

Factors affecting to academic stress of the undergraduates in Rajarata University of Sri Lanka

M.H. Sukumaran and U.W.M.R.S.S.C.B. Kappagoda

Department of Business Management, Faculty of Management Studies,

Rajarata University of Sri Lanka, Mihintale, Sri Lanka.

Corresponding author: milanisukumaran@gmail.com

Abstract

Stress has become as an important topic in academic circle as well as in our society in general. Especially students pursuing higher education are live with high mental stress. The objectives of this study are to investigate the current stress level of undergraduates, to examine the factors which are affecting to the stress of undergraduates, to investigate the methods which undergraduates used to overcome the stress and explore the gender groups which experience higher level of stress. Academic Stress was considered as the dependent variable and academic related factors, intrapersonal factors, interpersonal factors and environmental factors were considered as the independent variables. The study follows principles of basic research with deductive research approach. Data for the study were collected from a sample of 150 undergraduates randomly selected in each faculty of the Rajarata University of Sri Lanka using a structured questionnaire. Respondents were asked to indicate their agreement or disagreement on Five Point Likert Scale as the scaling method. The measurement scale for independent and dependent variables were "interval". Mean and standard deviation were used for all the variables for descriptive analysis and correlation coefficient, independent sample t-test, ANOVA and multiple regression analysis were used as inferential statistics. The data were analyzed using Statistical Package for Social Sciences version 16.0. The results revealed that the current level of academic stress among undergraduates is high. The result of correlation analysis explained that academic factors, intrapersonal factors, interpersonal factors and environmental factors are positively and significantly correlated with the academic stress. The study further revealed that academic stress is not different on gender. Furthermore, the study found that rest and sleeping, listening to music and spending time with friends and family are as coping strategies commonly used by the undergraduates. The results of present study are comparable with extant empirical literature. University administrators should setup a conducive learning environment and provide psychological, social and academic counseling to lessen the academic stress among the undergraduates.

Keywords: *Academic factor, academic stress, environment factor, interpersonal factor, intrapersonal factor.*