

## ABSTRACT

Stress is a state of mental strain that causes numerous diseases in a person who is dealing with issues related to their social and environmental well-being. Young age is a crucial stage since students go through many changes in their lives throughout this time. Students today must contend with a very competitive environment in order to live in this day and age. In every area of human existence, stress is an inevitable occurrence.

Stress is an emotional imbalance which may occur due to various reasons such as tests, papers and projects, competitive nature within one's chosen field, financial worries about school and future employment prospects (Ross et al., 1999). Stress is a condition of mental pressure that leads to a variety of ailments in people who are coping with problems pertaining to their social and environmental well-being. Young age is a critical period because it is during this time that kids undergo numerous life changes. In today's world, students have to survive in a highly competitive atmosphere. Stress is a natural occurrence in many facets of human life.

Students naturally experience stress as they move from high school to college. They might experience social, academic, and psychological shock. The purpose of this study was to examine the degree of stress experienced by college students. A descriptive study was conducted to determine the stress levels of the students.

Total 47 sample were selected through convenient sampling and collected data regarding socio-demographic and Perceived Stress Scale for assessing their levels of stress. The results revealed that there was a moderate level of stress among the nursing students. The findings might hypothetically advance our understanding of mental health research. Practically speaking, the findings could also help college communities adopt proactive measures to enhance the learning environment and lessen the negative effects of stress on students' wellness and academic performance.