

STRESS AMONG MEDICAL STUDENTS - A GLOBAL CONCERN

Stress is any exasperating and infuriating "emotional experience accompanied by predictable biochemical, physiological, and behavioral changes [1]." At many occasions, stress can be useful at times, bring into being a boost that offers the drive and energy to help individuals get through situations such as examinations or work deadlines. Nevertheless, a life-threatening amount of stress can have health concerns and negatively upset the immune, cardiovascular, neuroendocrine, and central nervous systems [2]. The conservation of life is completely and strictly in need of protection of human internal setting and ambience that constantly faces several new hazardous environments [3]. Later, it was called this homeostasis [4]. The term stress to personify any upshots that extremely creep up homeostasis. The real or apparent intimidation to an organism is referred to as the stressor and the reaction to the stressor is called the stress response. Even though stress responses go forward as adaptive processes, and it was perceived that austere, sustained stress repeatedly leads to tissue damage and disease [5]. Quite a few studies reported that medical students very often suffer from stress and disturb sleep pattern [6-14]. Furthermore, quite a lot of studies also described that academic issues generate the major amount of stress among medical students [15-18]. One study reported that there is a reasonable of negative (-0.583) and significant ($p < 0.01$) association concerning academic performance and sources of stress. Correspondingly, there is modest negative (-0.478) and significant ($p < 0.01$) relationship between academic performance and levels of stress [19]. Another Malaysian study revealed that students studying medicine and health sciences had the highest mean stress score of 1051.8 ± 342.29 . The same study also found that stress is significantly associated with academic achievement ($p = 0$). The relationship between stress and academic achievement is negative and weak ($r = -0.195$) [20]. Furthermore, one Ethiopian study also found similarly that stress was significantly ($p = 0.001$) but negatively ($r = -0.273$) correlated with academic attainment [21]. Medical educationists, curriculum developer, medical authority, lecturers, policy makers, and other stakeholders must need to address the issue of stress among medical students individually as the delinquent will be a different scenario for every single medical school. Thereafter, medical school can have definite improvement to produce more community-oriented holistic and rational prescriber for our planet.

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