Level of Stress among Students Studying in Higher Education Institutes (HEIs) in Dubai

Basma Kashmoola*
College of Business, University of Modern Sciences, Dubai-United Arab Emirates

Abstract
This paper adopted a convenience sampling by approaching five different universities/higher education institutes in Dubai International Academic City (DIAC) to explore and examine the level of stress among students studying in those institutes. Three main factors of stress i.e., academic, financial and social support have been identified through the literature and a valid questionnaire was developed to capture their responses in all three factors of stress. By using descriptive statistics, an average (mean) values are computed. Recommendations and limitations of the study have also been discussed.

Keywords: Stress in HEIs; UAE universities; Stress among students; Stress management

Background of the Study

Students at higher level education institutes play a crucial role in country’s development and prosperity, once they use their talent equipped with the acquired knowledge and skills in the university and colleges at graduation. It is perceived that government universities in the U.A.E are better than the private universities and free for the local Arabs. In United Arab Emirates, the demographics are very diversified and only 19% are the Emirati in the U.A.E, 23% are the Iranian and Arabs, 50% are South Asians, 8% are the Westerns and East Asians. This statistics further validates the fact that, majority of the local studying in government universities. Therefore most of the student’s from different part of the world living in U.A.E face financials, social and academic challenges. Students in the U.A.E are also come across with the renewal visa policies every year.

The cost of international campuses and cost of living is also high for the international students in the U.A.E. The government of U.A.E doesn’t allow the students to work part-time which are on the student visa. Considering the overall dynamic and new off shore international campuses in Dubai, students encounter high pressure because on one side they have to carry on their studies, they have to secure good grades in the subjects, maintain the GPA, they have the assignments, presentations, quizzes, research projects, group discussions and many other activities that need the attention of students towards academics meanwhile they have different challenges like entering in a diverse culture, food issues, travelling issues, family issues, and there is a class of students in U.A.E living without their families so they feel homesickness and they were expecting the changes more stressed than the local students. Therefore, considering overall discussion so far, this research paper attempts to explore and examine the level of most important factors of stress among students in HEIs in Dubai.

Literature Review

Stress
The people who are facing stress react in very depressing way. Strain seizes locale after a person is grasped alongside an aim to find out as desecrating [1].

Cox et al. [2] stated strain is a vision affair that aftermath from a difference amid the plea set and skill of person of influence to finish the

“Teachers often emphasize the acquisition of knowledge, so they often neglect the emotional feelings of students during the teaching process, which can cause emotional stress and learning problems for students. In addition, students may feel unfamiliar situations like nervousness, worry, frustration, basement, depression, etc. The instability of these emotions easily initiates unusual behavior, which then affects the learning achievements and adjustment ability of students if appropriate timely counseling is not given by the institutions, teachers and parents, or if they cannot obtain appropriate concern from their peers or siblings.” [3].

In this section, a brief relevant review of the literature has been conducted to come up with the most important factors of stress may face by students in HEIs.

Stress related to academics: Many researches are done for the strain that students take in their academics. They find strain as too countless home works, competitions alongside supplementary enrollments, wrecks connections alongside supplementary students or lecturers. Intellectual academics have disparate career nature contrasted to nonacademic. It is forecasted to have contrasts in signals, components, and aftermath of strain to graduates [4]. Researchers suggest there must be counselors available in the university who take care of the stressful students. Consequently, university must to uphold adjust intellectual nature helpful for improved discovering that fit with the requirement of every single student. Personality and background of students also affects that how they handle the stress.

Consequently supplementary scrutiny, we find out that student self-impose the stress due to the personality factor. Students who are consistently exceedingly committed, stable, perfect, expose avidity for their earth, and are success-oriented [5]. “Self-oriented perfectionism describes the trend of a person to target and accomplish marvelous

*Corresponding author: Basma Kashmoola, College of Business, University of Modern Sciences, Dubai-United Arab Emirates, Tel: +971 4 264 6506; E-mail: basma_waleed_85@yahoo.com

Received May 10, 2016; Accepted May 31, 2016; Published June 07, 2016

Citation: Kashmoola B (2016) Level of Stress among Students Studying in Higher Education Institutes (HEIs) in Dubai. Arabian J Bus Manag Review S1: 003. doi:10.4172/2223-5833.S1-003

Copyright: © 2016 Kashmoola B. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.
work. Other-oriented perfectionism is concerning the customs of someone who always anticipate that the others must to present ideally in their tasks. Socially counseled perfectionism is concerning the exercise of someone to always contemplate that the area anticipates flawlessness from him or her” [6].

Students bear the excessive level of stress due to the intellectual prospect set by their teachers. For countless graduates, intellectual expectations are melodramatically larger by their professors as compare to teachers in elevated school.

**Stress related to financial status**: Financial strain has been denoted to by reviewer as commercial strain, commercial adversity, commercial stress and commercial pressure. Commercial stress is an appraisal of present commercial rank such as observed commercial capacity, commercial affairs, arrangements to differences in a person commercial status and person is advised commercial status. Fiscal stress is a vital basis of anxiety in people’s lifetimes because countless frank hobbies of common living and convenience for accomplishment are firmly attach to present elevations of confidential commercial means [7].

Feedback to commercial strain additionally contain emotional components. Jackson et al. [8] inspected the bound of psychological anxiety of a person in constant agony contrasted to lively segment. Graduate commercial strain additionally leads to emotional replies such as executive promise and comfort in the discovering climate. Commercial strain was encompassed as strain and factors connected to commercial strain and replies were founded. Strain connected to confidential resources is observed to be one of the most prominent origins of emotional strain because frank existence hobbies are linked alongside confidential commercial finance and their association [7].

**Stress related social support**: A frequently proclaim purpose is that social support is data managing individual to belief he or she is protect for, admired, and an associate of a accompany of contact and public duty. Social support can categorize as pursing three:

- Impress
- Adoption
- Help

Kahn et al. [9] clarify commercial support alongside three as: alter, confirmation, and benefit. Alter is support that contains the explanation of kind and emotive confidence, assertion is the ability of data concerning the correctness or wrongdoing of individual deeds, and assistance is the potential and use of absolute aid across fund, period, and achievement.

Many scholars have recognized the connection amid sensitivity of communal connectedness amid students and stress levels. Hodgson et al. [10] uphold this in their discovering that negligence of communal prop is connected to anxiety among students.

Lower level of communal support is one of the evocate of emotional issues. It is affiliated alongside maximum level of slump, apprehension, scrutiny setbacks, believed setbacks, communal setbacks and actual criticism. These assumptions are uphold by the discovery of Friedlander et al. [11] on 128 early year undergraduate students. It was discovered that students who observed that their communal sources increased had lower level of slump, apprehension, and assistance is the potential and use of absolute aid across fund, period, and achievement.

The instrument that is used in this research is the questionnaire. Questionnaire is categorized in three sections one section is for the demographics. The second section consists of the academics, financial and social support questions. In total it consists of 27 questions. Nominal scale is used to measure the demographic questions and likert scale is used to measure the stress factors academics, financial and social status questions including the overall stress. A valid questionnaire for this study has been adopted by Holahan [12]. SPSS 13.0 has been used for the descriptive statistics.

**Results**

**Background of respondents**

Table 1 shows that respondents are categorized among five universities which are Amity University, MENA College, American university, Murdoch University and Sbabist. The total number of responses are 70 from which 5.7% responses are collected from Amity, 11.4% responses are collected from MENA, 14.3% responses
are collected from American university, 17.1% responses are collected from Murdoch University and 51.4% responses are collected from Szabist.

Table 2 represent the total number of responses are 70 from which 27 are females and 43 are males.

Table 3 describe that the total number of responses are 70 from which 53 are single and 17 are married. So 24.3% are married and 75.7% are single.

Table 4 describe that the total number of responses are 70 aged between 20 years to 30 years. The mean is 25 years.

Table 5 shows that respondents are categorized among four nationalities which are Arab-Emirati, Indian, Pakistani and others. The total number of responses is 70 from which 40 are Pakistanis, 12 are Indians, 11 are Emiratis and 7 are from other nationalities.

Table 6 shows that respondents are categorized among three level of education which are Diploma, Bachelor and Masters. The total number of responses is 70 from which 38 are doing Masters, 29 are doing Bachelors, 11 are 3 are doing Diploma.

Table 7 describes the income level of the respondents. There are 5 categories of income level and total number of respondents is 70. 18 respondents have more than 8000 AED income.17 respondents have income range between 6001-8000 AED. 15 respondents have income range between 4001-6000 AED. 13 respondents have income range between 2000-4000 AED. 1 Less than 2000 AED. 6000 AED. At last 7 respondents have income range between 2000-4000 AED.

The Table 8 describes the living status of the respondents. The total number of respondents is 70 from which 45 lives with their families. 17 respondents are live with their friends, 7 respondents live with relatives and only 1 respondent live alone.

Descriptive statistics of stress level:

- Stress related to academic issues: Table 9 highlights descriptive statistics of the stress levels in terms of academic stress, a student perceived. An overall mean of 3.28 at the scale of 5.0, indicates that the respondent level of stress relating to academics and dealing with academic issues are not too high, however, they experience a relatively higher level of stress, if their CGP gets low (Mean 3.7).

- Stress related to financial issues: Table 10 highlights descriptive statistics of the stress levels in terms of financial stress, a student may perceive. An overall mean of 3.3 at the scale of 5.0, indicates that the respondent level of stress relating to financial issues and dealing to cope with those issue are not at higher side, however, an overall mean (4.1) has been reported that shows an average higher level of stress caused because of the expenses and cost in the university. In addition, it also indicates that students are not only able to manage the issues related to tuition fees (Mean 3.9).

- Stress related to social support: Table 11 highlights descriptive statistics of the stress levels in terms of social support, a student may perceive. An overall mean of 3.8 at the scale of 5.0, indicates that the respondent level of stress relating to social support issues and dealing to cope with stress while social systems is available are at lower side. This
 indicators that a moderate level of social support is always there from friends, relatives for students that surpass the effect of higher level stress.

### Discussion of Stress Level

The overall stress levels of all the respondents were relatively low. However it is evident that stress related to academic issues the level of stress is (Mean 3.2) and fanatical (Mean 3.3) are crucial to discuss. These two issues are being reported at relatively lower in a scale of 5.0. This further validates the issue that students stress out once they feel pressure from their financial and academic related issues.

### Recommendation

The descriptive study’s result shows that financial and academic related issues may lead to higher level of stress and anxiety among students. So it is recommended that universities that they must have student counseling department in their universities so they can listen understand and help the students for their problems. Students have different kinds of problems and they don’t want to disclose some of them to all because of hesitation. Further, it may also be recommended that there must be some financial plans such as academic merit scholarship, need based scholarships or any other financial findings must be available to the students on a case to case basis.

### Limitations and Future Direction

Current research opens the way to explore the level of stress and its factors on the macro level of all the universities in the U.A.E. This research executed in the universities of academic city in Dubai, U.A.E. The findings of this study can’t generalize with the other universities in the U.A.E.

A further research must be carried out by looking into the impact of these three factors on students overall motivation/satisfaction level to in completing their studies.

### References