Causes of stress among college students essay sample

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College is a new and exciting time, but it can be overwhelming. Among all of the new experiences, and learning and growing opportunities available in a college environment, many may lead to unhealthy levels of stress which hinder students' abilities to socialize and to achieve their academic goals. Recognizing the sources of stress is important in preventing it from becoming unmanageable or debilitating. Financial

College is expensive. While some students enjoy financial help from their parents and others qualify for sufficient financial aid to pay for their college experience, many others struggle to balance a low-paying job with their already significant obligations. Students who make too little money to pay for their tuition, book costs and other living expenses, or those who make just enough, suffer from stress due to the financial problems they face. Relationships

Relationships with friends and significant others can be stressful, either because they're inherently unhealthy or because they're threatened by external sources of stress. Teenagers and young adults are still developing emotionally, and maintaining or dissolving a relationship can be especially taxing. Physical Causes of Stress Because college students often adopt unhealthy eating habits, sacrifice sleep for extensive studying and social activity, or consume alcohol and other substances as part of their regular activities, their physical health can become compromised. Students who are chronically tired or do not feel well because of these contributing factors will find that their performance or attendance in class suffers. They also have less energy than healthier students to devote to academic and social concerns, which results in their need to take more time to perform tasks and

study for classes. The excessive time required to achieve their goals can

become an additional contributor to stress.