

LOCUS OF CONTROL AND PERCEIVED STRESS BEHAVIOR OF COLLEGE STUDENTS: AN EXPLORATORY INVESTIGATION

DEBASIS BHATTACHARYA*; SHUVENDU DEY**

*ASSOCIATE PROFESSOR,
DEPARTMENT OF COMMERCE,
UNIVERSITY OF NORTH BENGAL, INDIA,

**HEAD,
DEPARTMENT OF BUSINESS ADMINISTRATION,
SILIGURI INSTITUTE OF TECHNOLOGY, INDIA,

ABSTRACT:

Stress is any circumstance that stirs up pessimistic thoughts and mind-set in a person. The same situation may not be redolent or worrying for all, and people may not be confronted with similar pessimistic thoughts and feelings when under stress. The existing research indicates that the incidence of stress is mounting amid students pursuing higher studies. Attracting, retaining and ensuring all round development of students are progressively getting difficult for colleges and other such educational institutions. The aim of this paper is to critically review the research looking at stress experienced by students undergoing college education. A considerable number of studies have examined student stress and they appear to indicate that stress levels are increasing amongst the student population. The result of perceived score reveals that the stress perceived by females is significantly higher than the male students. The findings of the regression analysis amply demonstrate that perceived stress of students can be predicted by the explanatory variables included in our study.

KEY WORDS: Career Anxiety, Examination Anxiety, Locus of Control, Perceived Stress, Students
