



## Sources of Psychological Stress among Undergraduate Students of Allied Health Sciences in Government College University Faisalabad

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### ABSTRACT

**Background/objectives:** The epidemiology of the stress is not well known. The reason behind this is, very few studies have been conducted about allied health sciences students. This study may act as pioneer studies that focus on all the sources and causes of stress among the students in Government College University Faisalabad. **Materials and methods:** This study was a type of observational study, cross-sectional survey. This type of study is quite brief and easy to understand so it was done. A questionnaire was made which comprised of all the necessary questions to be asked from the students. It included demographic information such as gender, degree, semester, and age of the students to get the idea from where the student belongs. It includes all the questions about sources of stress which they were facing while studying in the university. **Results and Conclusion:** It has been inferred that furnishing of labs, clinical rotation, dealing with criticism related to academics, major cause of stress that is any complex, financial responsibilities, job expectation and insecurity about future employment are the factors that increased or decreased the stress per day among the students.

**Keywords:** Stress, Undergraduate medical students, Allied health sciences

### INTRODUCTION

In Pakistan, there is only one psychiatrist for every 10,000 persons dealing with mental problems, and one child psychiatrist for 4 million children, who are sure to be suffering from mental health issues. Stress is a common problem in the students when they enter into university. They will feel some difficulty adapting that environment. A major transition of students from college to university could cause tension and burden, as the students will have to face large number of changes in the environment of college and university, they find university life as hectic routine. They have to adjust to the new teachers, professional education, and new classmates. Their attitude towards study will change according to the demands. And those students who are unable to adapt themselves according to new demands, they got stressed. It has been observed that medical students got stress more than the other students [1].

In a tertiary care educational system, disorders of stress is a major concern. Othman, et al., conducted a cross-sectional study on the health science students, which consists of pharmacy students, medical laboratory technology students, and environmental health students. This study was conducted in a government university in Malaysia [2].

Shah, et al., conducted research on the perception of stress, factors causing stress and level of stress in the students of Pakistani Medical School. The researchers measured the performance of students in Academic details by using the student's self-reported UHS professional examination result. The group of researcher listed different types of stressors involved in causing negative effects on students' performance includes academic, psychological, and social and health-related factors. These factors explained their negative effects on the students and compromised their mental abilities to utilize their core strength to get good performance [3].

Government College University Faisalabad is offering Orthotics prosthetics, medical lab technology, radiographic

imaging technology, Operation theater technology, and Eastern medicines so in our study we will be focusing on the mental stress sources among the students that have been enrolled in above-mentioned programs.

Medical Education is highly demanding and challenging. Stress is a common experience for students of medical college. Psychological morbidity in undergraduate students represents the institutional neglecting behavior or public poor attitude. It is very important for an institution to pay attention to achieve the best educational and social success of their students. The epidemiology of the stress is not well known. The reason behind this is, very few studies have been conducted about allied health sciences students of GCUF. This study may act as pioneer studies that focus on all the sources and causes of stress among the students of that institution. Therefore, we chose this topic so that this study will be helpful for the university to get exact data of stress prevailing in the allied health students.

### **MATERIALS AND METHODS**

This research was conducted at Government College University (GCU) Faisalabad. GCUF has more than 50 departments under 7-faculties. This university also entertains the distance learning programs at weekends. It also offers some post-graduation programs, too. This university is on 16<sup>th</sup> number ranked among the universities of Pakistan. Its population range of 1,000,000-5,000,000 students.

The population of this study includes the students enrolled under Allied Health Programs i.e., Orthotics prosthetics, medical lab technology, radiographic imaging technology, Operation theater technology, and Eastern medicines. It was preferred that simple random sampling technique would be used in this study, as it was easy to approach the students by this method.

This study was a type of observational study, a cross-sectional survey. This type of study is quite brief and easy to understand so it was done. A questionnaire is made which comprises of all the necessary questions to be asked from the students. It includes demographic information such as gender, degree, semester, and age of the students to get the idea from where the student belongs. Furthermore, it includes a consent form so that the student remains comfortable while filling the questionnaire about confidentiality. Then, it includes all the questions about sources of stress which they are facing while studying at the university. For example questions about course outline clinical rotation, fee expenses, Drugs addiction, etc. The students are asked to fill the answers without any biasness as their provided information will be kept confidential.

#### **Inclusion Criteria**

For this research, this criterion includes:

Students of Allied Health Sciences in GCUF

Regular students

Students with age 18-26

Physically fit students/students within reasonable health

#### **Exclusion Criteria**

This criterion will exclude the followings:

Students with Mental, cognitive and physical disability

Students of DPT, MBBS, and BDS

Students other than AHS

Students other than GCUF

#### **Statistical Analysis**

The data was analyzed statistically by SPSS version 23. The frequency distribution and correlation were applied to check out the results of our study. In this data analysis, we conducted the result by checking the frequency distribution of stress among the undergraduate students due to many variables such as academic stress, financial responsibilities, lack of relaxation time, health problems, clinical rotations, lack of guidance and criticism from other people.

## RESULTS

### What is your Gender?

Table 1 showed the analysis regarding the statement, how much male responds to the questionnaire. From the total population of 120, the frequency and percentage of male were 36 and 30.0%, of female were 84 and 70.0%, respectively. It is concluded that majority of respondents were female.

**Table 1 Classification of respondents with respect to gender**

Gender	Frequency	Percent (%)
Male	36	30%
Female	84	70%
Total	120	100%

### What is your Age?

Table 2 showed the analysis regarding the statement of the age group involved in respondents to questionnaire. It is concluded that the frequency and percentage of the male were 95 and 79.2% while frequency and percentage of female were 25 and 20.8%, respectively. So majority of respondents came under 18-22 years of age group.

**Table 2 Classification of respondents with respect to age**

Age	Frequency	Percent (%)
18-22	95	79.2%
23-26	25	20.8%
Total	120	100.0%

### What is your Semester?

Table 3 showed the analysis regarding the statement of the semester of respondents. It is concluded that from total population of 120 frequency and percentage of respondents of 1-2 semester were 12 and 10%, 3-4 semester were 30 and 25%, 5-6 semester were 48 and 40%, 7-8 semester were 30 and 25%. So majority belong to 5-6 semester.

**Table 3 Classification of respondents with respect to semester**

Semester	Frequency	Percent (%)
1-2	12	10%
3-4	30	25%
5-6	48	40%
7-8	30	25%
Total	120	100%

### What is your Degree Name?

Table 4 showed the analysis regarding degree name, included the result that from the total population of 120 frequency and percentage of respondents of BEMS were 31 and 25.8%, Orthotics were 39 and 32.5%, MLT were 21 and 17.5%, RIT were 25 and 20.8%, OT were 4 and 3.3%, respectively. The majority belongs to orthotics.

**Table 4 Classification of respondents with respect to degree**

Degree	Frequency	Percent (%)
BEMS	31	25.8%
Orthotics	39	32.5%
MLT	21	17.5%
RIT	25	20.8%
OT	4	3.3%
Total	120	100.0%

### What is the Level of Satisfaction with your Degree?

Table 5 showed the analysis regarding the statement of the level of satisfaction with own degree. It's concluded that

from total population of 120, frequency and percentage of respondents to not satisfied were 2 and 1.7%, slightly satisfied were 8 and 6.7%, moderately satisfied 46 and 38.3%, totally satisfied were 64 and 53.3%, respectively. Mean was 3.6750 and Std. deviation was 2.69816. So majority belongs to totally satisfied.

**Table 5 Classification of respondents according to the satisfaction level**

Level of Satisfaction	Frequency	Percent (%)	Mean	SD
Not satisfied	2	1.7%	3.675	2.69816
Slightly satisfied	8	6.7%		
Moderately satisfied	46	38.3%		
Totally satisfied	64	53.3%		
Total	120	100.0%		

#### What is your Level of Satisfaction with Educational System in GCUF?

Table 6 showed the analysis regarding the statement of the level of satisfaction with educational system that from total population of 120 frequency and percentage of respondents to not satisfied were 14 and 11.7%, slightly satisfied were 43 and 35.8%, moderately satisfied were 50 and 41.7%, totally satisfied were 13 and 10.8%, respectively. Mean was 2.5167 and Std. deviation was 0.84000. So the majority of respondents were moderately satisfied.

**Table 6 Classification of respondents according to satisfaction level in GCUF**

Satisfaction in GCUF	Frequency	Percent (%)	Mean	SD
Not satisfied	14	11.7%	2.5167	0.84
Slightly satisfied	43	35.8%		
Moderately satisfied	50	41.7%		
Totally satisfied	13	10.8%		
Total	120	100.0%		

#### Is your Department Well-Furnished Practical/Lab Equipment?

Table 7 showed the analysis regarding the statement of the well-furnished lab and it included that from the total population of 120, frequency and percentage of respondents to say yes were 5 and 4.2%, to say no were 95 and 79.2%, to say somehow were 20 and 16.7%, respectively. Mean was 2.1250 and Std. Deviation was 0.44083. So majority belong to No.

**Table 7 Response of the students related to Lab furnishing**

Lab furnishing	Frequency	Percent (%)	Mean	SD
Yes	5	4.2%	2.125	0.44083
No	95	79.2%		
somehow	20	16.7%		
Total	120	100.0%		

#### Do you have Well Organized Clinical Rotations?

Table 8 showed the analysis regarding the statement of well-organized clinical rotations end the results included that from total population of 120, frequency and percentage of respondents to say yes were 31 and 25.8%, to say no were 89 and 74.2%, respectively. Mean was 1.7417 and Std. Deviation was 0.43955. So the majority comes under No category.

**Table 8 Classification of respondents for having organized clinical rotation**

Clinic rotation	Frequency	Percent (%)	Mean	SD
Yes	31	25.8%	1.7417	0.43955
No	89	74.2%		
Total	120	100.0%		

**Are you Receiving Criticism about your Academic or Clinical Status?**

Table 9 showed the analysis regarding the statement of criticism received by respondents about their academic or clinical status and the results included that from the total population of 120, frequency and percentage of respondents to say yes were 60 and 50.0%, to say no were 60 and 50.0%, respectively. Mean was 1.5000 and Std. Deviation was 0.50210. So there were equal associations.

**Table 9 Classification of respondents according to receiving of criticism**

Criticism	Frequency	Percent (%)	Mean	SD
Yes	60	50%	1.5	0.5021
No	60	50%		
Total	120	100%		

**Do you Consider Entering some other Field of Work or your Current Degree not Being your Choice of Career?**

Table 10 showed the analysis regarding the statement do the respondents consider entering some other field of work. And the results included that from the total population of 120, frequency and percentage of respondents to say yes were 29 and 24.2%, to say no were 91 and 75.8%, respectively. Mean was 1.7583 and Std. Deviation was 0.42989. The majority belongs to No category.

**Table 10 Classification of respondents with respect to their choice of career**

Other degree	Frequency	Percent (%)	Mean	SD
Yes	29	24.2%	1.7583	0.42989
No	91	75.8%		
Total	120	100.0%		

**What is the Major Cause of Stress in your Life?**

Table 11 showed the analysis regarding the statement of Major cause or stress in life and it is concluded from total population frequency and percentage of respondents to extensive course were 15 and 12.5%, family issues were 17 and 14.2%, money were 20 and 16.7%, health were 13 and 10.8%, any complex were 55 and 45.8%, respectively. Mean was 3.6333 and Std. Deviation was 1.48343. So the majority come under any kind of complex category.

**Table 11 Classification of respondents with respect to major causes of stress**

Major cause	Frequency	Percent	Mean	SD
Extensive course	15	12.5%	3.6333	1.48343
family issues	17	14.2%		
Money	20	16.7%		
Health	13	10.8%		
any complex	55	45.8%		
Total	120	100.0%		

**Are you Working/Job during Studying?**

Table 12 showed the analysis regarding the statement is respondents working during studying. It concluded that from total population of 120, frequency and percentage of respondents to say yes were 20 and 16.7%, to say no were 100 and 83.3%, respectively. Mean was 1.8333 and Std. Deviation was 0.37424. So the majority said No category.

**Table 12 Classification of respondents with respect to job**

Job	Frequency	Percent (%)	Mean	SD
Yes	20	16.7%	1.8333	0.37424
No	100	83.3%		
Total	120	100.0%		

**Do you have any Kind of Financial Responsibilities?**

Table 13 showed the analysis regarding the statement do respondents have any kind of financial responsibilities. And

the results included that from the total population of 120, frequency and percentage of respondents to say yes were 20 and 16.7%, to say no were 100 and 83.3%, respectively. Mean was 1.8333 and Std. Deviation was 0.37424. So the majority came under No category.

**Table 13 Classification of respondents with respect to financial responsibilities**

Financial responsibility	Frequency	Percent (%)	Mean	SD
Yes	20	16.7%	1.8333	0.37424
No	100	83.3%		
Total	120	100.0%		

#### What is your Relationship with other Members of Class?

Table 14 showed the analysis regarding the statement what is relationship of respondents with other members of class. It showed that from the total population of 120, frequency and percentage of respondents to say not well were 2 and 1.7%, to say well were 80 and 66.7%, to say best were 38 and 31.7%, respectively. Mean was 2.3000 and Std. Deviation was 0.49536. So the majority of respondents belong to good category.

**Table 14 Classification of respondents with respect to relationship with other members**

Class relations	Frequency	Percent (%)	Mean	SD
not good	2	1.7%	2.3	0.49536
Good	80	66.7%		
Best	38	31.7%		
Total	120	100%		

#### How many times do you Face Competition with your Friends?

Table 15 showed the analysis regarding the statement how many times the respondents face competition with their friends. It included that from the total population of 120, frequency and percentage of respondents to say frequently, were 22 and 18.3%, rarely were said by 39 and 32.5%, to say occasionally were 23 and 19.2%, to say not at all were 36 and 30.0%, respectively. Mean was 2.7833 and Std. Deviation was 2.16226. So the majority belongs to rarely.

**Table 15 Classification of respondents according to competition**

Competition	Frequency	Percent (%)	Mean	SD
Frequently	22	18.3%	2.7833	2.16226
Rarely	39	32.5%		
Occasionally	23	19.2%		
not at all	36	30.0%		
Total	120	100.0%		

#### How often you Feel Mental Stress per Day?

Table 16 showed the analysis regarding the statement how often the respondents feel mental stress per day? And the results included that from total population of, frequency and percentage of respondents to say never were 19 and 15.8%, to say rarely were 40 and 33.3%, to say often were 41 and 34.2%, to say very often were 20 and 16.7%, respectively. Mean was 2.5167 and Std. Deviation was 0.95251. So majority of respondents belong to rarely.

**Table 16 Classification of respondents with respect to feeling of stress**

Stress/day	Frequency	Percent (%)	Mean	SD
Never	19	15.8%	2.5167	0.95251
Rarely	40	33.3%		
Often	41	34.2%		
very often	20	16.7%		
Total	120	100.0%		

**Do you have Lack of Entertainment in the Institution?**

Table 17 showed the analysis regarding the statement does the respondents' lack of entertainment in the institution? So the results included that from total population of 120, frequency and percentages of respondents to say yes were 79 and 65.8%, to say no were 41 and 34.2%, respectively. Mean was 1.3417 and Std. Deviation was 0.47626. The majority came under yes category.

**Table 17 Classification of respondents according to, having entertainment**

Entertainment	Frequency	Percent (%)	Mean	SD
Yes	79	65.8%	1.3417	0.47626
No	41	34.2%		
Total	120	100.0%		

**Are you having High Parental Expectations?**

Table 18 showed the analysis regarding the statement are the respondents having high parental expectations? So it was found that from the total population of 120, frequency and percentage of respondents to say yes were 75 and 62.5%, to say no were 13 and 10.8%, to say maybe were 32 and 26.7% respectively. Mean was 1.6417 and Std. Deviation was 0.87731. So majority were belonging to the yes category.

**Table 18 Classification of respondents with respect to, having parental expectation**

Expectation	Frequency	Percent (%)	Mean	SD
Yes	75	62.5%	1.6417	0.87731
No	13	10.8%		
may be	32	26.7%		
Total	120	100.0%		

**Do you have Dissatisfaction with Class Lectures?**

Table 19 showed the analysis regarding the statement do the respondents have dissatisfaction with class lectures? And the results included that from the total population of 120, frequency and percentage of respondents to say yes were 41 and 34.2%, to say no were 79 and 65.8%, respectively. Mean was 1.6583 and Std. Deviation was 0.47626. So majority belongs to no category.

**Table 19 Classification of respondents with respect to dissatisfaction**

Lectures	Frequency	Percent (%)	Mean	SD
Yes	41	34.2%	1.6583	0.47626
No	79	65.8%		
Total	120	100.0%		

**Do you Live Away from Home?**

Table 20 analyzed the statement regarding either the respondent lived away from home or not. And according to the results that from the total population of 120, frequency and percentage of respondents to say yes were 57 and 47.5%, to say no were 63 and 52.5%, respectively. Mean was 1.5250 and Std. Deviation was 0.50147. So the majority did not live away from home.

**Table 20 Classification of respondents with respect to their living**

Live in hostel	Frequency	Percent (%)	Mean	SD
Yes	57	47.5%	1.525	0.50147
No	63	52.5%		
Total	120	100.0%		

**Are you Facing Lack of Guidance from Faculty Members?**

Table 21 showed the analysis of the statement the respondent is facing a lack of guidance from faculty members? The results showed that from the total population of 120, frequency and percentage of respondents to say yes were 45 and

37.5%, to say no were 75 and 62.5%, respectively. Mean was 1.6250 and Std. Deviation was 0.48615. So majority did not face this lacking.

**Table 21 classification of respondents with respect to guidance**

Guidance	Frequency	Percent (%)	Mean	SD
Yes	45	37.5%	1.625	0.48615
No	75	62.5%		
Total	120	100.0%		

### Do your Personal Issues with Teachers Affect your Grades?

Table 22 showed the analysis of the statement that either the personal issues with teachers affect their grades or not? Results included that from the total population of 120, frequency and percentage of respondents to say yes were 24 and 20%, to say no were 96 and 80%, respectively. Mean was 1.8000 and Std. Deviation was 0.40168. It means that maximum of the students didn't have this problem.

**Table 22 Classification of respondents with respect to their personal issues**

Personal issues	Frequency	Percent (%)	Mean	SD
Yes	24	20%	1.8	0.40168
No	96	80%		
Total	120	100%		

### Are you Drugs/Smoking Addicted?

Table 23 showed that from the total population of 120, frequency and percentage of respondents to not addict were 112 and 93.3%, to slightly addicted were 5 and 4.2%, to say moderately addicted were 3 and 2.5%, respectively. Mean was 1.0917 and Std. Deviation was 0.36658. So the majority was not addicted to drugs.

**Table 23 Classification of respondents with respect to drug addiction**

Drugs	Frequency	Percent (%)	Mean	SD
not addicted	112	93.3%	1.0917	0.36658
slightly addicted	5	4.2%		
moderately addicted	3	2.5%		
Total	120	100%		

### Do you have Sleeping Difficulties due to Stress?

Table 24 analyzed the statement Does the students have sleeping difficulties due to stress? Results included that from the total population of 120, frequency and percentage of respondents to say yes were 48 and 40%, to say no were 72 and 60.0%, respectively. Mean was 1.6000 and Std. Deviation was 0.49195. So the majority didn't have sleeping difficulty.

**Table 24 Classification of respondents with respect to sleep difficulty**

Sleep difficulty	Frequency	Percent (%)	Mean	SD
Yes	48	40%	1.6	0.49195
No	72	60%		
Total	120	100%		

### Do you have Lack of Relaxation Time?

Table 25 analyzed the statement Do you have Lack of relaxation time? Results included that from the total population of 120, frequency and percentage of respondents to say yes were 45 and 37.5%, to say no were 75 and 62.5%, respectively. Mean was 1.6417 and Std. Deviation was 0.49867. So the majority belongs to no category.



Table 25 Classification of respondents with respect to relaxation

Relaxation	Frequency	Percent (%)	Mean	SD
Yes	45	37.5%	1.6417	0.49867
No	75	62.5%		
Total	120	100.0%		

**Are your Job Expectations Meeting the Reality of Society?**

Table 26 interpreted the statement ‘Are your job expectations meeting the reality of society?’ the results included that from the total population of 120, frequency and percentage of respondents to say yes were 61 and 50.8%, to say no were 59 and 49.2%, respectively. Mean was 1.4917 and Std. Deviation was 0.50203. So the majority belong to yes category.

Table 26 Classification of respondents with respect to job expectation

Job expectation	Frequency	Percent (%)	Mean	SD
Yes	61	50.8	1.4917	0.50203
No	59	49.2		
Total	120	100		

**Do you Feel Insecure about your Future Employment?**

Table 27 analyzed the statement Does the students feel insecure about their future employment? Results included frequency and percentage of respondents say yes were 67 and 55.8%, to say no were 53 and 44.2%, respectively. Mean was 1.4417 and Std. Deviation was 0.49867. So the majority belong to yes category.

Table 27 Classification of respondents with respect to insecurity

Insecurity	Frequency	Percent (%)	Mean	SD
Yes	67	55.8%	1.4417	0.49867
No	53	44.2%		
Total	120	100.0%		

**How Well Do You Think You Can Handle Your Stress?**

Table 28 interpreted the findings of the statement that how well do they think they can handle with stress? Results included that from the total population of 120, frequency and percentage of respondents to say can't handle were 11 and 9.2%, to say slightly well were 23 and 19.2%, to say moderately well were 61 and 50.8%, to say completely well were 25 and 20.8%, respectively. Mean was 2.8333 and Std. Deviation was 0.86319. The majority said that they work moderately well.

Table 28 Classification of the respondent according to handling of stress

Stress Handling	Frequency	Percent (%)	Mean	SD
can't handle	11	9.2%	2.8333	0.86319
slightly well	23	19.2%		
moderately well	61	50.8%		
completely well	25	20.8%		
Total	120	100.0%		

**Do You Work Well Under Stress?**

Table 29 analyzed the statement ‘do they work well under stresses. Results included that from the total population of 120, frequency and percentage of respondents to say yes were 37 and 30.8%, and to say no were 83 and 69.2%, respectively. Mean was 1.6917 and Std. Deviation was 0.46374. So the majority were not able to work well under stress.

Table 29 Classification of respondents with respect to working

Working	Frequency	Percent (%)	Mean	SD
Yes	37	30.8%	1.6917	0.46374
No	83	69.2%		
Total	120	100.0%		

## DISCUSSION

In the current study, the majority of students (almost 53% students) were highly satisfied with their degree, so the degree was found not to be the major contributor to stress in students of GCUF. Only 10% of the students were totally satisfied with the educational system of GCUF which means that there is need for improving the educational system. The results of the study of Omigbodun, et al., match to results of present study in this aspect [4].

Almost 79% of the students responded that they were not having well-furnished labs and equipment's that were meant to be part of labs. And a negative correlation (-0.13) was found between the stress and furnishing of labs. GCUF needs to reset their labs and add the related/modern equipment's in it. Almost 74% of the students responded that they were facing insufficient clinical rotations. But a positive correlation was found between stress and clinical rotations. And the study of Bellini, et al., also concluded that more clinical rotations are causing stress among the students [5].

50% of the students said yes about receiving the criticism related to their clinic status that's a stress-causing factor. A positive correlation found between stress and criticism. So there's a need to spread awareness about the course or degree mentioned in our study. Almost 45% of the students were facing stress due to underestimating their selves and having any kind of complex. Helmers, et al., also got the psychosocial factors as major contributors of stress in undergraduate students. 16% of the students were facing financial problems and getting stress due to it [6]. The study of Solimon also found financial issues as a major stressor in students [7]. Almost 10% of the students were stressed due to having health issues. Dyrbye, et al., also found some personal issues as major contributor of tension in students. 65% of students were dissatisfied with their class lectures [8]. The study of Omigbodun, et al., also found the student's stress was related to lecture problems [4]. Only 2% of the population was moderately addicted to drugs. Dyrbye, et al., found that drugs addiction was causing major stress in students but in our study the drug-addicted population is very low [9].

About 55% of the population was feeling insecure about their future employment. And it was causing stress among them. A negative correlation was found between stress and future employments. The university needs to provide employment offers and job opportunities after the student's graduation.

The statistical results of this study showed that main stressors were found to be the financial responsibilities of students and receiving criticism about their academic/clinical status, in GCUF. Other less important stressors were lab furnishing and clinical rotations. Most of the articles related to this study said that stress in the students was due to the financial issues and expenses. This study is relatable to the literature because this study also concluded that stress in the students of GCUF was due to financial issue. But an innovative finding was that the students of GCUF were receiving criticism about their degree which was not seen in any reviewing any literature. If all of the factors were addressed properly, the stress in the students could be minimized.

## CONCLUSION

It has been concluded that furnishing of labs, clinical rotation, dealing with criticism is a major cause of stress that is any complex, financial responsibilities, job expectation, and insecurity about future employment are the factors that increased or decreased the stress per day among the students.

## CONFLICT OF INTEREST

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

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