

Editorial

Stress in Medical Students: Is There Any Way Out?

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Stress is the body's automatic response to any physical or mental stress and demand placed. The WHO projected that in 2020 mental illness will be the second leading contributor to the global burden of diseases [1]. Medical education is very demanding now days. Burden of information in medical profession and lots of competition make students anxious and depressed. The main goal and objective of medical curriculum is to provide competent and safe doctors to community. Training during medical college may effect on medical students' mental and emotional health [2]. Stress results when mental pressure exceeds their ability to cope. Some time it does not follow a potential stressor. Academic stress is a normal phenomenon and beneficial that can help one learn and grow. Studies suggest that excess of distress subsequently may affect students' learning process which ultimately affects care of patients, relationship with faculty and family members [3].

Literature has been reported stress and depression in medical students is because of high expectations, academic curriculum, exams, performance in periodic examinations, and worries of the future [4]. Stressors of medical student's generally academic related stressors, therefore, early detection of stressors among medical students may prevent unwanted consequences on their health and improve their academic performance [5].

Coping strategies are specific efforts to manage stress both behavioral and psychological. Medical students should learn how to handle stress and anxiety so they can tolerate or minimize stressful events [6]. Previous studies showed that coping plays a central role in adaptation to stressful life events. Stress reduction and adopting a healthier life style have been major concerns of the students. Excessive anxiety and mental stress may affect their learning ability and academic performance [7]. Stress can be best managed by regular exercise, meditation or other relaxation techniques, structured time outs and learning new coping strategies to handle stress in medical students [8]. Training for stress handling should start even before joining

medical school. Students learning environment and family background are the main underlying causes of anxiety and depression in medical students super added by the stress induced by medical curriculum. Self-regulation of effort, time, and study environment can positively influence academic achievements.

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