

ACADEMICAL STRESS OF UNIVERSITY STUDENTS AND ITS INTERCONNECTION WITH TIME MANAGEMENT, SELF-MANAGING, CURRICULUMS AND THE FACTOR ENVIRONMENT

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Abstract

This study investigates and seeks to find a correlation between academics stress and environmental factors, time management, self-management and the learning programs among 240 Bachelor's students of the first, second and the third year of the Faculty of Humanities at the University "Ismail Qemali" Vlora. The survey is based on received responses from students through a self-administered questionnaire, which was distributed randomly to students during the lecture. Statistical Package for Social Sciences (SPSS for Windows XP) was used to perform descriptive statistical analysis of factors that affect in the growth of academics stress level of students. Hopefully these results will help students, professors and university managers to find mechanisms that facilitate the effects of academics stress. In addition, the finding also will encourage a researchers' debate about academics stress among students. Therefore, we suggest that other researchers should consider using triangulation method. The limitation of our study was the sample's size and the lack of geographical coverage focused only on one university. For this reason, the results of this study can't be generalized and like this the researchers suggest replication of this study using a larger sample, which would include students from other public universities, to validate the findings.

Keywords: *students, academics stress, university, stress, stressors*