

Academic Stress and Aggression among Adolescents

Shashi Rashmi*

Abstract

The present study was designed to assess the academic stress and aggression among adolescents. A sample of 40 adolescents (20 male and 20 female adolescents) studying in 10th and 11th classes of private schools of Faridabad district was selected. All the students were administered academic stress scale and aggression questionnaire. The obtained data was scored and was subjected to statistical analysis by applying t-test. Results showed that there were non significant differences found between male and female adolescents on both variables i.e. academic stress and aggression.

Key words: Adolescents, Academic stress and Aggression

* Asstt. Professor, Department of Psychology, M.D.U, Rohtak