ABSTRACT

The present study is focused on finding out how the stress affected the student’s and what was the end result.

“STRESS COPING METHODS AND STRATEGIES AMONG COLLEGE STUDENTS IN MUMBAI CITY” is the title of the research where in a sample size of 300 students from various faculties covering a couple of colleges (In Mumbai) from the final year were approached with structured questionnaire and the data was subsequently analyzed by using Chi square technique. The student represented the sample size were from 9 different faculties. (BA, BSc (IT), BCom, BMS, BBI, BFM, BPTh, MBBS & BE)

In all 10 strategies were tested and used by the students community and the effect of them were analyzed. Flexible Attitude, Assertive Behavior, Being Proactive and Functional Strategies were found to be very effectively used by the students and these students were found to be capable of coping with stress. The other strategies were found to be not that effective.

Overall it was observed that students do face a lot of stress in every aspect of their being and stress coping methods and strategies should be a part of the academic curriculum.

To conclude I can say that creating awareness in handling stress should be done on priority among all the students community. The entire research directly or indirectly is useful to all the stake holders of the society at large and education community in specific. All the stake holders of the society will be benefited from this research.

Thus if one wants to be stress-free one should not develop mere money-oriented consciousness. Do anything for the joy of doing rather than for money alone or position.

This research on stress coping strategies amongst students shall have multi benefits and multi uses to whole education field particularly:

- Useful for coping stress in the students.
- Useful for teachers/mentors/guides in counseling process.
- Useful for parents in understanding the stress of their children and handling them.
- Useful for educationists in planning the zero stress curriculums.
- And Useful for overall community in understanding the students and their stress creating problems.

By leading a life full of awareness one can overcome the stress arising out of various situations in life. If you are depressed and you are aware that you are depressed then you will do something to overcome your depression. You will act on it. This will help you to be a stress free person.

All human are given the priceless gift of life and it is left to us what we fill that life with. Do you fill with anger, animosity, depression, melancholy, hatred, disappointment, etc, resulting in stress and tension? Or would you be interested to make a deliberate choice of joy, happiness, peace of mind, love, compassion, etc. If you choose the later, you can lead a stress-free life. This research has provided you a variety of tested and proven techniques to make a student life sublime, enchanting and productive.

The significance of this study or the importance of this study is to understand that stress cannot be avoided and the student’s community should be trained in a professional and structured way by undergoing soft skill training programs.

The following is a long list of solutions based on this research that one can use in their day to day life to lead a stress-free life. Ideally one should undergo a Soft Skill and Behavioral training programs.

The advent of next generation technologies has changed the way we perceive the world. Today, no challenge is too big, no project too small. In this scenario of mind-boggling possibilities, only the toughest can survive, only the toughest will win. To keep ahead of the rest requires more than mere academic excellence. You need to be creative, to help develop your entire personality to give you the ‘inner edge’.
As educator **our mission is to be a world-class service provider in the field of education.**

Our expertise lies in providing the correct platform for participants to explore newer vistas, make informed choices and broaden their horizons. Our hands on course shall teach the following essential skills:

01) Developing Winning Habits
02) Motivation
03) Creativity & Out of Box Thinking
04) Goals
05) Coaching and Mentoring
06) Personal Effectiveness
07) Time Management
08) Interpersonal Skills
09) Interpersonal Communication
10) Employee Engagement Program
11) Team Building
12) Wisdom Tooth
13) Attitude Building
14) Negotiation Skills
15) Conflict Resolution
16) Impression Management
17) Anger Management
18) Effective Analytical Skills & Problem Solving
19) Positive Assertive Behaviour
20) Memory
21) Emotional Intelligence
22) Energy balancing Phenomenon
23) Stress Management
24) Leadership
25) Personality Development
26) **EFFECTIVE COMMUNICATION AND PUBLIC SPEAKING SKILLS**
27) EFFECTIVE COMMUNICATION AND PRESENTATION SKILLS
28) PERSONAL EXCELLENCE (GROOMING & BODY LANGUAGE)
29) BUSINESS ETIQUETTE
30) IMAGING – GROOMING & ETIQUETTES
31) VALUE BASED FINANCIAL GOALS AND VISION
32) CAMPUS TO CORPORATE
33) GROUP DISCUSSION TECHNIQUE
34) INTERVIEW SKILLS
35) VISION
36) MIND MANAGEMENT (INTELLIGENCE & EMOTIONS)
37) ENERGY BALANCING PHENOMENON (SPIRITUAL QUOTIENT)
38) BUSINESS ENVIRONMENT & GENERAL COMMERCIAL KNOWLEDGE
39) CREATIVE PROBLEM SOLVING & DECISION MAKING
40) CREATIVE DECISION MAKING AND PROBLEM SOLVING
41) EFFECTIVE ANALYTICAL SKILLS & PROBLEM SOLVING
42) THE ESSENTIAL QUALITIES OF TEAM PLAYERS
43) CHANGE MANAGEMENT
44) INDIAN ETHOS FOR MODERN MANAGERS
45) ATTITUDINAL CHANGE / TRANSFORMATION
46) BOSS MANAGEMENT
47) CAREER DEVELOPMENT SKILLS
48) DECISION MAKING SKILLS
49) FUTURE MANAGERS
50) COST REDUCTION AND OFFICE MANAGEMENT
51) JUDGEMENT AND DECISION MAKING
52) EMPLOYEE ENGAGEMENT PROGRAMME
53) SENSITIVITY TRAINING, HUMAN PROCESSES AND PERSONAL GROWTH
54) CULTURAL SENSITIZATION
55) ENTREPRENEURSHIP MODULE
56) CUSTOMER SERVICE EFFECTIVENESS
57) SUBORDINATE DEVELOPMENT (MENTORING & COACHING)
58) PERSONAL EFFECTIVENESS PROGRAM (PEP)
59) NEURO-LINGUISTIC PROGRAMMING (NLP)
60) MANAGERIAL EFFECTIVENESS PROGRAM (MEP)
61) MANAGEMENT DEVELOPMENT PROGRAM (MDP)
62) SUPERVISORY DEVELOPMENT PROGRAM (SDP)
63) FACULTY DEVELOPMENT PROGRAM (FDP)
64) TRAIN THE TRAINERS (TTT)
65) PEOPLE-MANAGEMENT SKILL PROGRAM FOR DOCTORS

As educators, at the core of our deep-rooted commitment is to help the student’s lies our unwavering grounding in values that will give them the inner edge to lead more balanced and fulfilling lives as good citizens with a passion for winning and a zest for living.

We believe that every individual is born with a dream. A dream to be an achiever, a winner! A dream to be the best!

As educators we shall work to help students to realize their dreams.