



MENTAL STRESS OF COLLEGE STUDENTS IN THE CONTEXT OF SUITABLE INTERNSHIP IN HAND- AN ANALYTICAL STUDY

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Abstract

Participation in an internship while a student is still in college can improve both the quality of higher education as well as the student's abilities and skills. It helps bridge the knowledge gap between academic theory and the practical application of that theory in the workplace. Additionally, it has been observed that due to time constraints, students who are simultaneously completing internships while also enrolled in a degree program do not perform as well on their regular tests. This is the case even though these students are putting in the same amount of effort as other students. Internships, on the other hand, assist students in achieving higher professional capabilities and proficiency in their chosen fields, which enables them to perform to the best of their ability in their future employment. Internships help students achieve higher professional capabilities and proficiency in their chosen fields. The purpose of this research is to investigate the impact that students' participation in internships have on their regular academic pursuits across a wide range of subject areas. We consider the positive and negative aspects of these interactions with the assistance of data obtained from a sample size of 319 students who were chosen at random. The study also found that students used strategies that focused on emotions rather than strategies that focused on solving problems in order to manage their stress.

Keywords: Degree Students, Internship Program, Higher Education, Mental Stress.

Introduction

A brief period of time spent gaining work experience through the sponsorship of an organization is known as an internship. Internships are frequently pursued by students and recent graduates who want to develop relevant skills and experience in a specific industry. Employers benefit from these placements because they often hire staff members from among their best interns, who have already demonstrated their capabilities, thereby saving

both time and money. It is to your advantage to hire an intern on a full-time basis because not only are they already familiar with the company and their role, but they also require very little to no additional training.

Definition: An internship is an opportunity to integrate career related experience into an undergraduate education by participating in planned, supervised work.

Benefits of internship to students	Benefits to the employer	Benefits to the department/college/university
<ul style="list-style-type: none"> • Students have the opportunity to gain experience working in a professional or career-related setting, expand their career awareness, investigate other career options, and acquire valuable work experience that will assist them in finding employment in the future. They also have the opportunity to earn money or credit. • Provide students with contacts for professional networking; • Make learning more interesting in the classroom; • Assist students in gaining an understanding of techniques for job searching; • Assist students in developing confidence by assisting them in recognizing their own talents, skills, and abilities. 	<ul style="list-style-type: none"> • Students can be evaluated for the possibility of full-time employment; they can give employers access to qualified individuals; and they can infuse the workplace with fresh ideas and energy. 	<ul style="list-style-type: none"> • If the university is able to make this happen for their students, it will help with alumni engagement, community outreach, course improvement from employer input, student retention, higher education completion rates, and university pride.

Stress

Everyone, regardless of where they live, who their parents are, what they do for a living, or what kind of education they received, deals with stress. Stress had a wide range of effects on people, affecting people of all ages and walks of life. This indicates that stress is ubiquitous and has a wide range of origins, and that the degree to which we experience stress depends on a number of variables. These include, but are not limited to: the state of our physical health; the quality of our interpersonal relationships; the number and nature of our commitments and responsibilities; the degree to which others depend on and expect us; the level of social support we receive; and the number and nature of the changes or traumatic events we undergo.

Review of literature

"Michael Hergert, et.al.,2019"- Internships are an essential part of the educational experience at business schools. They play a crucial role in assisting students in making connections between the things they learn in school and the real world in which they will work. The findings of the study indicate that students place a high value on the internship experiences they have. This is especially the case if the intern's long-term professional goals are directly connected to the work that they are doing for the internship. It should come as no surprise that students value the benefits of internship programs, particularly those that are designed specifically to meet their requirements. "Chen, et.al., 2021". The primary objective of their study was to investigate the potential positive

and negative effects that participating in an internship might have on the behavioral intentions of Taiwanese college students. "Thilakerathne and others' 2022 study" Internships are becoming an increasingly vital component of the educational experience for students pursuing undergraduate degrees. Students are able to transition from the environment of the campus to that of the working world thanks to this. Employers stand to benefit from internship programs due to the fact that interns represent a pool of candidates for future employment. There has been a surprisingly limited amount of research conducted on the correlation between accounting internships and subsequent academic achievement for accounting degrees. This essay investigates the impact that accounting student internships have on subsequent academic success at one of Sri Lanka's national universities. Students who had previous experience working in the field of accounting as interns were given preference for this position on the basis of how well they performed in the course units that followed their internships. "Ivana et.al., 2019" The purpose of this study is to investigate the internships that students in an international study program (German study track) participated in so that a list of the factors that contribute to the most beneficial internship experiences can be compiled. The findings, which are based on the components of the experiential education approach, reveal a variety of characteristics that, depending on the work status and gender of the participant, contribute to a higher level of perceived effectiveness in the internship. "Mr. Gautam, 2020" According to the findings of his survey, the vast majority of students are pleased with the internship opportunities available to them, and as a result, they are interested in pursuing careers in the hospitality industry. The research also looked at the fact that male students are more likely to change their behavior intentions, despite the fact that female students report higher levels of overall satisfaction with their internship experiences. It has been observed that students are beginning to develop negative attitudes toward the college administration as well as intramural activities, despite the fact that they are self-assured in the choice of profession that they have made. "Sathana, T. et.al., 2019" The study looked at how stress occurs in employees and how it can be prevented. It is a state that has the potential to momentarily alter a person's thoughts, feelings, and behavior. The purpose of this study was to investigate the effects that stress has on staff members. Employees typically experience a temporary mental and physical illness as a result of stress related to their work. The tension that results from the clash between our internal state and the demands of our surrounding environment is referred to as stress. This conflict can cause both mental and physical strain. It is impossible to live a stress-free life in our fast-paced world, and this holds true for both officials and employees. There is both positive and negative stress, depending on how an individual perceives the tension that exists between the two forces that are competing with one another. "Nagpal, S., 2015" The effects of stress on one's job satisfaction and productivity are well-documented. Both work and personal responsibilities can put a strain on an individual's mental health. Professors devote their lives to sharing their knowledge with, encouraging, and guiding their students. Teachers are essential to the development of each and every student. The current environment is challenging for academics. Therefore, academics face the challenge of juggling their professional and personal responsibilities. Job satisfaction and productivity can be negatively impacted by stress. How happy a teacher is in their job has an effect on the quality of their lessons. Therefore, the purpose of this research is to determine if and how stress at work influences happiness for private college professors.

Objectives of the study

1. To compare internship and non-internship degree students.
2. To investigate why students choose internships during their degrees.
3. To understand internships' effects on regular studies.
4. To determine if internships help degree students with their studies.
5. To recommend effective study methods for interns.

Hypotheses of the study

Ho1: Internships don't assist students to understand the specified designed college curriculum

Ha1: Internships assisting to students to understand the specified designed college curriculum

Ho2: Students that participate in internship programmes are unable to do better on examinations

Ha2: Students that participate in internship programmes are able to do better on examinations

Ho3: Internships normally don't assist students to secure jobs after completing their college degree programmes.

Ha3: Internships normally assist students to secure jobs after completing their college degree programmes.

Ho4: Internships do not assist students in learning how to apply their skills applicable while working in the real world.

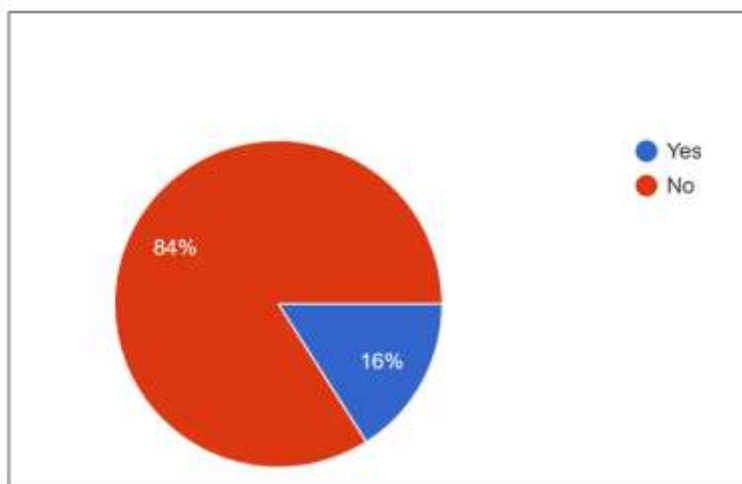
Ha4: Internships assist students in learning how to apply their skills applicable while working in the real world.

Research methodology

Primary Data: A survey method will be used to collect data from the students. Using a structured questionnaire and the random sample technique, data from 319 respondents were gathered. **Secondary Data:** This information was gathered through books, journals, theses, and dissertations, among other sources. **Research Design:** The nature of the current study is analytical and descriptive. The effects of internships on degree-seeking students' regular coursework will be highlighted. Only students who are actively enrolled in a degree programme are taken into consideration. **Sample Design:** Degree-seeking students only. **Sample Size and Method:** This study will examine only degree students' courses using random convenient sampling. Results will be generalizable to other students. Delhi/NCR college enrollment determines sample size. **Data Analysis:** Degree students from various Delhi/NCR colleges provide data on internship performance.

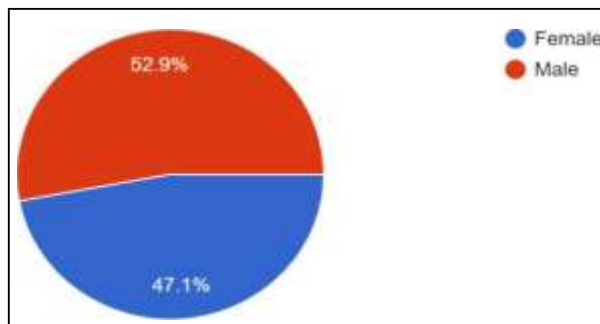
Data analysis & discussion

a) Have you ever participated in a program that offered an internship?



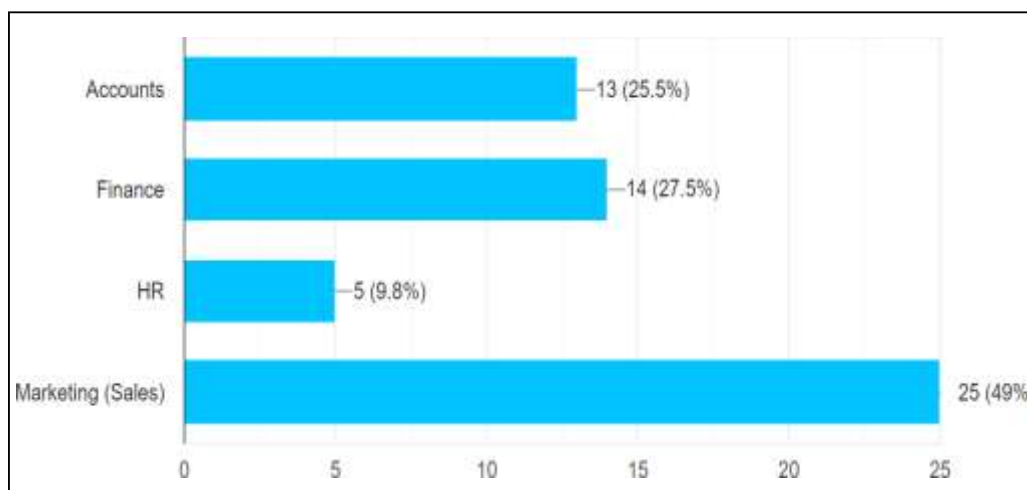
According to the study, only 51 students—or 16 percent—of the 319 respondents who completed the three-year degree programme chose to participate in an internship, while the other 268 respondents—or 84 percent—did not.

b) Distribution of students who have chosen to participate in internships according to gender:



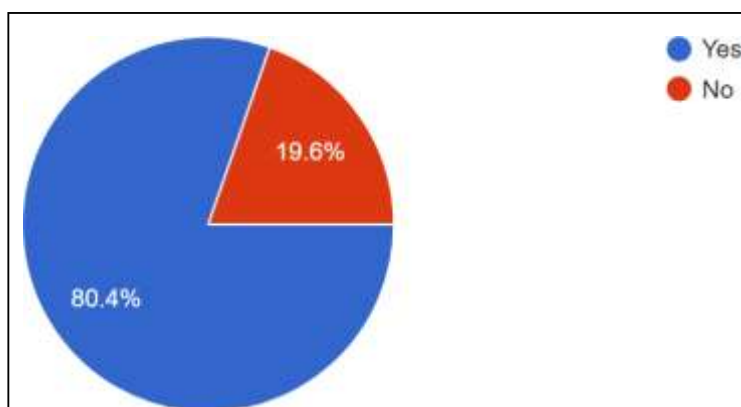
Out of the 51 students who choose an internship, 24 students, or 47%, are women, and the remaining 27, or 53%, are men.

c) Department in which internship was done:



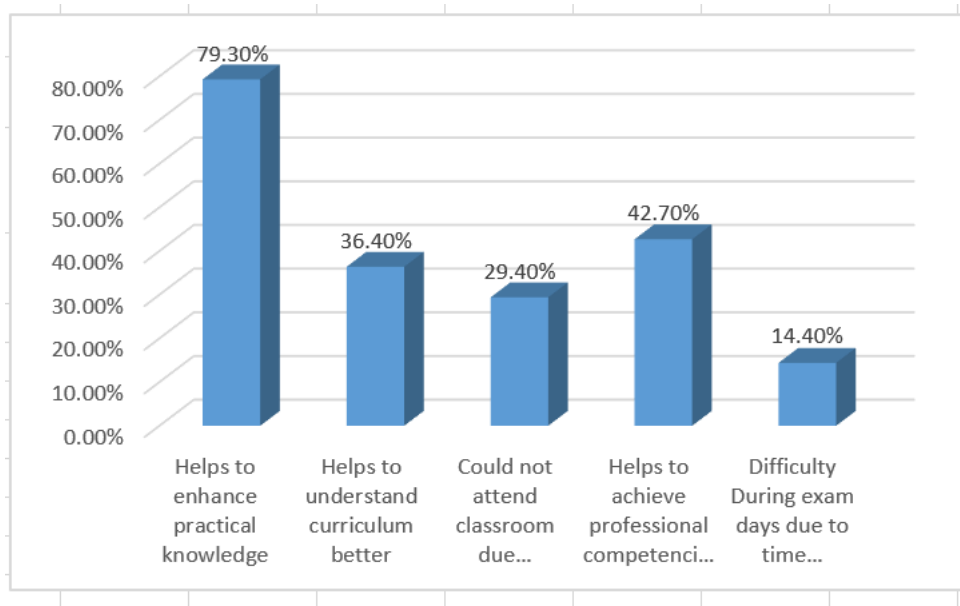
The majority of businesses, or 49%, allow students to participate actively in their marketing (sales) departments, while just 5% of businesses allow this for their human resources departments.

d) Is the internship beneficial to the regular studies that they are pursuing?



41 students, or 80% of respondents, said that their internship helped them greatly in their regular academics.

e) How do they feel about how the internship will affect the regular studies they are doing?



The majority of students (i.e., 78%) replied favourably when asked about the internship because they thought it was highly beneficial for enhancing their practical knowledge, and roughly 41% of students thought it was helpful for developing professional competencies. While it is also discovered that about 37%, 29%, and 15% of students said that internships help them grasp the curriculum better, they could not attend the lectures because of their internships, and they find it extremely difficult on the days of their exams because of time restrictions.

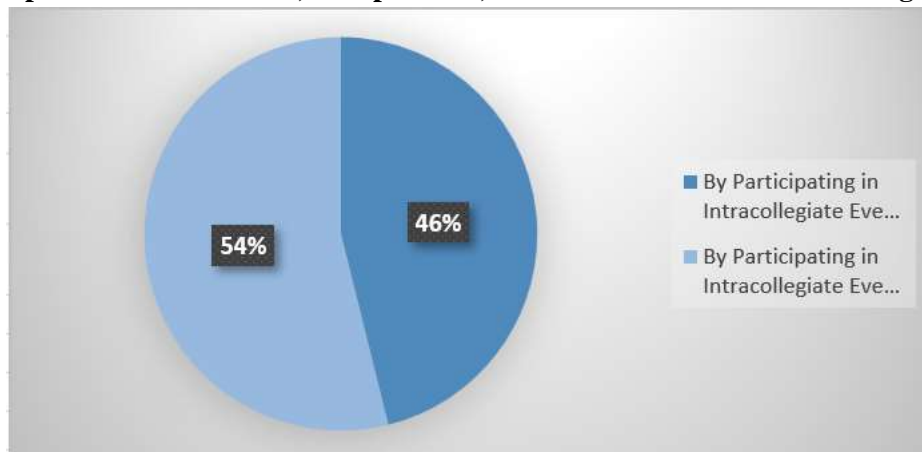
f) Internships help students develop personal skills. Response Out of a total of fifty-one students:

Skills	Responses to support for skill development	Responses towards internships helped students	Reaction: negative
Communication skills	20	30	4
Behavioural Ethics	23	22	5
Skills to take initiative	17	28	6
Interpersonal skills	21	25	4
Regard for others	22	27	3

g) Internships help students develop professional skills. Response Out of a total of fifty-one students

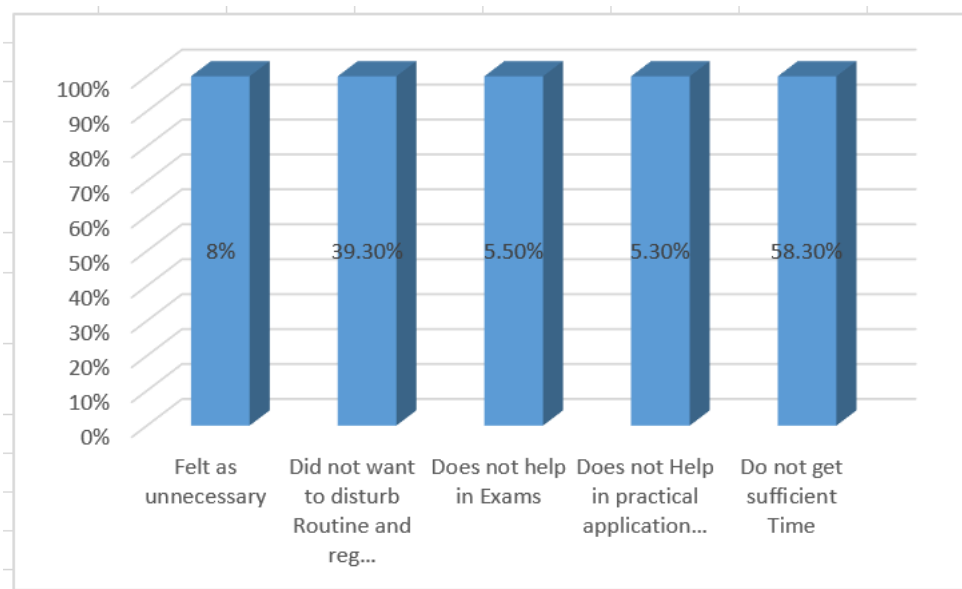
Skills	Responses to support for skill development	Responses towards internships helped students	Reaction: negative
Computer skills	21	26	5
Decision making skills	19	25	6
Management skills	24	23	4
Problem solving skills	21	25	7
Skills for Interacting with Others	22	22	5

h) How do you improve communication, interpersonal, and other skills without interning?

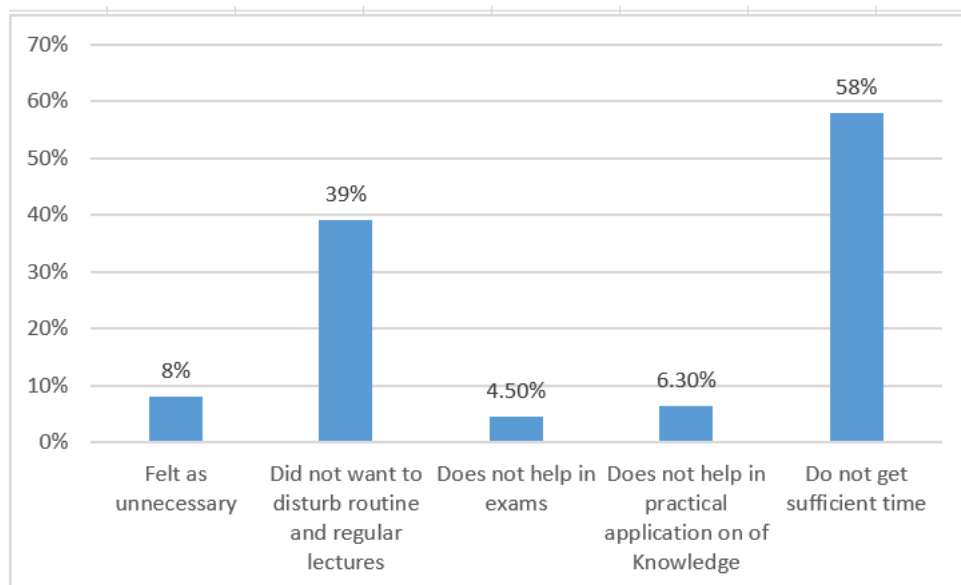


137 and 167 of the 268 students who did not choose the internship programme strengthened their various abilities by taking part in intra-collegiate and inter-collegiate competitions, respectively.

i) What are some of the reasons that you have decided against participating in an internship program?



j) The following is the collective response of 268 students to the question "Reasons for Not Taking Internship Program:



k) How did you maintain a healthy balance between your studies and your internship obligations?

It has been discovered that the majority of students completed their internship programmes over the summer break, while some students worked part-time internships to gain experience. Many students said they managed their time to work while still attending class by allotting enough time each day for their learning activities.

Hypotheses testing

In order to validate the data, we take the averages of the responses we received throughout the course of the survey.

Ho1: Internships don't assist students to understand the specified designed college curriculum

Ha1: Internships assisting to students to understand the specified designed college curriculum

It is demonstrated by the fact that just 37% of students indicated that an internship helped them better understand the material. The majority of students said that internships weren't helpful for comprehending college coursework. So, we agree with our Null hypothesis.

Ho2: Students that participate in internship programmes are unable to do better on examinations

Ha2: Students that participate in internship programmes are able to do better on examinations

Only 15% of students report difficulty with their internships on exam days. However, the majority of students are able to handle their workload well even during exams. As a result, we accept the alternative hypotheses and reject our null hypotheses.

Ho3: Internships normally don't assist students to secure jobs after completing their college degree programmes.

Ha3: Internships normally assist students to secure jobs after completing their college degree programmes.

Since it has been demonstrated in questions six and seven that internships help students develop their personal and professional abilities, they are qualified to find employment prospects with ease. As a result, we accept the alternative hypotheses and reject our null hypotheses.

Ho4: Internships do not assist students in learning how to apply their skills applicable while working in the real world.

Ha4: Internships assist students in learning how to apply their skills applicable while working in the real world.

It has been demonstrated that internships assist students develop their professional abilities by allowing them to put their classroom learning into practise in the workplace. As a result, we accept the alternative hypotheses and reject our null hypotheses.

Suggestions & recommendations

1. Internship programmes are required for students since they assist them gain more practical knowledge.
2. It enables students to put their theoretical knowledge into practise at work.
3. Every educational institution must include internships in their curricula as a way to help students develop their professional and personal abilities during the length of a three-year degree programme.
4. Companies that provide internships to students benefit as well because they can more easily find the suitable candidate for the job because they are already aware of the interns' skills.
5. Effective time management is necessary for students who want to participate in internship programmes while also completing their regular coursework. Students must set aside time each day for their regular coursework after attending internship sessions in order to maintain a balance between the two, which will help them do better on exams.

Limitations of the study

1. The research was only conducted at the college that is located in the Delhi/National Capital Region.
2. Only students who are currently enrolled in a degree program are allowed to participate in the study.

Conclusion

It is important to highlight the fact that only 51 students out of 319 opt to participate in the internship program. Additionally, those who have finished an internship are typically involved in the marketing (Sales) department, which allows them to advance their interpersonal, computer, decision-making, and other skills. This helps those individuals advance their careers. In addition to this, it is beneficial for them to increase their practical knowledge and put it to use at their place of employment. Those who did not opt to participate in an internship stated that they find it difficult to balance their regular education with an internship because they are unable to successfully manage both responsibilities at the same time. The question now is, how do they enhance their capabilities? They responded to our inquiry by stating that in order to advance their many skills, they take part in competitions both within and between their respective colleges.

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