

Chapter 8

A Comprehensive Overview of Exercises for Reducing Stress Among Students in Engineering Institutions

Nithyananthan V.

SRM Institute of Science and Technology, India

Rajeev Sukumaran

SRM Institute of Science and Technology, India

Christhu Raj

M. Kumarasamy College of Engineering, India

ABSTRACT

The objective of this work is to evaluate the impact of yoga and meditation intervention on engineering students' stress perception, anxiety levels, and mindfulness skills. Adolescents are experiencing greater stress associated with academic performance, extracurricular activities, and worry about the future. Meditation is the practice by which there is constant observation of the mind. It requires you to focus your mind at one point and make your mind still in order to perceive the 'self'. In this chapter, the authors interrogate the impact of different yogasanas and meditation in enabling learners to get rid of mindful stress. The remainder of the chapter is organized as follows: Section 2 explains the causes of stress and its effects. Section 3 presents the different categories of emotion in stress for explaining the several of levels present in it. Section 4 explains yoga and emotional stress reduction, and Section 5 discusses the conclusions.

DOI: 10.4018/978-1-6684-3843-5.ch008

I. INTRODUCTION

THE rapidly changing world demands engineers to be highly effective and efficient in their workplace. This makes current generation student has to work in multitasking features with least importance to their individual health. The transformation of students in their grade level from school habitat to college habitat causes emotional, academic and societal related problems. The learners were completely exposed to a different learning environment, new technique of ideas in teaching, new academic requirements, new type of connection among learners and facilitators. Due to these changes, learners experience different types of stress. Stress is simply the non-specific reaction of the body to any request made to it. Stress will eventually affect their mental and physical health, which obviously results in poor academic records and other consequences. Stress is one of the principle parts of our advanced life, come about because of the quick changes in human existence, so this age is called as the age of stress. For many young adults, college is the best time of life. Stress becomes an important topic in educational institutions such as Arts & Science, Engineering and Medical education. At present, there is much importance shown on measuring Stress among learners in educational institutions. Research data shows that School is one of the main reasons for developing stress among students. Stress further leads to depression, Physiological problems, and Psychological problems etc, Researchers have found that many mental disorders ware traced to trauma, the damage that happens during college days in times of stress. Various forms of stressors such as Teachers Stress, Results Stress, Peer Stress, Time Management Stress, Self-Inflicted Stress, Burden of Academics with a Responsibility of Achievement, Stress on Uncertain Future “Stress” (Merriam-Webster.com, 2018; Warnecke et al., 2011). Inherently stressful and exhausting, Engineering Education is. The crushing data burden leaves a small chance to relax and recreate and often leads to sleep deprivation. The following statistics in Table 1 shows evidence of stress among college students released by UCLA.

Table 1. Learner’s Stress Survey Report

No	Stress	Percentage
1	Depression	19 Million Students
2	Anxiety	1 Million Students
3	Eating Disorders	5-10 Million Students
4	Suicide	1.5 Million Students
5	Mental Distress	1 Million Students

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