

# "SPIRITUALITY: AN EFFECTIVE TOOL TO DEAL WITH ACADEMIC STRESS IN THE ERA OF COVID-19 AMONG STUDENTS PURSUING MASTERS' DEGREE IN MANAGEMENT"

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## Abstract

Each and every human being was impacted by the COVID-19 outbreak, and their lives were ruined as a result. It has an effect on the educational sector in all waves. Schools and colleges are closing for the longest periods of time in waves. Teachers use digital methods to teach students, but this method of teaching is stressful for students because of the digital nature of the method. Management professionals, academics, and researchers are increasingly concerned about the academic stress of management students at the time of COVID-19. The academic success of a student is influenced by the quality of the educational environment in which he or she is enrolled. Academic stress, anxiety, depression, and tension can all be alleviated by pursuing one of a number of majors that deal with these conditions. Spirituality can be used to deal with stress-related issues. Anything that disrupts our normal state of well-being can be characterised as stress, including feelings of pressure, depression, anxiety, and tension. "Spirituality" describes the idea that there is some sort of unfathomable, immaterial reality; a path through which a person can discover the essence of joy and salvation or the most fundamental values and meanings for which they are striving in their lives.

Stress can be both beneficial and detrimental. If it is viewed as a negative, it could lead to a decrease in productivity. Masters of business administration students' spirituality is being examined for its potential impact on their ability to serve as future leaders in their fields.

**Keywords:** Spirituality, COVID 19, Pandemic, Academic Stress.

## INTRODUCTION

India was once the wealthiest country in the world, but over a millennium of foreign invasions, it has become a poor and backward nation. Some monetary and developmental aspects have improved as a result of liberalisation, privatisation, and globalisation. India's unique spiritual heritage includes the Vedas, epics, upnisads, and Manu smritis as well as Brahmin sutras, the most ancient of Indian philosophical texts. A value system that serves humanity has been maintained and developed through the use of these granthas. However, from Nalanda and Takshilla to the IITs and

IIMs, undivided India has seen a great deal of change in its society, ideology and education system. If only the education system is considered, the journey from the gurukul system to Lord McColly's modern education system is long. Value systems are being instilled and developed in the current education system, while the current system is designed to help students find work. Over the past two decades, management education in India has grown at a rapid pace. Students who want to pursue a career in management education are drawn to a variety of new areas that have emerged in recent years. " My understanding of spirituality has evolved

over the course of my many years of managing my own life.. Getting rid of daily stress, tension, depression, etc., has become a necessity in everyone's life as it spreads its paws across the globe In scientific terms, the mind and the body are linked in a strong way. According to research, many people who are afflicted with diseases like cancer or heart disease also experience depression as a side effect of their illness. Emotional depression is exacerbated by physical illness, and this vicious cycle continues. Interestingly, modern research shows that a positive outlook can improve health and, as a result, increase life expectancy in humans. It seems that students of management appear reluctant to acknowledge that their lives are enriched by their spirituality. Students' academic performance is directly related to their level of morale. Thus, educational institutions spend a great deal on providing a pleasant classroom experience for each and every student. You need a strong and ethical business leader and a consistent decision-making process to build a powerful and highly motivated organisation. Finding solutions for businesses that benefit both the client and one's coworkers and peers requires a creative approach. "Yoga is good for the cardiovascular system. As a result of its stress-relieving and anti-inflammatory properties, yoga has been linked to improved cardiovascular health. Spirituality is the belief in an ultimate or presumed immaterial reality, a path that leads a person to discover the essence of happiness and salvation for their soul; or the belief that there is a god "the underlying principles by which people live their lives A wide range of spiritual practises, such as meditation, prayer, and contemplation. They are designed to help people cultivate their own inner lives "Spiritual awakening is more than just a theory for preparing future business leaders with a focus on values. In order for spiritual intelligence to be born, a person must first reach the point of no return, where he or she either knows or loses themselves. Spiritual intelligence is characterised by flexibility, high self-awareness, the ability to face and benefit from suffering, the ability to face and transcend pain, the quality of life inspired by vision and values, and a disinclination to harm other people. Some of the traits of a self-aware person include the ability to think critically, ask why and how to find answers, and develop a sense of self-reliance. Anxiety, depression, and tension are all symptoms of stress. The term "stress" can be

applied to anything that disrupts our normal state of well-being. An academic stressor is one that is only felt in the classroom. Pressure-cooker tactics and their rationales academics are the source of the irritation. Failure is the result of unfulfilled academic ambitions. There are a variety of reasons why people experience stress. Workloads that are too heavy, hectic timetables, tests, and other forms of assessment are all too common.

Several countries have imposed severe restrictions on society's ability to function as a whole in response to the outbreak of the pandemic. These factors resulted in fewer opportunities for face-to-face interactions, a shift toward online learning and a decline in economic activity. A worldwide economic slump has resulted as a result (including India).

## LITERATURE REVIEW

Talwar (2013) offer a multidimensional view of spirituality. It asserts that spirituality is based on human values that cultivate inner strength to make difficult decisions in a variety of contexts. Spirituality is an attempt to gain a deeper understanding of oneself and one's place in the universe. Many aspects of character are enumerated here, such as empathy, friendliness, and generosity. Commitment and contentment are essential to a successful relationship.

Roy et al.(2013) examines the significance of religion in the workplace in today's modern workplace for success and contentment. Because of the rise in the number of people working overtime, good work ethics are becoming increasingly important. An increase in the number of people seeking work, as well as the lengthening of workdays, all play a role. In terms of organisational culture, the change is largely to blame everywhere in the world. Spirituality in the workplace is a relatively new concept.

Rajwanshi and Swami (2013) to deal with the effects of a global financial meltdown, according to this theory, only pure spirituality could be used: an experience of pure self-awareness within oneself. As opposed to this approach, which begins with a personal encounter with spirituality, applied spirituality is based on practical application. Corruption, scams, and scandals are rampant in today's

business world because of short-termism. The practice of one's faith People will be happy and fulfilled at work because of the corporate culture.

Dixit and Varshney(2020) in their research found that practicing yoga can help alleviate stress. When it comes to school, mental stress can be especially crippling, and yoga can help alleviate that. There is little likelihood that students will participate in regular physical activity. All students should be required to practise yoga because it enhances concentration and calms the body's mental and physiological systems.

Siyahidah and Farida(2021) Students who have low subjective well-being counsel the closest person or professional party as soon as possible in their research effort to improve it.

Browning et al.(2021) found that the COVID-19 pandemic had an impact on students' psychosocial functioning in a variety of ways. In the study, 59 percent of students reported that the pandemic had a significant psychological impact on their lives.

## RESEARCH METHODOLOGY

Primary and secondary data are both used in this study. For the purpose of this study, the researcher created a well-structured questionnaire to better understand the concept of spirituality and its positive impact on coping with academic stress by reading various books and articles. The snowball sampling method was used to collect data from a variety of management master's degree programmes. Student responses to the pandemic were assessed using spirituality from a variety of Jharkhand-based institutions. According to the data gathered, spirituality is the most effective coping strategy for management students. The following discussion presents the results of the analysis of the data gathered via a questionnaire. Students from Jharkhand's management colleges gave their thoughts on the matter. Respondents' ratings on a five-point scale are used to compute the simple mean of their opinions. On the basis of the analysis, additional interpretations are made.

The study was conducted between April and June of 2021. For this study, a total of 200 completed questionnaires were gathered.

## OBJECTIVES OF THE STUDY

Objectives of research are summarized as under:

1. For the purpose of gauging students' understanding of the concept of spirituality in management.
2. To show the relationship between spirituality with efficiency of management.
3. To assess the reasons responsible for stress.

There are many ways for students of management to learn about and practise spirituality, which may help them in the real world. This will significantly reduce their work stress and help them make more effective managerial decisions.

## DATA ANALYSIS AND INTERPRETATION

Some 200 students from various management colleges were surveyed for this study. First, researchers want to know how well students understand spirituality, and then, in the second figure, how they felt about COVID 19 as a whole.

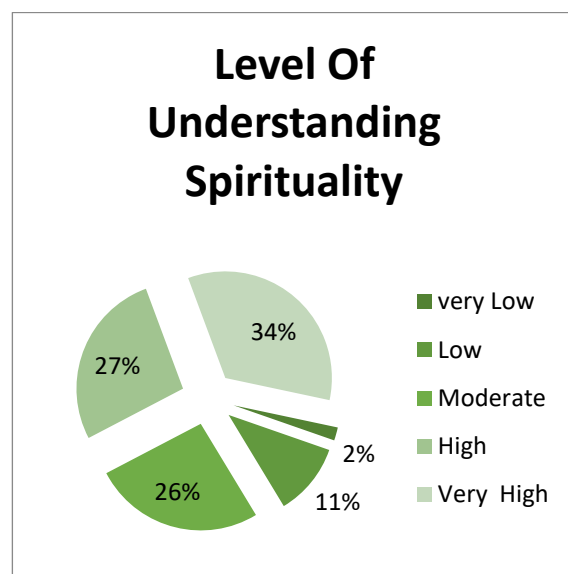


Figure 1 This chart depicts how many people, out of a total of 200, believe in some form of

spirituality to face and be stress free in the era of COVID 19. According to the results, 34% of those polled have a very high in understanding of spirituality. Only 2% of the population has very low level of comprehension. It is up to the respondents to determine the factors that influence their understanding about spirituality.

### Overall Experience about their Institute during COVID 19

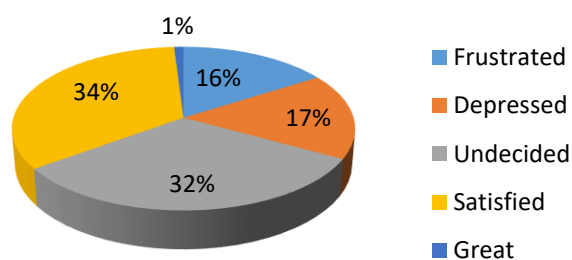


Figure 2 show evidence of in general regarding the experience of the respondents at their institute. 68 (34 percent) of the students at their colleges are satisfied with the way things are going during COVID 19. However, 17% were depressed, and 1% had a wonderful time. When it came to deciding which university to attend, there were many factors that were not made public. The remaining 68 percent of respondents had voiced their opinions, and of those, 33 percent held a negative view and 35 percent a positive one, excluding the 32 percent who were still undecided. On the basis of the stressors they faced while attending their respective management institutes, this opinion is formed.

Table 1: *Activities Reducing Academic Stress*

Activities	Mean	Rank
Reading Spiritual Literature during COVID 19	2.25	4
Listening to spiritual music in the era of COVID 19	2.72	2
Meditation	2.52	3
Yoga	3.065	1

Analysis of respondents' spiritual activities to cope with academic stress in the era of COVID 19 is presented in this table. On a scale of one

to five, the responses were rated (strongly disagree to strongly agree). 78 people say they use yogic exercise to reduce their stress, and 18 of them say they do so strongly. It now has a mean value of 3.065. Strong disagreement is represented by a score of 24, while disagreement is represented by a score of 53. When it comes to importance, yoga comes in first place. It has the lowest mean (2.25) and ranks fourth in terms of spiritual reading. Respondents were more divided: 57 said they strongly disagreed, 70 said they disagreed, and 5 said they strongly agreed. Yoga-related expectations have surpassed the mean, according to this study.

Table 2: *Persons Responsible for Academic Stress*

Responsible Persons	Mean	Rank
Student himself	2.445	2
Institution	2.54	1
Subject faculty	2.355	3

It is in this research work that the respondent's perspective on the people who are held responsible for academic stress is presented. On a scale of one to five, the responses were rated (strongly disagree to strongly agree). Studies show that most college students blame their management institute for their academic stress, with a mean score of 2.54. Students' academic stress is caused by a variety of factors related to management institutes. There were a total of 54 respondents who agreed with the statement that their institution was to blame for their increased stress level (45 agreed and 9 strongly agreed). Both the student and the professor who teaches the course are held accountable for a cumulative GPA of 2.44 and 2.35. There is only a slight difference between the two meanings. It's worth noting, however, that none of these interpretations exceed the median of 3. It's a sign that the vast majority of people aren't on the same page.

Table 3: *Stress Identifiers among Students*

Stress Identifiers	Mean	Rank
Insecurity of Job due to academic competition post COVID 19	2.475	1

Difficulty in understanding the subject in online learning system	2.35	4
Attention towards studies	2.37	3
Online Assignments	2.285	5
Restless classes	2.44	2
Attendance	1.605	6

Five-point frequency scales are used to identify and indicate students' stress levels (Never to very often). It's the poor who have the lowest average attendance (1.605) with a figure of 55. Poor attendance isn't a reliable indicator of stress, according to this study. There are a lot of assignments given by the faculty, such as research projects, subject assignments, and surveys, which have a high mean of 2.475. The average scores for the four stress indicators we're looking at anxiety about competition, knowledge of the material, and class participation — are 2.285 points, 2.35, 2.37, and 2.44 respectively.

#### INSTITUTION'S EFFECTIVENESS IN HANDLING ACADEMIC STRESS

An important and effective role for management institutes is helping students cope with the stressors that arise from their academic pursuits. Using this as a guide, the researcher gave this statement a mean score of 2.29 out of a possible 5, on a scale from 0 to 4. None of the students who took the survey believe their school does an adequate job of coping with their anxiety. The majority of respondents (85%) believe that the institute takes a moderate interest in their stress management. A total of 37 students believe that their institutions are not interested in helping them deal with their stress-related issues.

#### EFFECTIVENESS OF SPIRITUALITY IN RELEASING STRESS

Spirituality's ability to alleviate academic stress is evaluated on a scale of one to five (from not at all to completely). According to the study, 65 respondents found that their academic stress was unaffected and that spirituality was not able to alleviate it. There are 81 people who report that their stress levels have decreased to some degree. In contrast, 31 of the people who took part in the survey believe the positive impact is

only moderate. 6 and 18, respectively, are the most significant and comprehensive figures. The average score is 2.165 out of 5.

#### CONCLUSION

Quality management education in India depends on the quality of output provided by management professionals to the economy.. The academic is in charge of assessing the value of the final product. There is a prevailing culture of management education. Aspiring business leaders educational institutions have to deal with a variety of challenging situations, both academic and nonacademic. One of the causes is academic stress. Students in the field of management are under a lot of academic pressure is an essential part of learning how to be a manager. Career-minded and competitive students are the norm in today's high school classrooms. Stressful circumstances have arisen in a variety of settings, including academia and the workplace. Many options are available aspects of a student's academic life that lead to a stressful situation as a matter of fact, the majority of students in graduate school aren't mature enough to deal with the stressful situation they're in. A value-based approach to stress has been suggested by research. Spiritual science offers a dynamic method for dealing with academic stress. Increasing the educational culture's inculcation of spiritual realisation will bring a sense of joy and success in the classroom. To be able to practise spiritual science, one must have a thorough understanding of spirituality as a concept and as a practise. The findings of the study show that students are aware of spirituality, large percentage actually practice it. It was found that Only 13 per cent of those polled were unfamiliar with the concept of spirituality. 87% of the population has a high or very high level of comprehension. The management student's academic stress is caused by a variety of factors. The burden of assignments, the amount of time spent studying in college, and the difficulty of the concepts related to the subject matter are all factors specific topics Several signs and symptoms were observed in students that suggested the amount of pressure students are under in school. The main symptoms were: class absenteeism, irregular sleep patterns, and general inattention in the classroom. According to the study, students' academic stress is caused

by management institutes. Faculty members are not included. A second explanation for this stress is found to be with respect to the individual subject matter teachers. Students' academic stress is caused by a variety of factors related to management institutes. To stay clear of the students prefer yoga in stressful situations over any other activity. Another stress-relieving activity is listening to spiritual music. Most students aren't interested in reading spiritual books or literature in general. In order to create a healthy academic environment, management institutes must play an important and effective role in assisting their students in managing stress situations that arise from academic activities. Pursing a masters degree in management, seeking spirituality is positively correlated with self-distraction, venting of emotions, and self-blame. It also provides self-confidence and gives positive energy to fight with academic stress.

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