

# Preparation of a Stress Management Programme for Secondary School Students and Study its Efficacy

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**Abstract:** Anything that poses a challenge or a threat to our well-being is a stress. When the stresses undermine both our mental and physical health they are bad. When we are stressed our blood pressure rises, breathing becomes more rapid, digestive system shows down, heart rate (pulse) rise, immune system goes down, muscles become tense, we do not sleep (heightened state of alertness), at some times when person gets hyper tension they make suicides.

Today, students are facing with a number of stresses, both at school and outside of it. It has been suggested that adolescence is the worst possible time for students to be pressured into activities like academics, which can be as boring as they are important. However, most students are capable of dealing with the stress of school and college life if they know how to and if it is recognized as such. So, the teachers should give them the knowledge of stress management techniques. Present secondary school students also not exception for it. So, they should know the techniques of stress management. They are also tomorrow's society maker and they have to handle social relations. If they get the knowledge of stress management they can decrease the stress of other. So, researchers decided to prepare a Stress Management Programme for secondary school students and Study its Efficacy.

This paper focuses on the knowledge of stress management of secondary school students which includes problem of research, operational definitions, objectives, assumptions, need and importance of research, hypothesis, method of research, sample, tools of research, nature of stress management programme, data collection, data analysis, data interpretation, major findings and conclusions.

**Key Words:** Threat to our well-being, breathing becomes more rapid, worst possible time, techniques of stress management, Stress Management Programme.

## 1. INTRODUCTION:

We generally use the word "stress" when we feel that everything seems to have become too much – we are overloaded and wonder whether we really can cope with the pressures placed upon us. Anything that poses a challenge or a threat to our well-being is a stress. When the stresses undermine both our mental and physical health they are bad. When we are stressed our blood pressure rises, breathing becomes more rapid, digestive system shows down, heart rate (pulse) rise, immune system goes down, muscles become tense, we do not sleep (heightened state of alertness), at some times when person gets hyper tension they make suicides.

If we consider about teaching learning, there is much stress on students mind. The surveys show that many students go under hyper stress. There are many sources of student stress i.e. examinations, deadlines, returning to study, pressure of combining paid work and study, difficulty in organising work, poor time management, leaving assignments to the last minute, out of control debts, poor housing, overcrowding, noise, adjusting to life in a new environment or even country, difficulties with personal relationships (e.g. splitting up), balancing the demands of a family with studying, parents or problems at home.

Today, students are facing with a number of stresses, both at school and outside of it. It has been suggested that adolescence is the worst possible time for students to be pressured into activities like academics, which can be as boring as they are important. However, most students are capable of dealing with the stress of school and college life if they know how to and if it is recognized as such. So, the teachers should give them the knowledge of stress management techniques. Today's secondary school students are tomorrow's citizens and they have to handle society, family and future generation. So, they should know the techniques of stress management. So, researcher decided to prepare a Stress Management Programme for secondary school students and Study its Efficacy.

- **Problem of the Research:**

Preparation of a Stress Management Programme for secondary school students and Study its Efficacy

- **Operational Definitions:**

1. **A Stress Management Programme:**

The Programme arranged for giving the knowledge of stress management to secondary school students.

2. **Secondary school students:**

Secondary school students are means the students who are studying in 8<sup>th</sup> and 9<sup>th</sup> standard of secondary schools.

3. **Efficacy:**

Efficacy is the difference between the level of the knowledge of stress management before implementing the stress management programme (pre-test) and the level of the knowledge of stress management after implementing the stress management programme (post-test).

## 2. OBJECTIVES OF RESEARCH:

- 1) To know the level of knowledge of stress management amongst secondary school students.
- 2) To prepare a 'stress management programme' for giving the knowledge of stress management to secondary school students.
- 3) To implement the 'stress management programme' on the secondary school students.
- 4) To study the efficacy of the 'stress management programme'.

- **Assumptions of Research:**

- 1) Secondary school students face many problems and goes under a very dangerous situation of stress.
- 2) Secondary school students do not know techniques of stress management.
- 3) In order to live healthy life stress management knowledge is essential for secondary school students.

## 3. NEED OF RESEARCH:

Secondary school students come from different social strata. They have different social backgrounds. So, their problems are also different. There are many activities in secondary school curriculum and they have to perform those activities. They get stress while performing those activities. Now a day's there is a lot of unemployment. Because of unemployment also secondary school students gets stress and they should have the knowledge of stress management. Present secondary school students are tomorrow's citizens and society. In order to decrease the tension of their family and society they should have the knowledge of stress management. Present research helps them to guide about stress management.

- **Importance of research:**

Present research is very important for giving the knowledge of stress management to secondary school students. It helps them to guide for decreasing stress. Because of that they will have healthy mind. The persons having healthy mind can keep their body healthy. Today's secondary school students are tomorrow's nation builders. So, tomorrow's citizens will be healthy. Because of them society also will be healthy and active. So, this research is very important for create a healthy and stress less social atmosphere. Because of this students also will be healthy and stress less. It results to decrease suicides of students, which is a very major problem before the world. So, present research is very important.

## 4. HYPOTHESIS:

There will be significant difference between the level of knowledge about stress management found in pre-test and the level of knowledge about stress management found in post-test.

## 5. METHOD OF RESEARCH:

In present research the researcher has selected the experimental method of research. Here in the present research the main aim is to study the efficacy of preparation of a stress management programme for secondary school students.

- **Experimental Design:**

For present research the researcher has selected single group pre-test and post-test design.

- **Sample:**

The researcher has selected 40 secondary school students from Maulana Azad Urdu Girls High school. The researcher has selected the sample by using Probability sampling based Simple Random Sampling method.

- **Tools of Research:**

- i) **Data Collection Tool: Questionnaires:**

For present study researcher has made one questionnaire based on stress management knowledge. The researcher has used it as pre-test and post-test.

**ii) Statistical tools:**

The researcher has used ‘mean’ value for statistical analysis of the data.

**• Nature of Stress Management Programme:**

Day	Activities
•	Pre-test
1 <sup>st</sup> Day	Lecture on Stress Management
2 <sup>nd</sup> Day	Discussion on Stress and Stress Management
3 <sup>rd</sup> Day	Lecture on Time Management
4 <sup>th</sup> Day	Yogasana and Pranayam
5 <sup>th</sup> Day	Omkar and Meditation
6 <sup>th</sup> Day	Guidance and Counseling
7 <sup>th</sup> Day	Sharing Experiences and feelings
8 <sup>th</sup> Day	Teaching Exercises
9 <sup>th</sup> Day	Funny Games
10 <sup>th</sup> Day	Lecture on Entertainment Techniques
•	Post-test

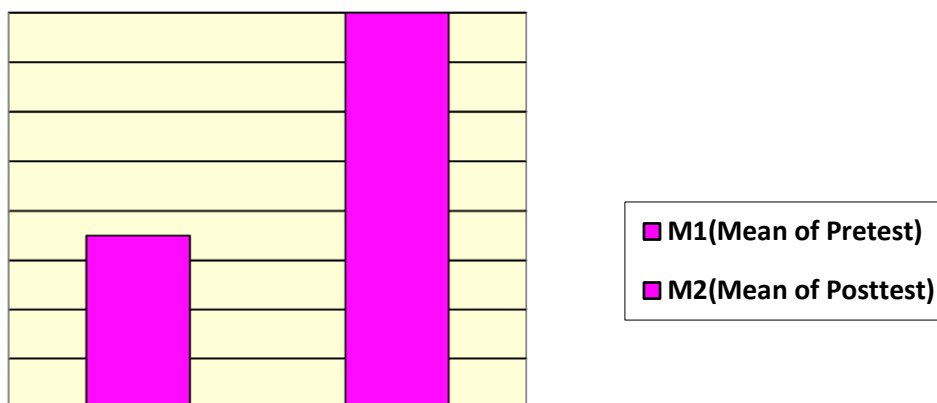
**• Tabulation, Graphical Representation of Mean of Tests and its Interpretation:**

Content	M1(Mean of Pre-test)	M2(Mean of Post-test)
Test based on stress management knowledge	07	16

**• Data Interpretation of Pre-test and Post-test:**

The M1 (Mean of Pre-test) is 07 it means that the average score of total students in pre-test is 07. The M2 (Mean of post-test) is 16 it means that the average score of total students in post-test is 16. The score in post-test is increased than pre-test. So, we can say that because of stress management programme secondary school students improved their level of knowledge about stress management.

**• Graphical Representation of Mean of Tests**



**• Interpretation of graph:**

There is significant difference in M1 (Mean of Pre-test) and M2 (Mean of post-test) because M1 is 07 and M2 is 16.

**6. MAJOR FINDINGS:**

**Major Findings in Pre-test :**

The pre-test was completely based on the knowledge of stress management. Secondary school students did not have the sufficient knowledge about stress management. So, their average score of the pre-test was only 07 Mean.

#### **Major Findings in post-test :**

This test was also based on the knowledge of stress management. Secondary school students' knowledge about stress management was improved than pre-test. So, their average score of the post-test was 16 Mean.

Difference between both Means is 09. So, we can say that there is significant difference between pre-test and post-test scores.

#### **7. CONCLUSION:**

- The stress management programme prepared by the researcher was effective to acquire the knowledge of stress management for secondary school students.
- The effect of the stress management programme prepared by the researcher was positive for giving stress management knowledge to secondary school students.
- The knowledge of stress management of secondary school students is improved due to implementation of the stress management programme prepared by researcher.

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