

A STUDY ON THE EFFECT OF STRESS AMONG MEDICAL STUDENTS IN UNIVERSITAS UDAYANA

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Abstract: Stress is a term that is generally utilized today however has gotten progressively hard to characterize. It shares, somewhat, basic implications in both the biological and psychological sciences. Stress can be considered as any factor, acting inside or remotely, that makes it hard to adjust and that initiates expanded exertion with respect to the piece of the individual to keep up a condition of balance both inside and with the outer condition.

This research is a descriptive study with cross sectional method. The data is obtained from the medical students from selected semesters. Due to the pandemic situation, the questionnaire is given out to the medical students in the form of google form which follows the inclusion and exclusion criteria studying in the University of Udayana.

It is concluded that the students who experience stress also experiences stress effects such as irregular sleeping patterns, diarrhoea, excessive body sweats, tiredness, restless, irritability, moody, difficulty in concentrating, decreased memory power, weight gain or weight loss, lack of appetite, mood swings, difficulty in breathing, feeling tensed and nervous. Hence, the prevalence of the medical students who undergo stress is 89 (74.2%).

Keywords: effects, stress, medical students.

1. INTRODUCTION

Stress has been named into the Health Epidemic of the 21st Century by the WHO and is assessed to cost American business up to \$300 billion every year. The impact of stress on our enthusiastic and physical wellbeing can be wrecking. In late USA study, over half of people felt that stress contrarily sway work profitability. Somewhere in the range of 1983 and 2009, level of stress escalated by 10-30% among every statistic group in the USA.¹

Spielberger says that the term stress is utilized to allude to a complex psychobiological process that comprises of three significant components. This procedure is started by a circumstance or upgrade that is possibly hurtful or risky stressor. On the off chance that a stressor is translated as a hazardous or compromising, an anxiety response will be evoked. In this manner, the meaning of pressure alludes to the accompanying fleeting occasions stressor.² Perception of Anxiety State Steinberg and Ritzman says that stress can be characterized as an under burden or over-burden of issue, vitality or data contribution to, or yield from, a living framework.³

Born in Vienna in 1907, Hans Hugo Bruno Selye, otherwise called the "father of stress," started his study about stress while still a medical student in 1926. He saw that patients with assortment of sickness had a considerable lot of the equivalent "non-specific" side effects that were a typical reaction to stressful stimuli experienced by the body. These clinical perceptions together with experiments on laboratory rats supported Selye's idea of the GAS (General Adaptation Syndrome) which drove Selye to state that 'disease of adaptation' is the result of prolonged exposure to stress. Despite the fact that the GAS theory was erroneous, it featured the way that stress effects affected the immune system just as on the adrenal organs. The GAS incorporates three distinct stages which are alarm reaction, stage of resistance, stage of exhaustioz.⁴

Levi and Ursin considered stress is a piece of a versatile biological system, where a state is made when a focal processor enlists an instructive inconsistency.⁵ As per Humphrey's point of view stress can be considered as any factor, acting inside or remotely, that makes it hard to adjust and that initiates expanded exertion with respect to the piece of the individual to keep up a condition of balance both inside and with the outer condition.⁶ In 1996, Levi said that stress is cost by a large number of requirements stressors such a lacking fit between what we need and what we able to do, and what our condition offers and what it requests of us.⁵

2. MATERIALS AND METHODS

This research is a descriptive research where a questionnaire is used to measure the effect of stress among students from Universitas Udayana in Denpasar. This research study will be conducted on medical students of Universitas Udayana in Denpasar. The data for this research was collected from the month of November 2020. The criteria of this research are, the participants that will be chosen for the study research will be from first year to fourth year of medical students. An inform consent will be signed by the participants before joining the study. The examining strategy utilized in this examination is the accommodation testing where a particular sort of non-likelihood inspecting technique that depends on information assortment from populace individuals who are helpfully accessible to take an interest in investigation. In comfort examining no consideration standards recognized before the choice of subjects. All subjects are welcome to take an interest.

The inclusion criteria samples in the study was medical students of Fakultas Kedokteran Universitas Udayana as respondents who agree to follow this research, will fill the questionnaire given by the researcher. The exclusion criteria samples in this study was medical students of Fakultas Kedokteran Universitas Udayana as respondents who disagree to follow this research. Medical students who have graduated and left the university.

The research variables are divided into two, which are independent variable and the dependent variable. The independent variables in this research are age, gender, religion, semester and parent's marital status. The dependent variable in this research is the effect of the stress among medical students. The data will be collected and analysed. The effect of the stress of the participant will be categorized based on their result. This research has received ethical eligibility permission from the Research Ethics Commission (KEP) of the Faculty of Medicine, Udayana University.

3. RESULTS

This study was conducted among the medical students from Faculty of Medicine, Universitas Udayana. The data was collected from the students from semester one, three, five and seven. The data for this research was collected from the month of November 2020. Based on the inclusion and exclusion criteria, the study was conducted among 120 samples. The result that has been obtained from the research, were then analysed with the aid of SPSS system version 22. Due to the current pandemic situation, the questionnaire was prepared in the form of Google Form and it was then distributed among the students through social media applications such as Line and Whatsapp. The questionnaire was translated in Indonesian language to make it easy simple for the respondents to answer. Proper grammar, simple and easy words were used in that questionnaire for the respondents to understand the questions well and also answer the questions properly. The data of the students were kept private and confidentially. Thus, the survey was valid.

Data Analysis

Based on the Table 1, can be seen the profile or socio demographic of the students that has participated in the study which includes their age, gender, religion, current semester, parents' marital status and also who they are staying with. The total number of students that has participated in this study is 120. Based on the Table 1, it can be seen that the students with the age of 18-20 participated the highest with the number of 58 (48.3%), followed by 56 (46.7%) students with the age of 21-22 and 6 (5.0%) students with the age of 23 and above. Out of 120 students that has participated in this study, it can be found that there are 39 (32.5%) males and the majority was females with the number of 81 (67.5%). There were also religion variety among the 120 students. From the Table 1, it can be seen that the respondents with most number and percentage belongs to the Hindu religion with the number of 74 (61.7%), followed by respondents who are Catholic with the number of 17 (14.2%) and Protestant with the number of 14 (11.7%). There are also respondents who are Buddhist with the number of 11 (9.2%), Muslim with the total of 3 (2.5%) and 1 (0.8%) Sikh. The students that were randomly selected as a respondent are from semester one, three, five and seven. The respondents or students with the most number and percentage are from semester seven with 60 (50.0%), followed by the students from semester one with the number and percentage of 25 (20.8%), then 20 (16.7%) students from semester five and 15 (12.5%) students from semester three. Respondent's parents' marital status was also calculated in this study. As for the result, most of the students parents were

still married with the number and percentage of 116 (96.7%) and 4 (3.3%) of their parents were divorced. Finally, in the profile of students, based on the table 1, most of the respondents with a number of 54 (45.0%) are staying with their parents, followed by students who are staying alone with the number of 52 (43.3%), 12 (10.0%) who are staying with their relative and 2 students with the percentage of 1.7 % are staying with friends.

Table 1: Profile of the respondents

Responden Characteristic	Frequency (n)	Percentage (%)
Age		
18-20 years old	58	48.3
21-22 years old	56	46.7
23 and above years old	6	5
Gender		
Male	39	32.5
Female	81	67.5
Religion		
Hindu	74	61.7
Sikh	1	0.8
Buddhist	11	9.2
Muslim	3	2.5
Protestant	14	11.7
Catholic	17	14.2
Semester		
One	25	20.8
Three	15	12.5
Five	20	16.7
Seven	60	50.0
Parents' Marital Status		
Still Married	116	96.7
Divorced	4	3.3
Staying With		
Alone	52	43.3
Relatives	12	10.0
Parents	54	45.0
Friends	2	1.7

Based on the Table 2 which discuss about the general questions about stress and academic, it can be known that out 120 students, majority of the students with the number of 89 (74.2%) are stress. Adding to that, a number of 31 students with the percentage of 25.8% are not stress. According to Table 2 it can be seen that most of the respondents with number and percentage of 94 (78.3%) do not enjoy being stress whereas 26 of them with the percentage of 21.7% enjoy being stress. The respondents also discussed about whether the stress have an impact on their studies or not. Based on the Table 2, it can be known that majority of the students with the number of 91 (75.8%) states that stress do affect their studies and a very few of them with the number of 29 (24.2%) states that stress does not affect their studies. Of all 120 students, 93 (77.5%) of them has stated that they get stress when there is too much of work to do. A number of 27 with the percentage of 22.5% has stated that they do not get stress when there is a too much of work to do.

Table 2: Stress and academic

Responden Characteristic	Frequency (n)	Percentage (%)
Students who are stress		
Yes	89	74.2
No	31	25.8
Students that enjoy being stress		
Yes	26	21.7
No	94	78.3
Stress affects their studies		
Yes	91	75.8
No	29	24.2
Feels stress when there is too much of work to do		
Yes	93	77.5
No	27	22.5

Based on the Table 3, it can be seen that the majority of students with the number of 87 and a percentage of 72.5% says that study is their cause of stress. On the other hand, a number of 15 students and with a percentage of 12.5% state that financial problem is the cause of the stress. 10 students with the percentage of 8.3% has stated friends are the cause of their stress and 8 students out of 120 stated that family is the cause of their stress.

Table 3: Cause of stress

Responden Characteristic	Frequency (n)	Percentage (%)
Cause of Stress		
Financial Problem	15	12.5
Study	87	72.5
Friends	10	8.3
Family	8	6.7

Table 4 shows the results of how students feel during stress. From Table 4 it can be seen that a number of 50 (41.7 %) students feel tired during the day when they are stress. It can be also seen that a number of 46 (38.3%) students cannot sleep well at night when they are stress. Out of 120 students, 24 (20.0%) of them do not feel well when they are stress.

Table 4: How students feel during stress

Responden Characteristic	Frequency (n)	Percentage (%)
How students feel during stress		
Feel tired during day	50	41.7
Cannot sleep well at night	46	38.3
Not feeling well	24	20.0

Table 5 shows the result of the students on how they feel emotionally during stress. From the results, it can be seen that the majority of the students with the number of 60 (50.0%) feels worried during stress, followed by a number 28 (23.3%) students feel sad when they are stress. A number of 16 with the percentage of 13.3% feels angry when they are going through stress. Of all 120 students, 9 (7.5%) students feel nervous and 7 (5.8%) students go through other emotional feelings during stress.

Table 5: Emotional feel of students during stress

Responden Characteristic	Frequency (n)	Percentage (%)
How students feel emotionally during stress		
Nervous	9	7.5
Worry	60	50.0
Sad	28	23.3
Angry	16	13.3
Others	7	5.8

Table 6 shows the results on what the respondents do when they are stress. Majority of the students with a number and percentage of 38 (31.7%) eat when they are stress, following by 32 (26.7%) students cry when they are stress. Adding to that, a number of 28 (23.3%) do other activities when they are stress. 18 (15.0%) students out of 120 students sing when they are under stress and a number of 4 (3.3%) shout when they are stress.

Table 6: Things that students do when they are stress

Responden Characteristic	Frequency (n)	Percentage (%)
What students do when they are stress		
Sing	18	15.0
Shout	4	3.3
Eat	38	31.7
Cry	32	26.7
Others	28	23.3

Table 7 shows results of how long the students felt stress recently. Based on the table, it can be analysed that a majority of students with the number and percentage 88 (73.3%) had stress for a short period of time followed by a number 32 (26.7%) of students felt stress for a long period of time.

Table 7: How long students felt stress recently

Responden Characteristic	Frequency (n)	Percentage (%)
Felt stress recently		
Long time	32	26.7
Short time	88	73.3

Table 8 shows the result of the effects of stress among the students that has participated in this study which includes the sleeping pattern, having diarrhoea, excessive sweat, tiredness, often making mistakes, being restless, being irritated, easily being offended, becoming moody, difficulty in concentrating, low memory power, cursing friends, easily blaming others, weight gain or weight loss, difficulty in breathing, lack of appetite, mood swings and feeling tensed and nervous. Based on the table 8, it can be seen that the majority of the students with the number and percentage of 60 (50.0%) stated that they often have an irregular sleeping pattern, followed by 26 (21.7%) students who have an irregular sleeping pattern often, 32 (26.7%) students who rarely have an irregular sleeping pattern and 2 (1.7%) students who never had an irregular sleeping pattern. From the table below, it can be found that out of 120 respondents, only 1 (0.8%) respondent experiences diarrhoea very often, followed by a number of 18 (15.0%) students experiences diarrhoea often, 68 (56.7%) students who rarely experience diarrhoea and a number of 33 (27.5%) students who never experience diarrhoea. Besides that, a number of 8 (6.7%) students state that they sweat excessively when studying or doing very often whereas a number of 21 (17.5%) students state that their body often sweats excessively when studying or doing work, Majority of the students with the number of 49 (40.8%) states that they rarely sweat when they study or do work followed by a number of 42 (35.0%) students state that they never experienced sweating when studying or doing work. From the table below, it can be seen that a number of 20 (16.7%) students gets tired easily when studying very often, 55 (45.8%) students gets tired easily when studying often, 38 (31.7%) students gets tired easily when studying rarely and 7 (5.8%) students never experienced it before. According to the Table 8, it can be seen that a number of 10 (8.3%) students make mistakes in doing things very often, followed by 46 (38.3%) students make mistakes in doing things often, 60 (50.0%) students rarely make mistakes in doing things and only 4 (3.3%) out of 120 students never did that. Based on the table below, it can be known that out of 120 respondents, 24 (20.0%) of them get restless easily very often, 46 (38.3%) of them get restless often, 40 (33.3%) of them get restless rarely and 10 (8.3%) of them never felt that. Besides that, a number of 19 (15.8%) students become more irritable very often, followed by 40 (33.3%) students become more irritable often, a number of 53 (42.2%) students become more irritable rarely and a number of 8 (6.7%) students never become more irritable. From the table below, it can be understood that a number of 14 (11.7%) students easily offended by that other people say very often, followed by a number of 46 (38.3%) students easily offended by that other people say often, 46 (38.3%) students easily offended by that other people say rarely and a number of 14 (11.7%) students never felt easily offended by that other people say. A number of 25 (20.8%) students have stated they become moody very often, followed by a number of 52 (43.3%) has stated that they become moody often, a number of 35 (29.2%) has stated that they rarely become moody and a number of 8 (6.7%) stated that they never become moody. Based on the table below it can be seen that out of 120 students, 19 (15.8%) students feel hard to concentrate when studying very often whereas 55 (45.8%) students feel hard to concentrate while studying often, 43 (35.8%) students rarely feel its hard to concentrate when studying and a number of 3 (2.5%) students never felt difficult to concentrate while studying. Of all 120 students, 16 (13.3%) of them has stated that very often they feel like their memory power has decreased whereas 45 (37.5%) of them has stated that they often feel like their memory power has decreased, 47 (39.2%) students rarely feel like their memory power has decreased and 12 (10.0%) of them never feel like their memory power has decreased. A number of 4 (3.3%) students out of 120, very often curse at friends when they make a mistake, followed by a number of 8 (6.7%) often curse at friends when they make a mistake, a number of 42 (35.0%) rarely curse at friends when they make a mistake and a number of 66 (55.0%) never curse at friends when they make a mistake. From the results below, it can be known that from 120 respondents, 4 (3.3%) students easily blame others very often, followed by 17 (14.2%) students easily blame others often, 67 (55.8%) students rarely blame others and 32 (26.7%) students who never blame others. From the table below it can be seen that a number of 24 (20.0%) students experience weight gain or loss very often, followed by a number of 45 (37.5%) students experience weight gain or loss often, a number of 34 (28.3%) students experience weight gain or loss rarely and a number of 17 (14.2%) students never experience weight gain or loss. Besides that, a number of 4 (3.3%) students experiences difficulty in breathing very often, a number of 18 (15.0%) students experiences difficulty in breathing often, a number of 39 (32.5%) students experiences difficulty in breathing rarely and a number of 59 (49.2%) never students experiences difficulty in breathing. According to the table below, a number of 10 (8.3%) lack of appetite very often, whereas a number of 27 (22.5%) students lack of appetite often, a number of 43 (35.8%) students experiences lack of appetite rarely and a number of 40 (33.3%) never

experience lack of appetite. Based on the table below, 20 (16.7%) students have mood swings very often, followed by a number of 52 (43.3%) students have mood swings often, 34 (28.3%) students have mood swings rarely and a number of 14 (11.7%) students never experience mood swings. Finally, of all 120 respondents, 11 (9.2%) of them feel tensed and nervous very often, 50 (41.7%) of them feel tensed and nervous often, 52 (43.3%) of them feel tensed and nervous rarely and 7 (5.8%) of them never feel tensed and nervous.

Table 8: Effects of Stress

Responden Characteristic	Frequency (n)	Percentage (%)
Sleep patterns are irregular		
Very Often	26	21.7
Often	60	50.0
Rarely	32	26.7
Never	2	1.7
Experiences diarrhea		
Very Often	1	0.8
Often	18	15.0
Rarely	68	56.7
Never	33	27.5
Body sweats excessively when studying/doing work		
Very Often	8	6.7
Often	21	17.5
Rarely	49	40.8
Never	42	35.0
Gets tired easily when studying		
Very Often	20	16.7
Often	55	45.8
Rarely	38	31.7
Never	7	5.8
Often make mistakes in doing things		
Very Often	10	8.3
Often	46	38.3
Rarely	60	50.0
Never	4	3.3
Get restless easily		
Very Often	24	20.0
Often	46	38.3
Rarely	40	33.3
Never	10	8.3
Become more irritable		
Very Often	19	15.8
Often	40	33.3
Rarely	53	42.2
Never	8	6.7
Easily offended by what other people say		
Very Often	14	11.7
Often	46	38.3
Rarely	46	38.3
Never	14	11.7
Becomes moody		
Very Often	25	20.8
Often	52	43.3
Rarely	35	29.2
Never	8	6.7
Hard to concentrate when studying		
Very Often	19	15.8
Often	55	45.8
Rarely	43	35.8
Never	3	2.5
Memory power has decreased		

Very Often	16	13.3
Often	45	37.5
Rarely	47	39.2
Never	12	10.0
Curse at friends when they make a mistake		
Very Often	4	3.3
Often	8	6.7
Rarely	42	35.0
Never	66	55.0
Easily blame others		
Very Often	4	3.3
Often	17	14.2
Rarely	67	55.8
Never	32	26.7
Weight gain/loss		
Very Often	24	20.0
Often	45	37.5
Rarely	34	28.3
Never	17	14.2
Difficulty in breathing		
Very Often	4	3.3
Often	18	15.0
Rarely	39	32.5
Never	59	49.2
Lack of appetite		
Very Often	10	8.3
Often	27	22.5
Rarely	43	35.8
Never	40	33.3
Mood swings		
Very Often	20	16.7
Often	52	43.3
Rarely	34	28.3
Never	14	11.7
Feel tensed and nervous		
Very Often	11	9.2
Often	50	41.7
Rarely	52	43.3
Never	7	5.8

4. DISCUSSION AND LIMITATION

Discussion

Stress among people is very common especially among undergraduate students. A present cross-sectional study was conducted among the medical students from Universitas Udayana to study the effect of stress. From the research, the majority of students come from a age group within 18-20 years old which consist of 58 (48.3%) students. In contrast, according to the research done by Generoso N. Mazo,⁷ the majority of respondents belongs to the age group of 17-18 years old with a number and percentage of 24 or 47.06% students. According to the present research, majority of respondents are female which consist of 81 (67.5%) female students. This is in line with the research done by Generoso N. Mazo,⁷ where a number of 26 (50.98%) respondents are female. Besides that, according to the research done by Ratana Saipanish,⁸ it can be known that most of the respondents are medical students from 4th year (20.7%) whereas in this study the highest respondents are medical students from 7th semester (50.0%).

In this research, 74.2% of the respondents are stress whereas according to the study done by Ratana Saipanish⁸ it shows that 61.4% of the respondents felt stress. According to George Essel and Patrick Owusu⁹ it can be seen that 26% are stress due to financial difficulties whereas in this present study only 12.5% are stress due to financial problems. In the research done by George Essel and Patrick Owusu⁹ a highest number of the respondents (61%) do not feel well during stress whereas in the present study it can be seen that only 20.0% do not feel well when stress. In the present study 41.7% respondents feels tired during day whereby George Essel and Patrick Owusu⁹ stated that only 40% feel tired during day.

In the present research, it can be seen that 60 (50.0%) emotionally feels nervous when they are nervous. In contrast, in the research done by Dr. B.E George Dimitrov,¹⁰ a majority of the respondents with a number of 165 feel anger or frustration when they are stress. According to the study done by Bhargava, Deepti & Trivedi, Hemant it can be known that a maximum number of students with a percentage of 81.60% binge eat when they are stress. This is in line with the present study, where a maximum number of students with a percentage of 31.0% eat when they are stress.¹¹

According to the present study, a number of 60 (50.0%) students often have irregular sleep patterns. This is similar to the study done by Dr. B.E George Dimitrov.¹⁰ A number of 145 students out 200 students agreed that they do have an irregular sleep. From the research study by Yikealo, Dawit & Tareke, Werede & Karvinen, Ikali, a maximum number of respondents (44.7%) stated that they never experience any gastrointestinal problems. Only a few respondents (9.8%) face gastrointestinal problem very often. This result from the study is similar to present study. In the present study, a number of 68 (56.7%) respondents rarely experience diarrhoea but only a few (8.0%) face it often.¹²

In the present study, majority (45.8%) of the students feels tired easily when studying often. Only 20 students (16.7%) very often feel tired when studying. This is in line with the research done by Yikealo, Dawit & Tareke, Werede & Karvinen, Ikali.¹² 34.10% from the respondents stated that they feel tired sometimes when they are stress. Only 24.4% of the respondents feel tired frequently when they are experiencing stress. According to the research by Bhargava, Deepti & Trivedi, Hemant, A percentage of 73.69% respondents experience restlessness when they are stress whereas in the present research majority of the respondents (38.3%) often feel restless. From the research by Bhargava, Deepti & Trivedi, Hemant, a percentage of 70.84% respondents experience irritability when they are stress whereas in the present study only 15.8% of the students gets easily irritated.¹¹

Dr. B.E George Dimitrov stated that from his study 156 students out of 200 students has agreed that they have difficulty in concentrating in subject, seminars, classroom and etc.¹⁰ The majority students (55 or 45.8%) from the present research stated that it is hard to concentrate when they are studying. In a study, Yikealo, Dawit & Tareke, Werede & Karvinen, Ikali has stated that, a majority of the students (52.8%) never experience poor memory power.¹² Only a percentage of 4.9% students agreed that they do have a poor memory power and concentration. Comparing to the present study, a number of 47 (39.2%) students rarely experience that their memory poor has decreased. In the current study, 45 out 120 students often experience weight gain or weight loss. This is in line with the study done by Verma Khusboo & Goyal Dr.Shuchi (2012) where 41 respondents from 65 has experienced gain weight due to stress.¹³

According to the research done by Yikealo, Dawit & Tareke, Werede & Karvinen, Ikali, majority of the respondents (82.10%) has stated that they have never experienced breathing problem whereas only a 3.3% of them experience breathing problem frequently. This is similar to the current study.¹² Majority of the respondents (49.2%) has stated that they never experience difficulty in breathing. Only 3.3% of the students experience difficulty in breathing often. Yikealo, Dawit & Tareke, Werede & Karvinen, Ikali has stated that 51.2% never experienced poor appetite whereas 10.6% of them experience poor appetite frequently. This is similar to the present study. 43 students out of 120 students rarely experience lack of appetite. Only a number of 10 students lack of appetite very often.¹²

Research Limitation

Researchers are aware that this study has the following limitations:

1. Research was conducted only on a small size of population which is among medical students from Universitas Udayana. Therefore, to generalize the results for larger group, this research should have involved more medical students from different universities.
2. Due to this current pandemic, correspondences among understudies have decreased, subsequently it took longer time than needed to aggregate information from 120 understudies to round out the survey.
3. Some specialized viewpoints on taking information need more consideration with the goal that the respondents round out the survey genuinely
4. The respondents may not be 100% honest with their answers. Researchers knows that this subject might be delicate and the respondents would need to secure their privacy.

5. CONCLUSION AND SUGGESTION

Stress is one of the most common issue among students especially medical students. However, stress affects the students both mentally, physically and emotionally. A person who experiences stress might also experience irregular sleeping patterns, diarrhoea, excessive body sweats, tiredness, restless, irritability, moody, difficulty in concentrating, decreased

memory power, weight gain or weight loss, lack of appetite, mood swings, difficulty in breathing, feeling tensed and nervous. The effect of stress among the medical students is also measured based on age, gender, semester of the students that are studying in the Faculty of Medicine in the University of Udayana. Since it is pandemic situation, the data was collected in the form of questionnaire through google form. Hence, the prevalence of the students who are stress is 89.

Based on the conclusion of the research results, some of the things that can be suggested are as follows:

1. For the students:

It is important for the students to understand the factors that cause the stress and also be aware of the effects of stress. It is suggested that the students should also must figure out the ways to overcome the effect of stress. Students are also advised to consult a medical practitioner when they cannot handle the effect of stress.

2. For further researchers:

It is suggested that the further researchers should do more exploration and also findings about this issue that could be more informative and beneficial for the students who experience stress.

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