

# College stress analysis

[Health & Medicine](#), [Stress](#)



One important factor of college stress on students leading to suicide is academic linked issues in college. Firstly, college means higher education demanding for a number of assignments, tests and projects which is just sufficient for students to commit suicide particularly when exams are round the corner. Every semester has two or more quizzes, group assignments and case study for each subject which is worth so much of marks that you don't want to lose it.

Next, world has become very competitive so in order for one to shine in that world requires a lot of hard work to make oneself different from others. Everyone is in the race of being the number 'one'. In addition, students give up hope thinking that if they don't do well academically they are not worth anything, but they don't realize that living with hope motivates oneself to be somebody in life. It is very hard for one to adopt new environment, new responsibilities and to be exposed to the world of competition.

There is a vast difference between school life and college life, for example, unlike college, secondary students are usually spoon-fed by their class teachers that is everything given in hand by teachers whether its notes or any announcements. So to be able to adopt this environment is itself a challenge. Living with family means less responsibility on students' shoulders. Some students stay away from their families means more responsibilities which sums up level of stress in college for example, mothers usually chase their children around for food but living in a hostel or without parents means prepare everything by themselves.

Sometimes assignments really gets jammed up over the schedule that many students stay up late at night and study long hours and getting up early for classes. This is really traumatic. Depression is a very common form of stress among adolescents. It can be in a form of finance and life circumstances. It's one of the major reasons of the increasing number of suicides. Unlike schools, college expenses are much higher which some parents can't afford, directly or indirectly it puts students under great pressure.

Secondly, we often hear or experience that students might not be able to clear examinations therefore he/she may have to repeat that subject or even the entire semester which is really embarrassing and depressing. Having mentioned it earlier due to some financial situation or life circumstances, student may have fear of being dropout from the institution. Many students do not understand how great an impact this stress can have on their happiness and overall behavior. Suicide has now become a trend caused by college stress which many adolescents follow.