

**DEALING WITH STRESS: A CASE STUDY OF POST GRADUATE
AGRICULTURE STUDENTS, ANNAMALAI UNIVERSITY**

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ABSTRACT

Every individual experiences stress at some or other time. A certain amount of stress is an inevitable and useful part of studying. Post graduation requires significantly more efforts from students, than under graduation. The Postgraduate students, during their studies engage with course work, research work, seminar and examinations might end up with stress. It is an interesting fact that, how the students respond when they confront difficult or stressful situation, in their studies. There are lots of ways to try to deal with stress. This study analyzes how the postgraduate agriculture students of Annamalai University are dealing with stressful situations in their studies. The study was conducted among 100 Postgraduate Agriculture students of Annamalai University using survey in the form of self administered questionnaires.

KEYWORDS: Stress; Post Graduate; Students; Studies