

**A Study of Stress among Students of Private Professional Institutes of Mandi Gobindgarh,
Punjab**

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Abstract

As life is becoming more and more time pressed and every individual is under pressure to perform better and achieve more has created an unwanted pressure among people of all age groups. To study the stress level of the students in the Professional and Secondary level institutes. . In the present study, Random Probabilistic (Stratified Random Sampling) sampling technique has been adopted. The Sample size has been restricted to 200 students (i.e. 100 from each Under graduate and Post Graduate Classes) keeping in mind the research objectives and constraints. The distribution of sample units in the various specified areas has been there in the two different Colleges of Desh Bhagat University namely School of Ayurveda and School of Nursing. The Study concluded Students of Ayurveda are more stressed than those of School of Nursing as and have to face greater challenges in terms of their career advancement, settlement in life professionally. It is therefore that they are experiencing forgetfulness, anger, frustration and anxiety.

Keywords: Stress Management & Students

Introduction

Stress is the most common and an indispensable part of all human beings. There is no individual who does not have any stress though the concern of stress may vary from individual to individual. As life is becoming more and more time pressed and every individual is under pressure to perform better and achieve more has created an unwanted pressure among people of all age groups. Stress results in several challenges to individuals internally as well as physically. Stress by and large is of two type's viz.: *eustress* or as *distress* where former is considered as good stress while later is known as bad stress

Stress can wreak havoc on both your body and your mind, contributing to everything from irritability, heartburn, and tension headaches to chronic depressions, heart disease and possibly even cancer. While you can't eliminate all stress, you can get rid some of it and you can certainly learn to better control your physical, mental and emotional response to the rest.

Sources of Stress among students

Stress has become a common factor in our fast paced and complex society. These days' people face stress related to family, work, finance, competition, academics, etc. Schafer (1996) , Fisher (1994), Altmaier, (1983) ,Greenberg &Valletutti, (1980) in their surveys have mentioned that there exists a strong relationship between Stress and College students. They mention experience of stress in humans is universal but reaction to stressors entirely depends upon how sensitive an individual is. Stress has an effect on people's behavior, communications and efficiency. Students often get isolated and get irritated faster due to stress. The major source of stress is the pressure to get good grades, good placements, completion of home assignments, uncomfortable classrooms, attitude of peer group, quality of relations with friends and parents, interpersonal factors,

Intrapersonal factors, academic factors and environmental factors, etc. Joseph Loizzo (2012) mentions leaving home, managing finances, personal appearance, living with roommates, handling conflicts, dating relationship, career choices, values challenged by others are few of the sources of stress.

Objectives of the Study

- To study the stress level of the students in the Professional and Secondary level institutes.
- To study the effect of stress on the efficiency of the students studying in Private Professional institutes.

Hypothesis

There is not any significant difference in the stress level among the students studying in different Private Professional Institutes

- There is no association between the stress level and the efficiency of the students studying in Private Professional institutes.

Research Methodology

This study is based on a limited sample size in Mandi Gobindgarh city in Fatehgarh Sahib District of Punjab so that there could be comprehensive study comprising mainly Under Graduate and Post Graduate students. The sample unit is students of Desh Bhagat University as an individual Private Professional Institute in the above said Private Professional Institute. In the present study, Random Probabilistic (Stratified Random Sampling) sampling technique has been adopted. The Sample size has been restricted to 200 students (i.e. 100 from each Under graduate and Post Graduate Classes) keeping in mind the research objectives and constraints. The distribution of sample units in the various specified areas has been there in the two different Colleges of Desh Bhagat University namely School of Ayurveda and School of Nursing.

For the above said study, a questionnaire/scale has been prepared for students studying at under Graduate and Post Graduate level students of School of Ayurveda and School of Nursing at Desh Bhagat University. That questionnaire/scale has been used to collect the data through personal contact i.e. survey method. The response was measured on 5-point scale. The method is based on Likert scaling technique. The Likert technique consists of a series of statements to which one responds using a scale of possible answers, Strongly Agree (5), Agree (4), Indifferent (3), Disagree (2), Strongly Disagree (1), and the scores can be vice-versa also.

Factors Causing Stress among students in Private Professional Institutes

Stress is the most common factor in the people of all age groups. It has different repercussions in different age group. The level of stress in an individual determines the impact of its distress. In College going students stress has emerged as the latest topic and has attracted interest of lot many researchers.

In a report by BU Today (2015) on “Anxiety and Depression” among College students it is announced that Mental health has become a critical issue on college campuses. Here at BU,

Behavioral Medicine clinicians report that the number of students in crisis coming in for help has more than doubled—from 290 in the 2010–2011 academic year to 647 last year. And the number of students needing medical transports for psychiatric evaluation has also risen, from 68 in the 2010–2011 academic years to 120 last year. The same survey found that 21.8 percent of students said that within the last 12 months, anxiety had affected their academic performance, defined as receiving a lower grade on an exam or important project, receiving an incomplete, or dropping a course. That's up from 18.2 percent in the ACHA's 2008 survey. Meanwhile, 13.5 percent reported that in the last 12 months, depression had affected their academic performance, up from 11.2 percent in 2008.

It is also observed that the students suffering from stress greatly shows the common symptoms like depression, anxiety, poor academic performance, feeling hopeless, developing pessimistic approach, attempt to suicide, taking drugs, etc. Keeping in mind the objectives of study, the students were asked several questions in order to develop an understanding regarding factors of stress in the selected sample.

Analysis & Interpretation

In today's era of growing competitiveness stress is most commonly being observed in Educational industry. With the advent of private professional institutes the increasing pressure on students to score 99.9 % or 100% and to be all- rounder is creating lot of stress among students.

Table 1: Challenges faced by students due to stress

Facing the problem of forgetness, anger, frustration and anxiety	School of Nursing	School of Ayurveda
Yes	83	97
No	17	3
Total	100	100

Source: Primary Survey, 2014

Table 1 shows the response of respondents from School of Nursing and Ayurveda regarding the various challenges (forgetness, anger, frustration and anxiety) faced by them during their life. Out of the Total 100 respondents from each School it is reported that 83 of the students face these

Challenges in School of Nursing while 17 respondents are stress free. In School of Ayurveda 97 respondents have faced such kinds of Challenges while 3 respondents in the chosen Sample are stress free.

Table 2: Students lose their temper too easily with my family and friends

Losing my temper too easily	School of Nursing	School of Ayurveda
Yes	78	63
No	22	37
Total	100	100

Source: Primary Survey, 2014

Table 2 depicts the response of students regarding if they easily lose their temper with their family and friends. It is discovered that out of 100 respondents from School of Nursing 78 respondents mentioned yes that they easily lose their temper with their friends and family while rest of the 22 students responded that they don't lose their temper with family and friends. However in School of Ayurveda 63 respondents replied that they lose their temper easily with friends and family whereas 37 respondents responded that they don't have such habit. During discussion students also mentioned that this kind of behavior is generally during the time of pressure (family pressure, work pressure, assignment work, inability to perform well in class or Exams, career advancements, etc.)

Table 3: Adequacy of Academic performance

Academic performance in your class is adequate	School of Nursing	School of Ayurveda
Yes	97	93
No	3	7
Total	100	100

Source: Primary Survey, 2014

Table 3 describes the response of students regarding their Academic performance in Class. Out of 100 respondents from School of Nursing 97 respondent's responded that their Academic performance is well, while 3 respondents admitted that their Class performance is not very well.

However in School of Ayurveda 93 respondents mentioned that their academic performance is well whereas 7 respondents reported that they are not very effective in Academics. When enquired about the measurements of their performance they mentioned that they are able to score first Grade in their Class and are not having any Back log in their results.

Table 4: Availability of time for leisure activities

Time for leisure activities	School of Nursing	School of Ayurveda
Yes	24	16
No	58	71
Sometimes	18	13
Total	100	100

When enquired about the response of respondents towards availability of leisure time, the respondents responded differently and the thus received responses are mentioned in Table 4. From Table 4 it gets clear that 58 respondents from School of Nursing students do not get any time for Leisure activity at all, followed by 24 respondents who said they get time for leisure activities and 18 respondents sometimes get time for leisure activities. However in School of Ayurveda 71 respondents feel they do not get time for leisure activity, followed by 16 respondents who get time for leisure activities and 13 students sometimes get time for leisure activities respectively.

Table 5: Students get Sound Sleep

Sound Sleep	School of Nursing	School of Ayurveda
Yes	96	92
No	4	4
Sometimes	0	4
Total	100	100

Source: Primary Survey, 2014

Table 6 shows the responses of chosen respondents regarding presence of stress in their lives. 63% of respondents from School of Nursing experience stress to some extent, followed by 33% respondents experience stress to a greater extent and 4% respondents responded that have negligible stress. However in case of School of Ayurveda 46% respondents experience stress to a great extent, followed by 42% respondents experiencing stress to some extent and 12% of respondents responded that they have negligible stress. Whereas among both the Schools there is not even a single respondent from chosen respondent who is stress free, however they behave differently when under stress.

Table 6: Realization of Stress

Realization of Stress	School of Nursing	School of Ayurveda
To Great Extent	33	46
To Some Extent	63	42
Negligible	4	12
Not At All	0	0
Total	100	100

Source: Primary Survey, 2014

Table 7: Factors responsible for Stress

Factors responsible for Stress	School of Nursing	School of Ayurveda
Impossible standards	4	13
Working in changed circumstances	33	13
Experiencing peer insecurity	17	15
Poor Grades	6	9
Too much study pressure	13	29
Too heavy workload	27	21
Total	100	100

Source: Primary Survey, 2014

Table 7 depicts the various factors that are responsible for determining stress among students. It is observed that 33% of respondents from School of Nursing have stress due to the changed working conditions. Here changed working conditions mean that they have to go to different places for Training, so they have pressure of the place of training. 27% respondents responded that they have too heavy workload, 17% respondents experience stress due to insecurity in the relations with peers, 13% respondents experience believe too much pressure of studies build lot of pressure on them, 6% respondents from School of Nursing believe that poor grades is the major cause of

stress among them and 4% respondents believe that they have to meet impossible standards in the terms of deliverables from education and career commitment so that's the main cause of their stress.

The respondents from School of Ayurveda mentions that too much study pressure is the main reason of stress contributing to 29% respondents, followed by 21% respondents are stressed due to too heavy work load, followed by 15% respondents experience stress due to peer insecurity, followed by 13% respondents gave equal weightage to impossible standards and pressure to work in change working conditions and 9 % respondents reported that poor grades is the main cause of stress among them.

Table 8: Nature of stress

Effects of stress on you	School of Nursing	School of Ayurveda
Mental Stress	62	78
Physical Stress	38	22
Total	100	100

Table 9 shows that how do students realize that they are stressed out. Out of the 100 chosen respondents from School of Nursing, 21% respondents mentioned that when they are stressed out they have less energy than usual, followed by 19 % respondents mentioned that they over – react and get frustrated with people around them, 16% respondents responded that they lose their control, followed by 13 % respondents mentioned that they feel miserable and dull when they are stressed, followed by 12 % respondents responded that they overeat and 2 % respondents prefer to stay alone and 7 % respondents responded that they argue.

However from School of Ayurveda 26% respondents mentioned that they prefer to stay alone when they are stressed, followed by 17% respondents feel miserable and dull when they are stressed out, followed by 16% respondents experience less energy than usual, followed by 13 % respondents overeat during the time of stress, followed by 12 % respondents mentioned that they over – react and get frustrated with people around them, followed by 9% respondents responded that they lose their control and 7 % respondents responded that they argue.

Table 10 shows the response of School of Nursing and School of Ayurveda students regarding their discomfort to stress in terms of diseases. In School of nursing 37% respondents experience headache followed by 20% for angina, followed by 17% for fatigue, followed by 13% gat prone to ulcers, and followed by 7% for dull aches & pains and 6% other problems respectively. However in case of School of Ayurveda 42 % respondents suffer from headaches, 27% feel fatigue, and 17% experience angina, 6 % for dullness and 3 % experience any other disease respectively.

Table 9: Realization that you are stressed out

Realization that you are stressed out	School of Nursing	School of Ayurveda
Over-react and get frustrated with people	19	12
Argue	7	7
Feel miserable and dull	13	17
Have less energy than usual	21	16
Loose your control	16	9
Overeat	12	13
Prefer to Stay alone	12	26
Total	100	100

Source: Primary Survey, 2014

Table 10: Number of diseases you are suffering or have suffered in recent past

Number of diseases you are suffering or have suffered in recent past	School of Nursing	School of Ayurveda
Headache	37	42
Dull Aches & Pains	7	6
Fatigue High/ Low Blood Pressure	17	27
Ulcers	13	5
Angina	20	17
Any Other	6	3
Total	100	100

Source: Primary Survey, 2014

Table 11: Regarding College relationships; do any of the following cause you problems

Poor relations with Classmates	School of Nursing	School of Ayurveda
Never	6	8
Sometimes	24	28
Often	70	64
Total	100	100

Table 11 describe the relationship of student and Faculty as the source of stress among College youth. In School of Nursing it is mentioned that 45 respondents out of the total of 100 respondents often get stressed due to poor faculty relations, followed by 38 respondents sometimes get stressed due poor relations with Faculty and 18 respondents never get stressed due to poor Faculty student relationship. However in case of School of Ayurveda, 57 respondents out of the total of 100 respondents often get stressed due to poor faculty relations, followed by 34 respondents sometimes get stressed due poor relations with Faculty and 9 respondents never get stressed due to poor Faculty student relationship.

Table 12: Poor relations with Classmates

Poor relations with Faculty	School of Nursing	School of Ayurveda
Never	18	9
Sometimes	38	34
Often	44	57
Total	100	100

Source: Primary Survey, 2014

Table 12 describe relationships with Classmates as the source of stress among College youth. In School of Nursing it is mentioned that 70 respondents out of the total of 100 respondents often get stressed due to poor relations with Classmates, followed by 24 respondents sometimes get stressed due poor relations with Faculty and 6 respondents never get stressed due to poor Faculty student relationship. However in case of School of Ayurveda, 64 respondents out of the total of 100 respondents often get stressed due to poor faculty relations, followed by 28 respondents sometimes get stressed due poor relations with Faculty and 8 respondents never get stressed due to poor Faculty student relationship. From the above mentioned data it can be easily identified that the Classmates have closely knitted relationship with each other and any friction or issue amongst them creates stress among students.

Table13: Harassment and/or discrimination as a source of stress

Harassment and/or discrimination	School of Nursing	School of Ayurveda
Never	0	0
Sometimes	36	17
Often	64	83
Total	100	100

Source: Primary Survey, 2014

Table 13 shows that harassment and / or discrimination results in stress among students. 64 respondents out of the total of 100 respondents from School of Nursing responded that harassment and / or discrimination often leads to stress whereas 36 respondents mention that harassment and/or discrimination sometimes leads to stress. However in case of School of Ayurveda 83 respondents out of the total of 100 respondents from School of Nursing responded that harassment and / or discrimination often leads to stress whereas 17 respondents mention that harassment and/or discrimination sometimes leads to stress.

From the above mentioned data it is very clear that the respondents of both the Schools believe that harassment or discrimination of any kind surely leads to stress among students and breaks the normal routine of individual.

Table 14: Have you ever done Meditation

Willingness to practice meditation regularly	School of Nursing	School of Ayurveda
Yes	100	100
No	0	0
Total	100	100

Source: Primary Survey, 2014

Table 14 depicts the response of chosen respondents regarding practicing of Meditation. From School of Nursing 47 respondent had practised Meditation and 53 respondents had never done Meditation earlier. However in School of Ayurveda only 37 respondents had practised it while 63 respondents never did meditation.

During the survey it is also discoverer that out of the students who have practised Mediation was just as the part of Workshop either at School level or during Art of Living workshop. Maximum students responded that they are not able to practise yoga regularly due to lack of time. But at the same time they also mentioned the time when they practised Meditation was very good as they were more active during those Sessions.

Table 15: Willingness to practice meditation regularly

Have you ever done Meditation	School of Nursing	School of Ayurveda
Yes	47	37
No	53	63
Total	100	100

Source: Primary Survey, 2014

Table 15 describes the response of chosen respondents regarding their willingness to practise meditation regularly. From School of Nursing as well as School of Ayurveda 100% respondents are willing to practise meditation regularly.

It is due to the fact that everyone was aware of the benefits of Mediatiation but they were not practising it regularly. The reasons were few did not get time, few were not able to get up early and rest were not able to practise it as they were not aware of how to do it. However everyone showed a positive response that Meditation should be practised regularly as it is very beneficial for people of each and every age group. Moreover very few respondents were practising it on regular basis.

When the set of respondents were asked if they felt any improvement in handling stress after practising mediation, their response is registered in table 16. The responses were registered on the Likert 5 point scale ranging from strongly agree, agree, neutral, disagree and strongly disagree. Most of their response was positive as respondents mentioned they are able to handle stress better and that too without getting anxious. When they were asked regarding whether after practising Meditation they are able to find a solution to a problem by applying all possible approaches, 46 % of respondents agreed to this, followed by 24% respondents who strongly agreed, followed by 17 % respondents disagreed and 13% respondents were neutral towards this. Further when asked about do they try to analyse the solution in the light of wrong or right decision, 47 % respondents strongly agreed, followed by 34 % respondents who agreed, followed by 12 % respondents with neutral response and 7 % respondents disagreed to this.

When enquired about whether after meditating regularly if difficult situations still make them upset, 34 % respondents disagreed, followed by 13 % respondents who agreed, followed by 16 % respondents with neutral response, followed by 13 % respondents who agreed and 6 % respondents strongly agreed. Most of the respondents 53% positively reverted that they strongly agree to the statement that they are less bothered by things now, followed by 27 % respondents who agreed, followed by 10 % respondents who agreed, followed by 6 % respondents who disagreed and 45 neutral responses.

When enquired about after regular meditation they are able to concentrate better and stay focused to these 63% respondents agreed, followed by 21% respondents who strongly agreed, followed by 10% neutral responses, followed by 4% respondents replied as they disagree and 2% respondents

who strongly disagree. 46% respondents mentioned after meditation they are less depressed, followed by 40% strongly disagreed responses, followed by 11% neutral respondents and 3 % agreed responses.

Table 16: Response of respondents from School of Nursing regarding stress handling after Meditation

Sr. No.	Statements	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1	When you have a problem to solve, you solve it calmly	20	47	21	12	0
2	When you are attempting to find a solution to a problem, you usually try to think of as many different ways to approach the problem as possible	24	46	13	17	0
3	After carrying out a solution to a problem, you usually try to analyze what went right and what went wrong	47	34	12	7	0
4	Difficult problems make you very upset	6	13	16	34	31
5	You are less Bothered by things	53	27	4	6	10
6	Trouble keeping mind focused	21	63	10	4	2
7	Felt depressed	0	3	11	46	40
8	Too tired to do things	0	7	3	59	31
9	Enjoyed life	43	51	3	1	2
10	Felt sad	0	0	4	67	29
11	Felt people dislike you	0	0	24	27	49

Source: Primary Survey, 2014

When respondents from School of Nursing were asked whether after regular meditation they are too tired to do things, the response to this was that 59% respondents disagreed to this, followed by 31% respondents who strongly disagree, followed by 7% respondents agreeing to this and 3 % neutral responses. When enquired about whether they are able to enjoy life after meditation 51% respondents agreed, followed by 43% respondents strongly agreed, followed by 3% neutral respondents, followed by 2% respondents who strongly disagreed and 15 respondents disagreed to this statement.

67% respondents disagreed to the statement that meditation makes them sad, followed by 29% respondents who strongly disagreed, followed by 4% neutral responses. When enquired about their responses towards liking of other towards them “Felt people dislike you” 49% respondents strongly disagree, followed by 27% respondents who disagree and 24% neutral respondents.

Table 17: Response of respondents from School of Ayurveda regarding stress handling after Meditation

Sr. No.	Statements	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1	When you have a problem to solve, you solve it calmly	22	41	23	14	0
2	When you are attempting to find a solution to a problem, you usually try to think of as many different ways to approach the problem as possible	17	51	14	18	0
3	After carrying out a solution to a problem, you usually try to analyze what went right and what went wrong	54	29	11	6	0
4	Difficult problems make you very upset	4	9	14	42	31
5	You are less Bothered by things	61	21	3	5	10
6	Trouble keeping mind focused	17	75	8	0	0
7	Felt depressed	0	2	7	57	34
8	Too tired to do things	0	1	3	67	29
9	Enjoyed life	36	57	5	0	2
10	Felt sad	0	0	4	67	29
11	Felt people dislike you	0	0	18	29	53

Source: Primary Survey, 2014

When the set of respondents were asked if they felt any improvement in handling stress after practising mediation, their response is registered in table 4.2.17. The responses were registered on the Likert 5 point scale ranging from strongly agree, agree, neutral, disagree and strongly disagree. Most of their response was positive as respondents mentioned they are able to handle stress better and that too without getting anxious. When they were asked regarding whether after practising Meditation they are able to find a solution to a problem by applying all possible approaches, 51 % of respondents agreed to this, followed by 18 % respondents disagreed, followed by 17% respondents who strongly agreed and 14% respondents were neutral towards this.

Further when asked about do they try to analyse the solution in the light of wrong or right decision, 54 % respondents strongly agreed, followed by 29 % respondents who agreed, followed by 11 % respondents with neutral response and 6 % respondents disagreed to this.

When enquired about whether after meditating regularly if difficult situations still make them upset, 42 % respondents disagreed, followed by 31 % respondents who strongly disagreed, followed by 14 % respondents with neutral response, followed by 9 % respondents who agreed and 4 % respondents strongly agreed. Most of the respondents 61% positively reverted that they

strongly agree to the statement that they are less bothered by things now, followed by 21 % respondents who agreed, followed by 10 % respondents who strongly disagree, followed by 5 % respondents who disagreed and 3% neutral responses.

When enquired about after regular meditation they are able to concentrate better and stay focused to these 75% respondents agreed, followed by 17 % respondents who strongly agreed and 10% neutral responses. 57% respondents mentioned after meditation they are less depressed and replied as they strongly disagree, followed by 34% strongly disagreed responses, followed by 7% neutral respondents and 2 % agreed responses.

When respondents from School of Ayurveda were asked whether after regular meditation they are too tired to do things, the response to this was that 67% respondents disagreed to this, followed by 29 % respondents who strongly disagree, followed by 3% respondents were neutral to this and 1% respondent agreed to this statement. When enquired about whether they are able to enjoy life after meditation 57% respondents agreed, followed by 36% respondents strongly agreed, followed by 5% neutral respondents and 2% respondents who strongly disagreed to this statement.

73% respondents disagreed to the statement that meditation makes them sad and 2% respondents who strongly disagreed. When enquired about their responses towards liking of other towards them "Felt people dislike you" 53% respondents strongly disagree, followed by 29% respondents who disagree and 18% neutral respondents

Conclusions & Suggestions

There are different levels of stress causing factors in the life of students due to which students experience drift in their relations and it often cause psychological stress among students of School of Ayurveda as well as Nursing. The stressors range from their academic achievement/performance, career settlement, Loss of concentration, loss of appetite, loneliness and in extreme cases it may result in involvement of students in drugs. Students are the backbone of every nation but the silent disease of stress is ruining the efficiency of students in different forms. The only solution to this is constant and continuous practice of meditation as it not only reduces the tension but also facilitates students to lead their life more peacefully and increases the decision making capacity of students.

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