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## A Correlational Study on Stress, Resilience and Aggression Among College Students in Kolkata

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### ABSTRACT

The objective of the present study was to examine the relationship between stress, resilience, and aggression among college students in Kolkata. The sample consisted of 98 college students (aged 18-25) from various government and private colleges in Kolkata. Purposive sampling was used to recruit the participants. Buss-Perry Aggression Questionnaire, Brief Resilience Scale (BRS) and Perceived Stress Scale (PSS) was used to collect data. The findings reveal a significant negative correlation between stress and resilience which indicates students with poorer resilience will experience higher level of stress. The results also showed a positive relationship between stress and aggression, indicating that students who are under a lot of stress will also be aggressive in nature.

**Keywords:** *Buss-Perry Aggression Questionnaire, Brief Resilience Scale, Perceived Stress Scale, College students*

**S**tress is described as a sense of being overwhelmed, worry, destruction, press, exhaustion, and lethargy (American Psychiatric Association, 2014). Selye originally suggested that stress is simply the rate of wear and tear in the body (Behere, S. P., Yadav, R., & Behere, P. B., 2011).

**Types of Stress:** Many professionals suggest that there is a difference between what we perceive as positive stress eustress, and distress, which refers to negative stress. In daily life, we often use the term “stress” to describe negative situations. This leads many people to believe that all stress is bad for them, which is not true. Positive stress has the following characteristics: motivates, focuses energy, is short-term, is perceived as within our coping abilities, feels exciting and improves performance. In contrast, negative stress has the following characteristics: causes anxiety or concern, can be short or long-term, is perceived as outside of our coping abilities, feels unpleasant, decreases performance, and can lead to mental and physical problems.

**Impact of Stress on Students:** Students are experiencing high levels of stress in many areas of their life. The impact of stress on students can be looked at from various angles.

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