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STRESS COPING MECHANISM AND THE EFFECTS OF ACADEMIC STRESS

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Stress Coping Mechanism and the Effects of Academic Stress

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ABSTRACT

Although stress and its effects on students are well-researched, stress-coping mechanisms themselves have not been fully explained and advocated for in young adults. Recent studies have shown that millennials display the highest recorded levels of stress, which is directly correlated with declining mental health. Effective stress-coping mechanisms can benefit individuals by offering methods to deal with overwhelming stress. Research offers three stress-reduction methods: Problem-Focused coping, Emotion-Focused coping, and Avoidance-Coping. These combat stress by providing effective strategies to manage and reduce stress levels. This presentation identifies what each method is and how each can be applied to environmental stressors, exploring how effective stress-coping mechanisms can reduce academic stress and further improve individuals' quality of life.

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