

An Exploration of Academic Stressors and Stress Intervention Designs Among Students of Kendriya Vidyalaya (NER, Bareilly)

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Abstract

The present research was conducted to address the issue of “stress” among students of Kendriya Vidyalaya, Bareilly. Multi dimensional method of research was applied to ascertain a deeper understanding of various stressors in students. 200 students studying in classes 10th-12th participated in the present research of academic stress. Survey method, Interview Technique and Standardized tests were used to effectively measure the stressors in students. Counseling sessions were used to design and develop intervention programs for stress management among students. Results obtained indicate that student stressors are mainly induced by psychological variables (like expectations of self and significant others) rather than educational variables (like that of studies or examinations). It was also found that 47.5% of the student population has high level of stress indicating need for understanding and management of stress among students. It was found that the most prominent stressor in students is the expectations of parent and significant others. 81% of the students indicated expectations from parents and significant others to be stressful. Illuminated by the results obtained, researchers designed stress intervention programs to help the school authority and members to provide a more conducive environment to the students.

Keywords: Stress, Academics, India, Kendriya Vidyalaya, Adolescents, Students, Stress Interventions.

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