

Abstract

University education is fundamental in the training of skilled manpower that is essential in a country's development. Skilled manpower enables a country to provide basic social, economic, health, physical and cultural infrastructure. However, university education may take place in an environment that is stressful due to factors such as inadequate facilities and interpersonal conflicts. Stressful conditions can affect the health of the individual and academic performance too. In order to cope with the stress, counseling services can play a very significant role. It is therefore important for university administration to provide strong counseling services that will help the students manage any stress that they may experience. This paper discusses stress as a health issue among university students and the coping mechanisms adopted while recommending the institution of appropriate counseling services.