Cracking nail	.134	.704	.295	.196
Shivering hands and feet	.108	.676	.240	.420
Knee pain	.396	.571	.065	.403
Teeth grinding	.535	.558	.177	-.016
Once I wake up, it is hard to get back to sleep	.190	.261	.716	.192
Hair fall	.274	-.199	.615	.314
I wake up several times at night	.098	.472	.586	.239
Once I dejected, it is hard to over come	.263	.452	.573	.088
Insomnia/Inability to sleep	.441	.236	.544	.019
Restlessness	.392	.151	.540	.299
Sweating on hands and feet	.263	.417	.502	.080
Weight loss	.329	.288	.429	.274
Headaches	.067	.229	.178	.728
Stomach pain	.205	.272	.127	.676
Muscle weakness	.247	.409	.090	.623
Shoulder Pain	.353	.289	.152	.622
Fatigue/Tiredness	.246	.139	.442	.591
% of Variance	17.619	16.916	12.856	12.403
Cumulative % of Variance	17.619	34.535	47.391	59.794
Total	29.47	28.29	21.50	20.74

Source: Derived from Primary Data

Note: Extraction Method: Principal Component Analysis

Rotation Method: Varimax with Kaiser Normalization

The 30 physical consequences variables are classified and brought under four factors namely Serious Phenomenon, Strange Phenomenon, Extraordinary Phenomenon and Usual Phenomenon.

Factor I: Serious Phenomenon

This factor consists of ten statements such as Wrist Pain (0.721), Digestive upset (0.684), Lower abdomen pain (0.666), Eye problems (0.630), Neck pain (0.619), Finger Numbness (0.592), Back Pain (0.582), Ulcer (0.546), Pounding heart (0.526) and Weight gain (0.455). The variance of this factor is 17.619 percent which consists of 29.47 percent out of total.

Factor II: Strange Phenomenon

The seven statements coming under this head are, Foot Numbness (0.767), Thigh Pain (0.738), I feel trouble while breathing (0.710), Cracking nail (0.704), Shivering hands and feet (0.676), Knee pain (0.571) and Teeth grinding (0.558). The variance of this factor is 16.916 percent which consists of 28.29 percent out of total.

Factor III: Extraordinary Phenomenon

The eight statements filtered under this factor are Once I wake up, it is hard to get back to sleep (0.716), Hair fall (0.615), I wake up several times at night (0.586), Once I dejected, it is hard to overcome (0.573), Insomnia/Inability to sleep (0.544), Restlessness (0.540), Sweating on hands and feet (0.502) and Weight loss (0.429). The variance of this factor is 12.856 percent which consists of 21.50 percent out of total.

Factor IV: Usual Phenomenon

The five statements filtered under this head are Headaches (0.728), Stomach pain (0.676), Muscle weakness (0.623), Shoulder Pain (0.622) and Fatigue/Tiredness (0.591). The variance of this factor is 12.403 percent which consists of 20.74 percent out of total.

Table 10: Component Transformation Matrix

Component	Serious Phenomenon	Strange Phenomenon	Extraordinary Phenomenon	Usual Phenomenon
Serious Phenomenon	.568*	.527*	.461	.432
Strange Phenomenon	.542*	-.785*	.293	-.068
Extraordinary Phenomenon	-.150	-.297	-.311*	.891*
Usual Phenomenon	-.601*	-.136	.778*	.125

Source: Derived from Primary Data

Note: Extraction Method: Principal Component Analysis

Rotation Method: Varimax with Kaiser Normalization

Table 10 presents that Serious Phenomenon factor has close and positive relationship with Serious Phenomenon (0.568) and positive relationship with Strange Phenomenon (0.527), Strange Phenomenon factor has close and positive relationship with Serious Phenomenon (0.542) and negative relationship with Strange Phenomenon (-0.785), Extraordinary Phenomenon factor has close and positive relationship with Usual

Phenomenon (0.891) and negative relationship with Extraordinary Phenomenon (-0.311) and Usual Phenomenon factor has close and positive relationship with Extraordinary Phenomenon (0.778) and negative relationship with Serious Phenomenon (-0.601).

Table 11: Descriptive Statistics for Physical Consequences

Physical Consequences	N	Mean	Std. Deviation	Mean Rank
Hair fall	460	2.43	1.318	18.65
Headaches	460	2.45	1.268	18.49
Fatigue/Tiredness	460	2.32	1.127	18.04
Stomach pain	460	2.31	1.267	17.68
Back Pain	460	2.17	1.171	16.91
Muscle weakness	460	2.20	1.259	16.83
Shoulder Pain	460	2.15	1.156	16.62
Neck pain	460	2.14	1.153	16.61
Restlessness	460	2.10	1.141	16.47
Eye problems	460	2.06	1.178	16.09
Once I wake up, it is hard to get back to sleep	460	1.99	1.180	15.59
Shivering hands and feet	460	2.01	1.245	15.49
Knee pain	460	1.97	1.161	15.37
Sweating on hands and feet	460	1.95	1.160	15.24
I wake up several times at night	460	1.93	1.120	15.18
Weight gain	460	1.88	1.077	14.86
Once I dejected, it is hard to over come	460	1.90	1.141	14.84
Insomnia/Inability to sleep	460	1.91	1.190	14.82
Weight loss	460	1.89	1.113	14.74
Lower abdomen pain	460	1.89	1.155	14.65
Wrist Pain	460	1.87	1.095	14.59
Digestive upset	460	1.84	1.044	14.57
Thigh Pain	460	1.88	1.195	14.41
I feel trouble while breathing	460	1.84	1.121	14.26
Pounding heart	460	1.82	1.114	14.19
Cracking nail	460	1.83	1.147	14.16
Teeth grinding	460	1.81	1.097	14.14
Foot Numbness	460	1.83	1.238	14.04
Finger Numbness	460	1.79	1.082	13.96
Ulcer	460	1.73	1.056	13.51

Source: Derived from Primary Data

Hair fall has ranked as first with the value of Mean rank is 18.65, Headaches ranked second with 18.49, Fatigue/Tiredness ranked as third with 18.04, Stomach pain has a fourth rank with 17.68, Back Pain has fifth rank with 16.91, Muscle weakness ranked as sixth with 16.83, Shoulder Pain ranked as seven with 16.62, Neck pain ranked as eight with 16.61, Restlessness ranked as ninth with 16.47, Eye problems has a tenth rank with

16.09, Once I wake up, it is hard to get back to sleep ranked as eleventh with 15.59, Shivering hands and feet ranked as twelfth with 15.49, Knee pain has a thirteenth rank with 15.37, Sweating on hands and feet upset ranked as fourteenth with 15.24, I wake up several times at night ranked as fifteenth with 15.18, Weight gain has a sixteenth rank with 14.86, Once I dejected, it is hard to overcome ranked as seventeenth with 14.84, Insomnia/Inability to sleep ranked as eighteenth with 14.82, Weight loss has a rank of nineteenth with 14.74, Lower abdomen pain has a twentieth rank with 14.65, Wrist Pain has a twenty-first rank with 14.59, Digestive upset has a rank of twenty-second with 14.57, Thigh Pain ranked as twenty-third with 14.41, I feel trouble while breathing has a twenty-fourth rank with 14.26, Pounding heart has a twenty-fifth rank with 14.19, Cracking nail has a rank of twenty-sixth with 14.16, Teeth grinding ranked as twenty-seventh with 14.14, Foot Numbness has a rank of twenty-eighth with 14.04, Finger Numbness has a rank of twenty-ninth with 13.96 and Ulcer has a last rank as thirtieth with the mean rank value of 13.51. Hence Hair fall, Headaches, Fatigue/Tiredness, Stomach pain, Back Pain, Muscle weakness, Shoulder Pain, Neck pain, Restlessness and Eye problems have major effects on college students and the above table shows that I feel trouble while breathing, Pounding heart, Cracking nail, Teeth grinding, Foot Numbness, Finger Numbness and Ulcer have minimal effects on college students.

Table 12: Friedman Test for Physical Consequences

N	460
Chi-Square	604.192
Df	29
Asymp. Sig.	.000
Exact Sig.	.000
Point Probability	.000

Source: Derived from Primary Data

The table above provides the test statistics Chi-square value is 604.192, degrees of freedom is 29 and the significance level is 0.000, which is all the researcher need to report the result of the Friedman Test. There is an overall statistically significant difference between the mean ranks of the related groups. Thus, the thirty physical consequences are statistically significant under the Friedman Test.

Table 13: Paired Samples Statistics for the Physical Consequences

Items	Mean	N	Std. Deviation	Std. Error Mean
Causes of Physical Stress	2.17913	460	1.246842	0.058134
Consequences of Physical Stress	1.996159	460	1.158926	0.054035

Source: Derived from Primary Data

The Consequences of Physical Stress were measured with the help of the causes of Physical Stress and it is found that there is considerable improvement in this case except

one student has impacted their Physical activities. Mean average for Causes of Physical Stress is 2.17913 and Consequences of Physical Stress is 1.996159. The average standard deviations of causes of Physical stress for 460 students are 1.246842 and consequences of Physical stress for 460 students are 1.158926.

Table 14: Paired Samples Correlations for the Physical Consequences

Items	N	Correlation	Sig.
Causes of Physical Stress & Consequences of Physical Stress	460	0.522	.000

Source: Derived from Primary Data

The paired sample correlation reveals the fact that there is positive and little association prevails causes and consequences of Physical stress for students. The association is lesser in case of Causes of Physical Stress and Consequences of Physical Stress (0.522). This aspect is statistically significant as the p values are less than 0.05 but the association between causes and consequences of stress are very low.

Table 15: Paired Samples Test for the Physical Consequences

Items	Mean	SD	Std. Error	95% Confidence Interval		t	df	p
				Lower	Upper			
Causes of Physical Stress & Consequences of Physical Stress	-0.052	1.183	0.055	-0.160	0.057	-0.889	459	0.141

Source: Derived from Primary Data

As per this Paired Sample Test, mean difference between Causes of Physical Stress & Consequences of Physical Stress is -0.052, t value is -0.889, standard deviation is 1.183 and the standard error of mean is 0.055 which is not statistically significant as the p value is 0.141 which is more than 0.05.

Conclusion

The research indicates that the most college students have a stress. That stress can be physically, mentally or emotionally. It also shows that physical components of stress were found to be higher among college students. Vision impairment, Deaf and dumb disorder, Part time job (Dual work), Physically challenge and Working too hard are among the physical stressors that inflict high physical stress. According to the findings of this study, most of the students are Restlessness is the main reason for their stress and Hair fall, Headaches, Fatigue/Tiredness and Stomach pain are the major impact of stress on their physical consequences. The consequences of physical stress are reflected in case of Working too hard, Restlessness, Restless sleep, Tired, Health condition and Travelling difficulties. However the test shows that there is no significant difference between causes of physical stress and the consequences of physical stress. It is suggested that stress and stressors among college students can be overcome by analyzing the individual behaviors

and the students are advised to be prepared to identify their stressors and take necessary steps to reduce stress. People who exercise also feel less stressed and positive about themselves. When body is fine, mind often follows.

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