

Psychological Morbidity, Sources and Gender Correlation of Stress in First Year Medical Students

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ABSTRACT

Medical students are exposed to many stressors and if stress is perceived negatively or becomes excessive can affect academic performance and health adversely. The objective of this study was to assess stress, predominant stressor and its gender correlation among the first year medical students in our college. It was conducted to understand better the factors influencing student perception.

We chose 100 medical students for this study, they were asked to self-rate the tailored Medical Student Stress Questionnaire. After statistical analysis it was found that, academic related stress level was high (2.18) among the students. And the intrapersonal and interpersonal related stressors (IRS), teaching and learning-related stressors (TLRS), social related stressors (SRS), drive and desire related stressors (DRS), and group activities related stressors (GARS) scored 1.73,1.85,1.58,1.03,1.36 respectively.i.e. stress level was moderate all these categories. Better techniques to cope up the stress were taught to the students later through music and yoga.

Keywords: *Stress, Academic Related , Teaching and Learning-Related , Social Related , Drive and Desire Related , Group Activities Related*

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