



# **Happiness Vs Stress, A Case Study of Grievance Analysis from Feed Back: An Evaluation Model Invented By Rammohan College**

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## **ABSTRACT**

A highly useful life standard is happiness. A person can only be happy when they are leading a stress-free existence. College students may experience stress related to a variety of academic and external factors and thus they may have grievance(s) against college. Academic, social, environmental, psychological, and physical adjustment are all hampered by uncontrollable stress. The level of happiness and grievance among Rammohan College students was thoroughly investigated in this study. A total of 1002 Rammohan College students (2020-2022) from all semester were conveniently chosen at random to complete a series of questionnaires in order to get trustworthy data. Statistical approaches for inference and description were used to analyze the data. According to the study's findings, the majority of students (82.7%) are satisfied with the college. 17.3% of students are dissatisfied, compared to 13.7% of students who are really stressed and have grievance against college. The majority (91.1%) of students at Rammohan College are from the lower middle class economically. It has been tried to determine whether their financial situation is the primary source of their dissatisfaction and grievance or if there are other factors at play. We discovered a direct link between "not getting any scholarship" and "unhappy and economically backward" pupils.

**Keywords:** Happiness, Stress, Rammohan College, Scholarship, Gymnasium, Grievance

## **INTRODUCTION**

The ultimate purpose of life is to be happy. A college should foster a happy environment to all stakeholders. Academic excellence is displayed by the happy students more than by the sad students. Stress is a common factor among unhappy people. Every person, regardless of ethnicity or cultural background, experiences stress on a regular basis [1]. The persistent result of several stable and taxing daily duties in every area of our lives is stress. College students' academic lives are challenged by the transition from adolescent to maturity. College students go through rapid physical, social and mental changes at this period and they may also feel unsuitable and adaptable, in the college environment. Due to academic pressure, adjusting to a new environment, failure fear, the struggle to be distinct, inferiority, gaining social familiarity and financial constraints, college students continually experience more complex inconveniences. [2].

One of an adolescent's most exciting and memorable experiences is college life. A vibrant environment, the company of friends, and a variety of academic and extracurricular activities are all enjoyed by teenagers in colleges, enriching and nurturing their academic lives and ultimately preparing the adolescent for adulthood [2].

College students are susceptible to a variety of stress-inducing scenarios, which causes them to constantly come up with new ways to cope with stress. Both the subject matter and the surroundings can be sources of stress for college students. The failure of the students to overcome these factors, which are connected to academic, socioeconomic, and personal triumphs, causes stress [2]. They also need to prepare and concentrate in order to do well in academic assignments across



a range of areas and disciplines. However, uneven results are fairly common for college students. Therefore, inefficient coping among college students can result in anxiety, sadness, and a host of other mental health issues. Additionally, high levels of stress among college students can harm their physical, social, and mental health as well as their academic performance. Numerous scholars have been concentrating on the subject of student stress for a long time [3].

Grievance addressable system should be an integral part of college administration and scientific analysis of reason of grievance and stress is helpful for policy determination.

The current study seeks to address the Rammohan College students' levels of academic and environmental stress & grievance as well as their levels of pleasure & contentment. In addition to the income level variables, this research will examine the method of current status evaluation used by the college administration to support students' academic activities.

### Goal of the Study

This study aims to investigate potential future College improvement plans.

### The Study's Justification

The researchers are curious to see how satisfied their students are with the environment right now. The researchers also think that the research findings will greatly aid in formulating future plans for all stakeholders.

### Questions and Objectives for the Research

The following precise goals were pursued with this study:

To investigate, whether the students are happy and satisfied in college environment.

To determine whether factors such as “student’s family income” and financial aid viz. scholarship are related to students' satisfaction.

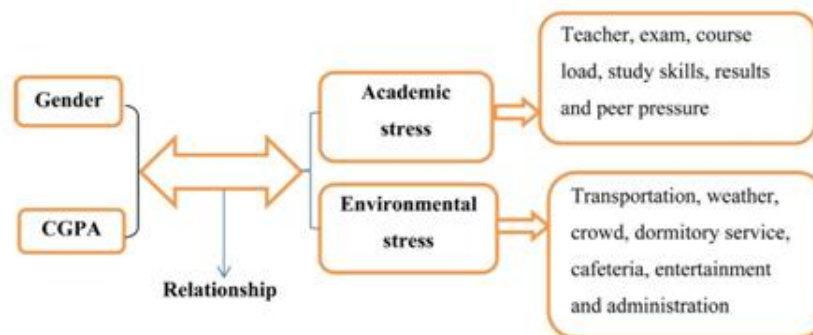
To research the methods used by college students to reduce their stress, such as Gymnasium.

### Understanding stress and reason(s) of grievance

Life will inevitably and typically include stress. Mild stress is beneficial since it can motivate and assist us in our efforts to be more productive. A severe reaction to stress or too much stress, though, might be hazardous. The way we interpret and respond to a stress-inducing event determines the social, physical, and psychological effects of stress. We may view certain life situations as "stressful" even though they inspire and energize us. As a result, we might react negatively, which might have a detrimental impact on our physical, mental, and social well-being [4].

Simply said, stress is the body's general response to any demand placed upon it. By definition, tension or worry are not the same as stress. It's crucial to keep in mind that some types of stress are necessary and normal. The body's capacity to handle additional types of psychological or physical stress decreases with continued exposure [5].

**When a person is satisfied with his/her achievements, he/she is happy and stress free.**



**The Dawit-Bereket- Karvinen Model, 2018:** In this model we find various factors related with a student’s life [8]. We have added two parameters, scholarship and financial background of student.

Regarding stress as an unpleasant state of emotional and physiological arousal that people experience in situations that they perceive as dangerous or threatening to their well-being, stress is seen as a negative emotional, cognitive, behavioural, and physiological process that occurs as a person attempts to adjust to or deal with stressors [6]. The majority of psychologists claim that mild stress inspires people to work hard and fosters creativity, yet stress can make it difficult for people to execute challenging jobs [7].

### METHODS

From the above model, the environmental stress has already been analyzed [9]. The gender factor is fixed, as Rammohan College is a girls' college. The faculty: student ratio is adequate and CGPA score is at par the average of Calcutta University. The research team used a descriptive research design to analyze the happiness of the students at present scenario. In particular, a survey method was employed to gather the data from the intended audience of Rammohan College students. A Google form (questionnaire) was used to collect the data. There are 9 yes/no questions on the survey. The indirect investigation was the goal of the academic and environmental happiness/stress/grievance scale. The inquiries are:

1. Are you happy with the infrastructure of Rammohan college?
2. Do you use Gymnasium of Rammohan College?
3. Did Gymnasium reduce stress of your life?
4. Do you think exercise increase concentration in study?
5. What is your family income?
6. Do you avail any scholarship?
7. Do you think scholarship/student credit card is useful in financing your study in college?
8. Do you suggest any friend/relative to get admission in Rammohan College?
9. Do you think Scholarship is essential for study?

### RESULTS

The results were analyzed from 1002 responses of random sample of 2020-2022. The results are shown here in figures

(Fig. I to X)

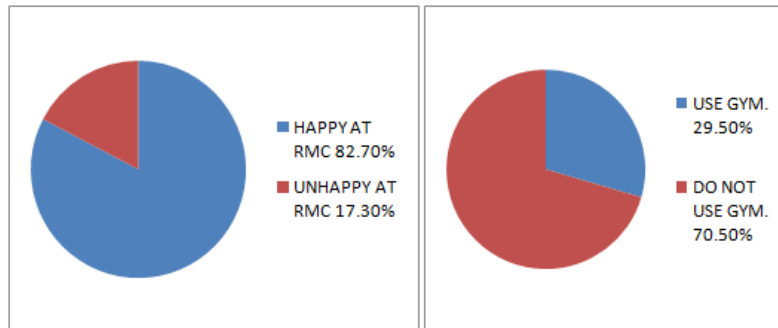


Fig. I

Fig. II

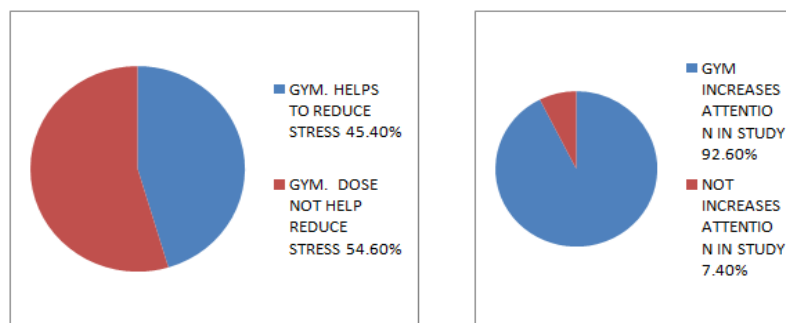
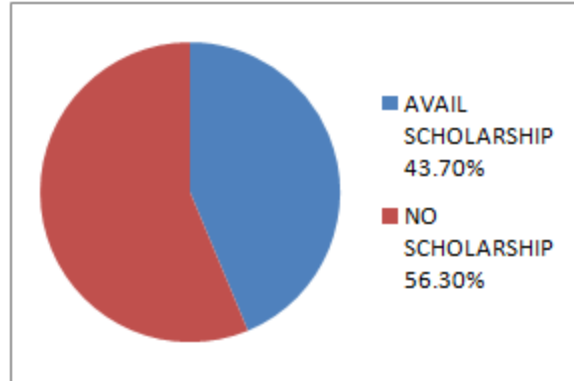


Fig. III

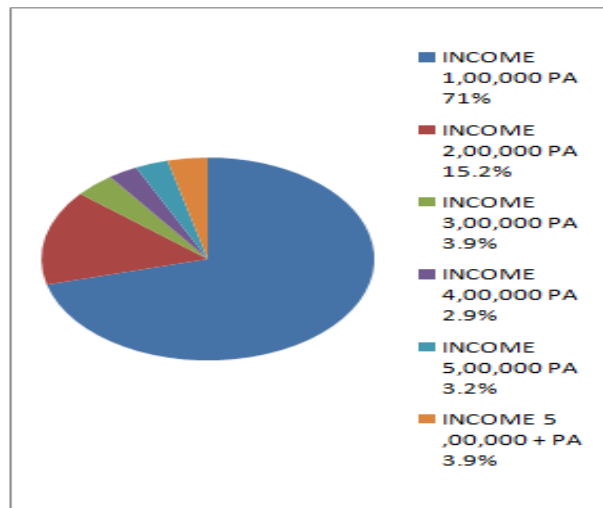
Fig. IV



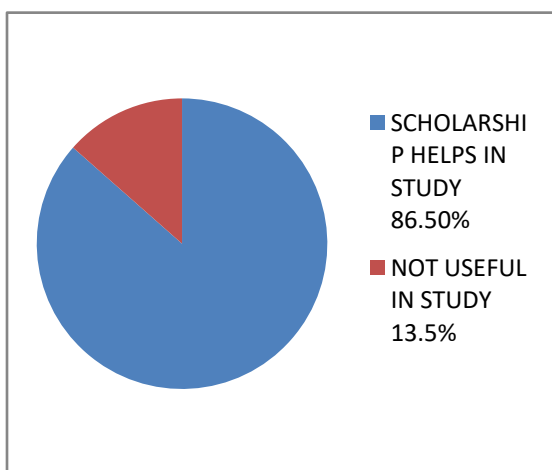
**Fig. VI**

**Fig. V:** From Rs. 1,00,000/- PA to Rs. 3,00,000/- PA has been considered as Lower Middle Class.

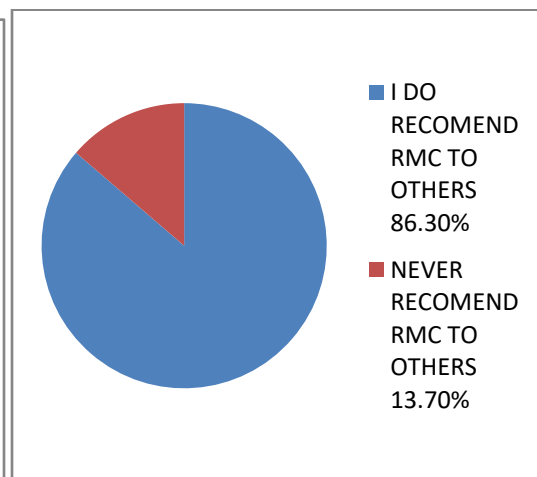
Rs. 4,00,000/- and above has been considered as Middle Class.



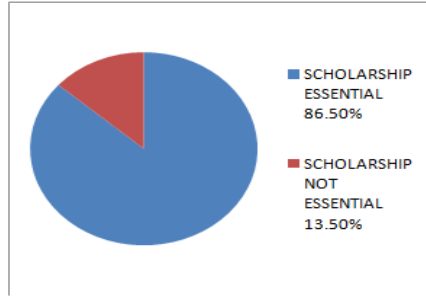
**Fig. V**



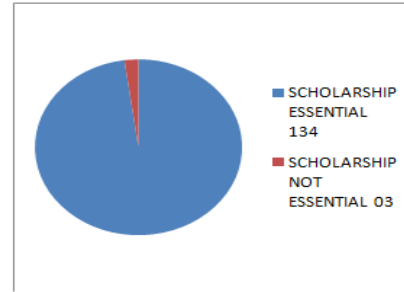
**Fig. VII**



**Fig. VIII**



**Fig. IX**



**Fig. X**

## DISCUSSION

### Gymnasium as Happiness factor

Though only 29.50% students' use gymnasium, 92.60% of gym user stated that, they are benefitted as their concentration level towards study has been increased. They have other stress and almost half (45.40%) of gym user find that use of gymnasium reduce stress in life.

### Scholarship as Happiness factor

Though only 43.70% of the students of Rammohan College are availing scholarship of State Government. It has been found that 100% of them are satisfied with Rammohan College irrespective of any family income group. 86.50% student opined that having scholarship is very helpful for studies.

### Identification of factor(s) of stress and grievance

Though there are 17.30% unhappy students, 13.70% (137 students) are highly dissatisfied with the ambience of Rammohan College. They will never recommend Rammohan College to their relatives, friends and neighbors. We have tried to find out the reason behind their alienation against Rammohan College. We found that, most of them belong to Lower income group and not getting any scholarship. Only 3 students out of 137 students opined that "scholarship is not essential". These dissatisfied students are also divided into two groups:

**Table I: Subset of students responded "Will not Recommend"**

Happy but Not Recommend RMC	Unhappy and Not Recommend RMC
61	76

Thus, the researcher decided to investigate whether there is any link between "not getting any scholarship" and the "grievance of students".

**Table II: Relation between grievance/unhappiness and "Not getting any scholarship" by Pearson's Chi Square**

Expected Scholarship	Observed Scholarship	P-Value at $p \leq 0.05$	Discussion
47	34	0.0151	Significant

**Table III: Relation between "Lower Middle Class family income" and "Not getting any scholarship" by Pearson's Chi Square**

Expected Scholarship	Observed Scholarship	P-Value at $p \leq 0.05$	Discussion
27	19	0.069394	Not Significant

**Table IV: Relation between "Middle Class Family income" and "Not getting any scholarship" by Pearson's Chi Square**

Expected Scholarship	Observed Scholarship	P-Value at $p \leq 0.05$	Discussion
7	1	0.000789	Significant



## CONCLUSION

It has been found that, there is a strong relation between “not getting any scholarship” and Unhappiness/grievance of the students. In lower middle class students, this is not the only reason. Proper counseling is required to identify the reason behind their unhappiness and grievance. In middle class students, arrangement of scholarship may make them happy.

It has also been found that, gymnasium is adding a positive value among the students. The college should extend the Gymnasium facility, as only 29.50% can use Gymnasium.

### Abbreviation

RMV= Rammohan College, PA= Per annul, Gym.= Gymnasium

### Recommendations

1. Arrange counseling and special assistance cell for scholarship or any other financial assistance for the students
2. Extend facilities of physical activities viz. another Gymnasium, indoor games facilities for the students.

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