

Effect of Stress on Academic Performance of Undergraduate Medical Students

Qurrat ul ain Mehfooz and Sonia Ijaz Haider

¹*Sheikh Zayed Medical College, Rahim Yar Khan, Pakistan*

²*Department of Educational Development, Faculty of Health Sciences, The Aga Khan University, Pakistan*

Corresponding author:

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Abstract



H: Xhfa jbyh.Ygi fWgcZgfYgg'Ua cb[i bXf[fUXi UY'a YXW
gi Xblg'
H: Xhfa jbyh.Y 'cZgfYgg'cb'hYUWXa JWdYzfa UbWcZ
a YXW'gi Xblg'
H: Xhfa jbyh.Y'Y'Y'cZgfYgg'Y dM]YbWXVna YXW'gi Xblg'

Methods

'gi XnkUg'WbXi WXUhiG\Y\`NUXAXXW'7c`Y]ZFUJa
Mf'?\Ubz DU]gUb" 'bg]hi hcbU' 9h]Wg'7ca a]hY' cZG\Y\
NUX A YXW'7c`Y]ZFUJa`Mf'?\Ub' Udfcj YX h.Y gi Xri 5`
i bXf[fUXi UY'h]fXmU'a YXW'gi Xblg'kYfY]bj]hX'lc' dUf]WdUY
]b' h.Y gi Xri -bZfa YX Wbg]bhi kUg' cVU]bYX Zca`U` dUf]WdUbg'
DUf]WdUcb]b'h.Ygi XnkUg'ci b]f]m

: cf' h.Y dYg]bhi gi XriA YXW' Gi Xbhi CfYgg'f' Ei Yg]cbbUfY
fa GE'Ek Ug'igX'lc' Xhfa jbyh.Y 'cZgfYgg'cb'hYUWXa JW
dYzfa UbW'cZ'gi Xblg' 0%Q' -h]g'Uj U]X UbX'fY]UVY]bg]fi a Ybh
k\]W' Wbg]gg' cZ (S']h'a g' fYdYg]b]b]` gl' gfYgg'f' Xca Ubg
5WXa]WYUHX' gfYgg'fg'fBFL/ -bfUdYfgcbU' UbX]b]f'dYfgcbU!
fYUHX'gfYgg'fg'fHFL/HUW]b] UbX'Yf]b]b]!fYUHX'gfYgg'fg'fHFL/
GeVU!fYUHX'gfYgg'fg'fFL/8f]j YUbXXg]fYfYUHX'gfYgg'fg'fBFL/
; fci dUW]j]h]Yg]fYUHX'gfYgg'fg'f 5FL'

FYg]cbXblg'kYfYUg'YX'lc' fUYUW'gi fVYVniWccg]b]`Zca`
fYg]cbg]g' W]g]b]`bc' gfYgg'UiU'z W]g]b]`a]X'gfYgg'z W]g]b]
a cXfUY'gfYgg'z W]g]b]`\]`\`gfYgg' UbX W]g]b]`g]YfY'gfYgg'"

HVY(. 8ca Ub]hā gWl gb[\][\za cXfUHUbXa]Xgfygg'

Discussion

gi Xnk Ug WbXl WXX lc' XHfa]bY hY dfYj UYbW cZ gfygg
 Lā cb['a YX]W' gi Xblg' UbX lc' cVgfj Y Ub' UggV]Hcb' VYk Yb' hY
 'Y Yg cZ gfygg UbX UWXā]WdYzfa UbWg':]bX]b[gZca 'hY gi Xm
]bX]W]h Uh YfY]g UfYU]cbg\]d VYk Yb' gfygg UbX UWXā]W]h Ym
 fY]bj YfgYm dfcdcf]cbU' lc' YUW' chYf" A YX]W' YX W]cb']g
 dfW]]X Ug W]b[' gfygg' UbX U \] \ ' Y Y' cZ gfygg a U] \] Y U
 bY] U]j Y ' cb' W] b]]j Y Z bW]cb]b[' UbX ' Yfb]b[' cZ a YX]W
 gi Xblg' Q' Q' -b' hY dfYg]bh gi Xm VZcfY Y Lā g' a YX]W' gi Xblg'
 g'ck YX' \] \ Yf' ' Y Y' cZ gfygg hUb' ' Y Lā g' ' ']g
 Wbg]ghbk]h ' Y]g]b[' Y]XbW]b' k \]W' ' Y Y' cZ gfygg]g \] \ VZcfY
 Y Lā]bU]cb Q&Q

: Yā UYg]b' ci f' gi XmXā cbg]fUHxā cfY gfygg Ug Wā dFYXlc' a UY
 gi Xblg' A]g U UbX 7U]]' c' fR&S(L' WbXl WXX U gi Xm]b' k \]W' h Ym
 WbW X]X h UidYfWd]cb' UbX fYU]cb' lc' gfygg]g ']b' Vch
 [YbXfg Q&Q) : Yā UY gi Xblg' g'ck' [fYU]f' Ubl]Ymā WUb] Yg]b
 d'ngc' c[]W' g]H]g' UbX]bW]U]g'X Yā ch]cbU' fYg]cbg' lc' gfygg Ug
 Wā dFYXlc' a UY gi Xblg' Q&Q

-b' hY dfYg]bh gi Xmā YX]W' Gi Xblg' fYgg' E i Yg]cb]b] UfYfā Q&E L
 k Ug i g'X lc' XHfa]bY gfygg Lā cb['a YX]W' gi Xblg' -b' A Q&E ' gl
 Xca U]bg' fY i g'X Zf' hY ' cZ gci fV]g' cZ gfygg Lā cb[
 gi Xblg' -b' hY dfYg]bh gi Xm UWXā]W]f b FGL k Ug h Ya Ucf' gci fW
 cZ gfygg UbX h Y \] \]g]h fY Y gci fV]g' k YfY [Y]b]b[' dccf' a Uf_gz
 'Uf] Y Lā ci bhic ZWb]h]hlc' VY ' Yfb]z' UbX [cb] ' h' fci [\]g]g' UbX
 Y Lā]bU]cbg'" UY Wbg]ghbk]h ' Y]g]b[' Y]XbW]h Uh
 UWXā]W]e i]fā Yb]gg' Vg]U]h] U n' Wb]f] V] H' lc' gi Xblg' gfygg ' Y Yg
 Q& ! & Q

-b' hY g'c ZH]W]b[' Yfb]b[fY U]X gfygg' f g]f H' FGL]bUdfcd] UY
 Ugg]]bā Yb]g' Wb]f] V] H' X ' lc' gi Xblg' gfygg' ']g
 Wbg]ghbk]h ' Y]g]b[']h' fU] fY h U]hā YX]W' gi Xblg' UY' cUXXk]h
 a U]n' Ugg]]bā Yb]gk \]W' YXlc']bW]U]g'X gfygg Q& Q' < ck Y Y']h' ci X
 VY Ugg' a YX]h Uh Yg] Ugg]]bā Yb]gk ci ' Xgca Y' ck Wb]f] V] H' lc' h Yf
 ' Yfb]b[]z k \] Y]b' ci f' gi Xm]b Udfcd] UY Ugg]]bā Yb]g]bX]W]X h Uh

+ " xj Udg 78 f%+) LDFWj YXgi fWgcZgfYggLa cb[' a YXW % " :KG f8S%L: 'ZMf' UbUng gi Xncb'hYa YXW
gi Xbfg">A YX9X WS), -!) -)"
, " Ghk Ufh GA z 6Ygcb' 7z @La ' Hk z A Ufg\U'' -6z @Y DK z Yi U''' f%- +L
DFXWbl' gfygg|b' mUf'a YXW gi Xbfg' 5`cb| Jh X|bU' gi XnA YX
9X W% %!%, "
- " @ Xk | ' 56z 6i fteb' K z K Y|b| Ufhb' z A |' Ub' : z A mfg 8 7z Yi U''' f8S%L
8 Ydfggcb' UbX gfyggLa cb| gi i bXf| fUXi UY a YXW' gi Xbfg" 6A 7
A YX9X W% . % %
%\$ " ' A Gz FU|ja ' 5: 5z MUWVA > f8S%SLDFY UYbWUbX' gi fWgcZ
gfYggLa cb| ' I b|j Yfg|' G|Jbg' A Uung' Ua YXW' gi Xbfg" A Uung' > A YX
GM% . " S' +"
%& " G|j Yfz < Ybfm? z; |WYb' 58' f%- SLA YXW' gi XbhiUM gy' -b|XbWz
gy' Y|h|Ubx 'La LZ&' .) &!) ' &
%& " A YU i '@A cggY5zB Y| Ug' 5 f8S%L GfyggLa cb| ' a YXW' gi XbfgUbX
|g Ugg' V|Hcb' k |h' g VgUbW i gy' UbX UWXa |WdYZfa UbW' > 6|ca YX
9X W% -"
% " G|U|fcz G|U bU@G|U|fc' 89z Gwk Ufh; 9F f8SS L Gfygga UbU' Ya Ybh
|ba YXW' YX W|Hcb' 5 fy |Yk' cZ h Y |HfU i fY' 5WKA YX+) .+(, !+) -"
% " 8 U j y b d c f h H z @ U b Y 5 A f 8 S * L 7 c | b | h j Y u d d f U g U ' c Z X g g f f U | c b g f Y g g
L a c b | i b X f | f U X i U Y g i X b f g " D g n W c | J W F Y W f X) * . @ - ! & * *"
% " D: gh 8A z K YX|b| |eb' K' f%- +L: ' ja dUM' cZ W' h i fY cb' d' n g | W | b
g f Y g g U b X W d | b | " > B U | ' A Y X 5 g g W - . ,) -) - S "
% " ? \ U z > U Y b ' A z 5 ' H Z G ? U g f < ' f 8 S % L ' ' c Z d Y W j Y X U W X a | W
g f Y g g c b g i X b f g d Y Z f a U b W ' : K I > G e W G M b + . % * ! % %
% " ' A Gz FU|ja ' 5: 5z MUWVA > f8S%SL ' Xj Ycda Ybh UbX
j U|X|hmcZ h Ya YXW' gi Xbfgfyggf' ei Yg|cbbUfYfA GEL' 5G5B >
DgnW|Ufm%& %&) "