



Stress and engagement in HBO students

Recent studies show that students increasingly suffer from psychological complaints, including a high degree of (study) stress. If stress persists for a long time, it can have negative consequences for your health and can lead to a burnout, for example. A possible buffer against stress and a positive counterpart of a burnout is engagement. This infographic contains the most important results of a study into stress among students.¹


What kind of stress symptoms do students experience?




Feeling drained




Sleeping problems




Not being able to think




Being tense




Being very emotional




Feelings of fear




Depression



Headache



Worrying



Fatigue


What are the biggest stressors for students during their time as a student?

| Stressors within study | Stressors outside of study |
|---|--|
| Uncertainty | Combining study, work and social life |
| Contact and communication with teachers | Pressure/expectations of others and themselves |
| Challenges in partnerships | Relationship with parents, friends, partner |
| Exams and deadlines | Personal circumstances such as care responsibilities, illness, death |


What can help you deal with stress during your time as a student?

| Personal resources | Study resources |
|---|---|
| Searching for a distraction: hobbies, such as sports, making music, doing something creative. | Support from fellow students/friends |
| Social support family/friends | Taking a rest |
| Personal handling of stress: optimism, putting things into perspective, accepting stress, asking for help | Being disciplined / Being able to plan well |
| Engagement through hobbies | Engagement through study |


What can you do to reduce (study) stress? Tips from students:



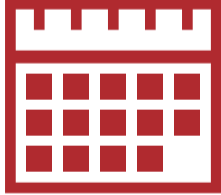
Stay positive
If, in advance, you already think that you can't do something, then you won't do your best and there is a greater chance that you won't be able to do it.




Start on time
Don't do everything last minute. Prepare yourself well, start studying and doing assignments on time. That's how you avoid resits.




Ask for help
Make sure to ask for help in time if you need it. It can help to talk to fellow students, an academic adviser, a student counsellor or a university psychologist.




Make a planning schedule
Planning is important. The overview of a plan gives peace of mind. You don't have to stick to every detail; you can adapt it as you go along.



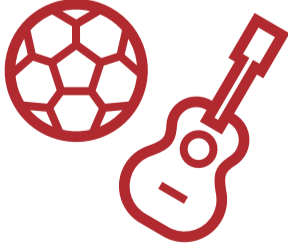
Reward yourself
Reward yourself after hard work.



Ask questions
Don't be afraid to ask questions.



Work in a targeted manner
Keep in mind the final goal you're studying for.



Make sure to have an outlet
Find yourself an outlet.

¹ Gubbels, N. & Kappe, F.R. (2017). Stress and engagement. Exploratory research into the degree of stress and engagement among students at Inholland University of Applied Sciences. Study Success Research Group, Inholland University of Applied Sciences (in Dutch only)