Figure 1: Shows that the atmosphere created by clinical faculty increases stress level in both undergrads 77.4% in dentistry and 65.5% in medicine.

		Academic	p value
Perceived stress questions	**3rd year**		

increased interaction with faculty members and patients as well as high hopes from faculty members as they enter clinical phase [1]. Increased level of stress leads to teeth grinding in 39% dental and 28.6% medical students, as well as GIT discomfort in both dental and medical (Figure 3) undergraduates.

Most of BDS students 56% and also MBBS students 44% feel stressed in treating hepatitis B patients while working on infected patients, possibly due to transmission from sharp dental instruments or lack of knowledge or information regarding infection control (Figure 4) [18].

Concerning their professional future after graduation was perceived as stressful as they progress to the final year, studies of India, Saudi Arabia and Nigeria also shows the similar stress factor. This may be due to job insecurity, less job opportunities, unfavorable dentist-population ratio and limited postgraduate courses especially for dental graduates. Study done in Malaysia shows reverse trend for professional future due to job security by paid compulsory government service [1,7,17].

In our study it was found that the stress level among dental students is relatively high 66% compared to medical students that is 56% as to fulfil clinical quotas, managing their own patients and overloaded due to large number of assignments.

As an outcome, many authors have proposed the dental as well as medical curriculum should include lectures on stress management, time management, communication skills and behaviour management [15,19,20]. These lectures must be conducted earlier in session to assist students to cope with the stress issues [15].

Conclusion

In comparison with medical students, dental students show comparatively higher levels of stress. During the study were more apprehensive, distressed and interpersonal sensitivity because of multifactorial reasons like self-efficacy beliefs, good performance pressure, assigned workload,

While, dental students often deals with stress particularly related to clinical sessions, patient management which encompass late patient's appointment, clinical quotas, tackling uncooperative patients, highly skilled technical work and financial factor. All these factors somehow contributes to pathetic academic results, absenteeism, stress induced disorder, disoriented performance.

In comparison with university education, medical and dental schools have unique stresses, medical training declared to have higher level of psychological toxicity and ultimately have negative impact on physical and mental health of student, this toxic stress affects their patient care. On contrary excessive educational workload burden with higher level of educational demand limited time for friends and family. Lack of spare time plays vital role in creating burnout levels among medical and dental student.

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