

SPECIMEN FORMAT FOR THESES OF MONTH

Faculty : Home Science

Department : Human Development

Branch/ Area: : Home Science

Sub Subject Heading: : Stress Management

Candidate's Name : Bani Lekha Phukan

Candidate's Address with email : House No: 33, Ward No: 9,
Amguri Town, P.O: Amguri,
District: Sivasagar - 785680,
State: Assam.
Mail Id: phu.banilekha@gmail.com

Title of the thesis : Efficacy of Stress Inoculation Training (SIT) in
improving the overall well-being of School students

(i) In Roman Script -

(ii) In roman Script -

Nomenclature of Degree: : **Ph.D**

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Name of Supervisor : Dr. Arockia Maraichelvi, K

Designation of Supervisor : Assistant professor (S.S)
Department of Human Development
Avinashilingam institute for Home Science and higher
Education for women

Centre/department/school in : V.C.B. Higher Secondary School, Vellakinar,
Coimbatore and

which research was conducted

Stanes Anglo Indian Higher Secondary School,
Avinashi Road, Coimbatore.

University's Name & Address

: Avinashilingam Institute for Home Science and Higher
Education for Women, Coimbatore- 641043

Abstract within 300 words:

The study was carried out with the major objective of namely design and implement SIT specific to the current and future stressors of the 9th grade students, which in turn would facilitate enhanced resistance to stress in terms of reduced stress level, enhanced physical and mental health and desired behavioural change, improved resilience, repertoires of coping skills and academic performance. A combination of survey research and field experiment research was undertaken in Coimbatore city. Initial survey comprised of 528 (Government N₁ – 173 Private N₂ – 355) high school students, represented by three government and three private schools. Out of these six schools two schools (one government and one private) were selected for the experiment and one section of each of the 9th class comprised the experimental group (Government n₁, - 41 Private n₂ – 40) of students. The remaining students of other section constituted the control group. Tools were administered for the population sample and re-administered to both the experimental and the control group. The key findings are: **Prior SIT** - Girls of government schools are more stressed than boys whereas girls of private school are less stressed, when put together the stress level of boys were significantly higher than their counterparts, students enrolled in government school were comparatively more stressed than their private counterparts. **Post SIT** - the overall percentage of the respondents declined in the high level category of stress indicators and enormously augmented in the low level category. **Retention potential of SIT** - a significant increase in mean score of the experimental group from pre to post SIT was observed in resilience, stress coping repertoires and academic performance of the student respondents. The findings of the present study enlighten the educators, researchers and policy makers that the stress level of the high school students was startling that necessitates immediate consideration. **Key words:** Stress inoculation training, government, private, resilience, stress coping repertoires, academic performance.

i) Major objective :

Design and implement SIT specific to the current and future stressors of the 9th grade students, which in turn would facilitate enhanced resistance to stress in terms of reduced stress level, enhanced

physical and mental health and deserved behavioural change, improved resilience, repertoires of coping skills and academic performance.

ii) Hypothesis:

Prior SIT (H_a)

- H_a1. Institution and Gender – specific differences does not have any effect on the stress level of the high school students.
- H_a2. There would be no definite correlation between the seven identified causative factors with the stress score and the order of the stress would not be influenced by the type of school and gender.
- H_a3. Institution and gender – specific differences does not have any effect on the stress indicators of the selected high school students.

Post SIT (H_b)

- H_b1. The SIT does not have an impact on the stress level of the selected beneficiaries.
- H_b2. The SIT does not reduce the number of signs and symptoms experienced and behaviour manifested (in terms of stress indicators) among the selected beneficiaries.

Retention potential of SIT

- H_b3. The retention potential of SIT in terms of resilience was not observed among the selected beneficiaries.
- H_b4. Retention potential of SIT in terms of possessing gamut of stress coping repertoires was not observed among the selected beneficiaries.
- H_b5. The retention potential of SIT in terms of improved academic performance was not observed among the selected beneficiaries.

iii) Methodology :

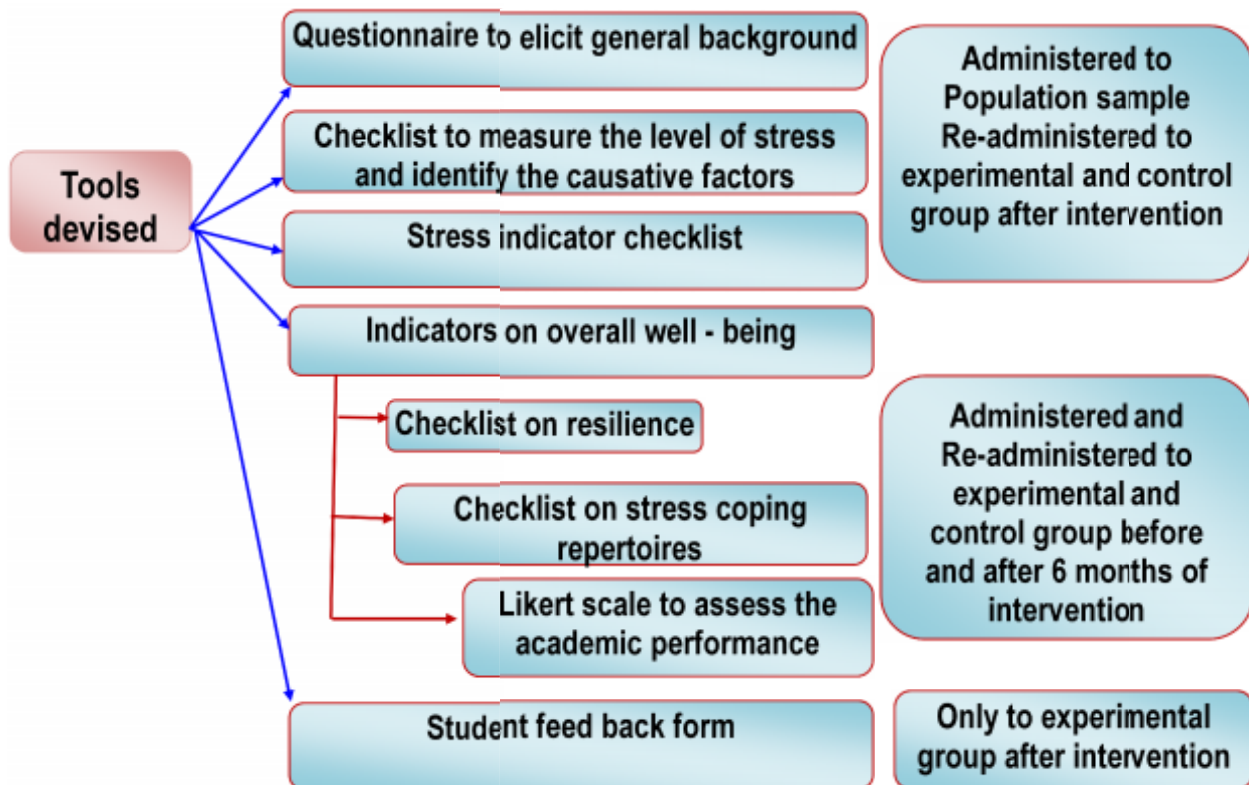
DETAILED LIST OF THE POPULATION SAMPLE

Name of the school	No. of School respondents N (528)
Government schools	
V.C.B. Higher Secondary School, Vellakinar, Coimbatore	82
Government Higher Secondary School, Pannimadai, Coimbatore	52
Government High School, Koundampalayam, Coimbatore	39
TOTAL (N₁)	173
Private schools	
Stanes Anglo Indian Higher Secondary School, Avinashi Road, Coimbatore	118
Liseux Higher Secondary School, Saibaba colony, Coimbatore	104
St. Joseph Matriculation School, Trichy Road, Coimbatore.	133
TOTAL (N₂)	355
OVERALL (N)	528

DETAILED LIST OF THE EXPERIMENTAL AND CONTROL GROUP

Name of the School	No. of experimental respondents	No. of control respondents	Total
Government (V.C.B. Higher Secondary School, Vellakinar, Coimbatore)	n ₁ = 41	c ₁ =41	82
Private (Stanes Anglo Indian Higher Secondary School, Avinashi Road, Coimbatore)	n ₂ = 40	c ₂ =78	118
Total	n= 81	c=119	200

Instruments/tools used



Statistical techniques/designs

The acquired data was statistically analyzed. Chi square test was performed to find the difference among the categories of the levels of stress and stress indicator of students, both before and after the intervention. Univariate Anova was used to compare the means of three variables namely the type of school and the gender with the stress score, stress indicator score and analyze the variables' effect of the stress level and its repercussions of the school students.

Karl Pearson's Correlation Coefficient was used to assess the relationship between the identified causative factor with the perceived stress level of the students and the reaction experienced and behaviour manifested.

Student 't' test was executed to discover the impact made by the intervention among the student population by comparing the overall mean of the control and the experimental group in the stress core, and its repercussions. The 't' test was acted upon the resilience and stress coping repertoires mean scores of the student sample before and after SIT to assess the impact as well as the retention potential of the intervention.

For all of the statistical tests the level of significance was tested at one per cent level (denoted by **) and five per cent level (denoted by *) (If not significant the value had superscript of ^{ns}). Apart from other data analyzed through percentages, the impact and the retention potential of SIT on the academic performance of students was also gauged.

iv) Findings:

Prior SIT

- Girls of government schools are more stressed than boys whereas girls of private school are less stressed.
- When put together the stress level of boys were significantly higher than their counterparts.
- Students enrolled in government school were comparatively more stressed than their private counterparts.
- A strong relationship between the stress triggers and mean stress scores was projected.
- The stress of the students was highly correlated to the stress indicators experienced by them.

Post SIT

- There was a considerable decline in the category of high stress and significant augmentation in the low level of stress.
- Irrespective of the variable the experimental group procured a lower stress mean score on all the identified stress triggers.
- The overall percentage of the respondents declined in the high level category of stress indicators and enormously augmented in the low level category.

Retention potential of SIT

- A significant increase in mean score of the experimental group (irrespective of the variable) from pre to post SIT was observed in all the seven areas of resilience.
- SIT was found to be efficacious in retaining the potential of the student respondents in coping with stress by possessing a gamut of stress coping skills and using it whenever needed.

- The increase in the number of experimental students in the category of procuring 60 – 80 % and 80 – 90 % of marks from prior to post 1 of SIT and then again to post 2 of SIT evidently proves the SIT's retention potential in terms of improved academic performance.

Examiners

Internal Examiner :

Indian Examiner

Dr. S. Rajalakshmi
Professor and Coordination
Department of Human Development
Smt. VHD Central Institute of Home Science
Seshadri Road
Bangalore.

External Examiner:

Foreign Examiner

Dr. Chandrika Devarakonda
Senior Lecture,
Faculty of Education and Children's Services,
University of Chester,
Chester, CHI4BJ 38,
Stephens Road
Washington
Manchester M20 4XE