

**PHYSIOLOGICAL, EMOTIONAL AND INSTITUTIONAL STRESS AS
CORRELATE OF BEHAVIOURAL PROBLEM AMONG UNIVERSITY
UNDERGRADUATE IN SOUTH WEST NIGERIA**

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ABSTRACT

The study examined Physiological, Emotional and Institutional Stress experienced by University Undergraduates in South-West Nigeria. One thousand students were sampled through proportional stratified, purposive and random sample techniques from six Universities in South West Nigeria. Descriptive survey research of the survey type was used for the study. Two self designed instruments were administered to the students, undergraduate stress rating scale and behavior problems inventory. One hypothesis was raised and tested at 0.05 level of significance using multiple regression analysis. Results showed that physiological, emotional and institutional stress are prediction of stress among university undergraduates. Physiological stress is the best predictor of behavior problems. 33% of behavior problems among undergraduates are as a result of stress, hence it was recommended that counseling centres should be established and manned by counselors, who would counsel students on different stress management techniques.

Keywords: Physiological, Emotional, and Institutional Stress, Behavioural Problem.