



Notice:



ARKA JAIN
University
Jharkhand



NAAC
GRADE A
ACCREDITED UNIVERSITY

SCHOOL OF COMMERCE & MANAGEMENT

Department of Management

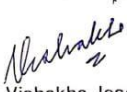
NOTICE

Ref No: AJU/SCoM/DoM/2024/749 **Date: 28.08.2024**


The Research Society is organizing a **Survey on Assessing Stress Levels and Mental Health Concerns** among ARKA JAIN University students.

Date: 30th August – 02nd September 2024
Target Respondents – All Schools and Programmes of AJU

Event Coordinator: Ms. Sudeshna Sarkar



Dr. Vishakha Joseph
Program Coordinator I/C
BBA



Dr. Pompi Das Sengupta
Asst. Dean (UG)
School of Commerce and Management
Assistant Dean (UG)
School of Commerce and Management
Arka Jain University, Jharkhand

Copy for the information:

1. PS to the Vice-Chancellor
2. PS to the Director
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4. Controller of Examinations
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THE RESEARCH SOCIETY 2024

Date of Event	30-08-2024
Name of the Event	Assessing stress levels and mental health concerns among Arka Jain University students
Type of the Event	Academic Event
Conducted by	School of Commerce and Management, BBA , Sudeshna Sarkar
No. Of Participant	40

OBJECTIVE: To Encourage BBA students to explore and analyze the impact of stress and mental health concerns among university students through research, contributing to a better understanding of current challenges and potential solutions.

DETAILS: On 30th August 2024, a team of students from the research society of the School of Commerce and Management, Arka Jain University, conducted a survey to assess the stress levels and mental health concerns among Arka Jain University students in Jamshedpur. The objective was to encourage BBA students to explore and analyze contemporary issues related to mental health in educational settings through research, contributing to a better understanding of current challenges and potential solutions.

The faculty team provided clear instructions regarding the conduct of the survey. Students were encouraged to collect the maximum number of responses, ensuring wide participation. The event concluded positively, with each participant putting forth their best efforts. A total of 208 responses were collected at the end of the survey, and the coordinators compiled the results.

TAKEAWAYS:

1. Conducting the survey has significantly deepened students' understanding of the complexities surrounding stress and mental health among university students. They gained first-hand insights into the challenges students face, such as **academic pressure, competition, time management for classes and assignments, and other stressors impacting their well-being.**

2. This activity honed the students' research skills, from designing survey questionnaires to collecting and analyzing data, providing a practical experience in assessing mental health concerns in an academic environment.

This activity has provided valuable insights that could help address mental health challenges and promote better coping strategies among students.

Poster of the Event:



Figure 1: Poster of the Event Research Survey

Photos of the Event:

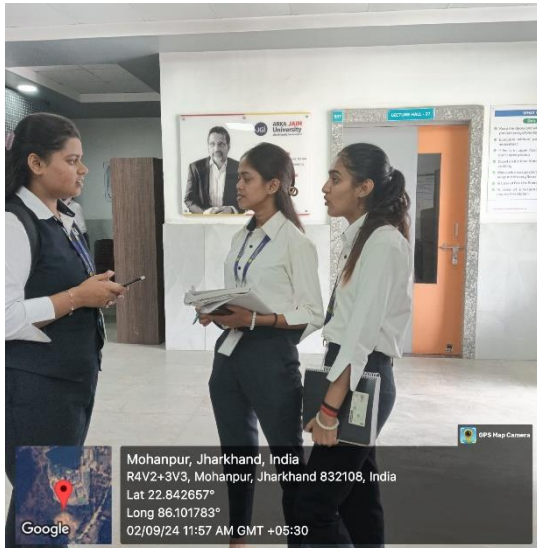


Figure 2: Photos of students interviewing the respondents



Figure 3: Photo of students conducting survey



Figure 5: Photo of students conducting survey across different departments

Sample of the Questionnaire Used for the Survey

Assessing stress levels and mental health concerns among Arka Jain University students

aroyalisha@gmail.com [Switch account](#)



* Indicates required question

Email *

Record aroyalisha@gmail.com as the email to be included with my response

Name *

Your answer _____

Course *

Your answer _____

Gender *

- Male
 Female
 Others

Age *

Your answer _____

What is the number of years you have been enrolled in higher education?



- 1
 2
 3
 4
 5
 > 5

Are you currently enrolled in a Bachelors or Graduate degree program? *

- Bachelors program
 Post - Graduate program
 I am taking classes, but not seeking a degree

Are you a first generation college student? (eg. Are you the first person in your family to attend college? *

- Yes
- No
- Unsure

What is your relationship status? *

- Single
- Married
- Divorced
- Widowed

Do you have children? *

- Yes
- No

1. Competition with my peers for grades is quite intense *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

2. My teachers are critical of my academic performance *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree



3. Teachers have unrealistic expectations of me *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

4. The unrealistic expectations of my parents stresses me out *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

5. The time allocated to classes and academic work is enough *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

6. The size of the curriculum (workload) is excessive *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree



7. I believe that the amount of work assignment is too much *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

8. Am unable to catch up if getting behind my work *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

9. I have enough time to relax after work *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

10. The examination questions are usually difficult *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree



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11. Examination time is short to complete the answer *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

12. Examination times are very stressful to me *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

13. Am confident that i will be a successful student *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

14. Am confident that i will be successful in my future career *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly Agree



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15. I can make academic decision easily *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

16. I fear failing courses this year *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

17. I think that my worry about examination is weakness of character *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree



18. Even if i pass my exams, am worried about getting a job *

- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

Submit

Clear

Students Attendance:

 ARKA JAIN University Jharkhand 				
Survey on Assessing Stress levels and Mental Health Concerns among Arka Jain University students				
Event Date - 30th August, 2024				
SL NO.	NAME	BATCH	ENROLLMENT NO	SIGNATURE
1.	Sneha Kumari	2022-25	AJU/222077	Sneha Kumari
2.	Alisha Gray	2022-25	AJU/221314	Alisha
3.	MD Sahil Ansari	2022-25	AJU/221293	Sahil Ansari
4.	Sevanti Gupta	2022-25	AJU/221238	Sevanti Gupta
5.	Tanisha Mukherjee	2022-25	AJU/221221	Tanisha
6.	Deepika Agarwal	2022-25	AJU/221653	Deepika
7.	Gangotri Kumari	2022-25	AJU/221205	Gangotri Kumari
8.	Bhavya Arund	2022-25	AJU/221538	Bhavya
9.	Nivedita Kumari Sinha	2022-25	AJU/221734	Nivedita
10.	Saina Toppo	2022-25	AJU/221593	Saina
11.	Bhuvika Hansda	2022-25	AJU/221490	Bhuvika
12.	Ankit Sah	2022-25	AJU/22149-9	Ankit Sah
13.	Ravi Shankar K. Mishra	2022-25	AJU/221522	Ravi
14.	Divyansh Agarwal	2022-25	AJU/221875	Divyansh
15.	Jyoti Thakur	2022-25	AJU/221926	Jyoti
				Nishant
			Program Co-ordinator School of Commerce & Management	
Sushil Faculty Coordinator				