

*Factor Affective Stress and Stress Removing Methods of
Undergraduate Student Teachers*

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The Asian Conference on Education 2013

Official Conference Proceedings 2013

Abstract

The objectives of this research were to study the stress levels, factors affecting personal stress, and stress removing methods, of undergraduate students teachers. The data was collected from 330 students using a probability sampling method and was analysed by percentage mean, standard deviation (SD), and t-test. The results of the study showed that almost all of the undergraduate students surveyed had normal stress levels. The study showed that the most popular methods for the students to reduce stress were hobbies such as talking with friends and watching TV.

Background and Significance

Stress is a mental state can be caused to all sex and all occupational groups Especially in the current situation with the technological advances. The social and economic changes quickly living in a society that is busy and there is stiff competition. Cause problems and difficulties in life more Coupled with the lack of recreation. Or engage in recreational activities.

Stress is a catalyst for change, both psychological and physical, especially to the soul is expressed in many forms, such as pressure, obviously a conflict and anxiety, etc. (Suchat Somprayu, 1999). Stress can cause aberrant behavior leading to various problems such as drugs, violence, family problems crime, etc.

Students are several factors that can cause stress, such as economic problems. Family problems Learning Problems And factors that come from the students themselves, it is a state of body and mind, as certain illnesses. Alcoholism and drug (Department of Mental Health, 1999) These causes will affect the state of mind. Cause pressure Anxiety Confusion and stress Cause lack of concentration, lack of perseverance, the lower classes had to be suspended from school. Student or ceases Or deviant behavior Addiction drugs Problem of prostitution Including the destruction of their lives with.

Therefore, this research study will provide basic information about the level of stress and the factors that affect stress of undergraduate students teachers.

Purpose of the Study

The objectives of this research were to study the stress levels, factors affecting personal stress, and stress removing methods, of undergraduate students teachers.

Definitions

Stress means a condition in which a person feels uncomfortable pressure, anxiety, mental confusion and result in a physical reaction. As well as change some of their behavior, which can be divided into three levels: low, which is normal.

Expected Application

1. The sand stress levels the factors that contribute to stress and how to eliminate the stress of students
2. The results will be a research institution for basic information or agency responsible for the students to develop a project or activity to promote mental health and reduce the stress of students

Research Methodology

The data was collected from 330 students using a probability sampling method and was analysed by percentage mean, standard deviation (SD), and t-test

Tools used in the research

Planning of activities Thai Folk Plays 7 activities and use time activities about 25 minutes. Test of Mathematics Concepts of Pre-School Children include Counting and number 1-30 Knowing the number and odd number Comparison than less than equal Positive elements 10 Deletion elements 10

The statistics used for research

The statistics used to analyze the data included mean and standard deviation. The analysis was presented in table followed by description

Results of Data Analysis

That the most popular methods for the students to reduce stress were hobbies such as talking with friends and watching TV.

Conclusion Discussion

The objectives of this research were to study the stress levels, factors affecting personal stress, and stress removing methods, of undergraduate students teachers. The data was collected from 330 students using a probability sampling method and was analysed by percentage mean, standard deviation (SD), and t-test. The results of the study showed that almost all of the undergraduate students surveyed had normal stress levels. The study showed that the most popular methods for the students to reduce stress were hobbies such as talking with friends and watching TV.

References

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