

Manuscript No.: IJAR-58723

Title: A STUDY ON ACADEMIC STRESS, BURNOUT AND COPING MECHANISMS AMONG MBA STUDENTS.

Recommendation:

Accept as it is

Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality	✓			
Clarity	✓			
Significance	✓			

Reviewer Name: Dr.Mithilesh kumar shukla

Reviewer's Comment for Publication:

This study investigates academic stress, burnout, and coping mechanisms among MBA students at Ashoka Business School, Nashik. It identifies key stressors including workload, deadlines, peer competition, faculty expectations, and fear of poor performance, with 68.4% of students strongly affected by performance anxiety. Burnout symptoms like emotional exhaustion, mental fatigue, and reduced motivation are prevalent. Despite these challenges, students employ various coping strategies such as planning, peer and family support, relaxation, breaks, positive reframing, and faculty guidance. The study concludes that managing academic stress requires a combined approach involving student self-management, institutional support, and faculty engagement. Recommendations include stress-awareness programs, mentoring, coordinated schedules, and promoting a supportive academic environment to enhance student well-being and performance.

Recommendation: Accept after minor revision, 1- give the page no of uses references .

Detailed Reviewer's Report

STRENGTHS:

- 1- It is Using original data collected from MBA students, providing direct insight into the target population.
- 2- The topic is Well-defined aims including identifying stressors, burnout indicators, coping strategies, and practical implications.
- 3- Focuses on MBA students in a specific Indian institution (Ashoka Business School, Nashik), addressing a local and underexplored context.
- 4- Employs a structured questionnaire and statistical analysis (SPSS), enhancing reliability and validity.
- 5- Identification of Practical Coping Strategies and Balanced Sample Profile.
- 6- The study Provides clear, institutional-level suggestions to reduce stress and support student well-being.

WEAKNESSES:

- 1- The study captures data at one point in time, limiting insights into how academic stress and burnout evolve over the course of the MBA program
- 2- The sample is heavily skewed toward female respondents (85.1%), which may bias the results and limit understanding of male student experiences.

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3- Lack of Qualitative Insights.