

Appendix - I

QUESTIONNAIRE

The main purpose of this study is to understand the “Resource availability and academic stress among higher secondary students”. All your responses will be kept strictly confidential. Kindly give / tick appropriate answer.

I. Conspectus of Students

Name: _____ Class: _____ Age: _____

Family size : Small (3-4members) / Medium (5-7) / Large (>7 members)

Family type : Joint / Nuclear

Do you have siblings : Yes / No

Name of your school :

Which of the following factors influenced selection of school?

Factors influencing selection of school	Yes	No
Good results		
Good in co-curricular / extra-curricular activities		
Parent 's compulsion		
Influence of friends and relatives		
Proximity of the house		
Affordable fees		
Value based education		
No specific preference		

Are you satisfied with your school? - Fully satisfied / not satisfied

Mode of transportation to school : By walk / School transport / Private transport / Cycle / 2Wheeler / Parent drop in their vehicle / Government Bus

II. Resource Availability

Time:

TIME SPENT IN SCHOOL			
Time leaving to school	7-7.30 / 7:30-8 / 8-8:30/ Any other		
Time of commencement of school	8-8.30 / 8.30-9.00		
Hours spent in school	7 / 8 / 9 / Any other		
Time available for lunch (in minutes)	15 / 30 / 45 / 60 / Any other		
Time to reach home	Before 4 pm / After 4pm		
Regularity in reaching home on time	Never / Sometimes / Always		
TIME SPENT FOR COACHING CLASS			
Attend tuition class	Yes / No		
If yes, number of days / week	1 / 2 / 3 / 4 / 5 / 6 / 7		
Do you feel tuition is helpful?	Yes / No		
Are you going to IIT / JEE / Entrance exams coaching classes	Yes / No		
Future study plans	Medicine / Engineering / Other courses		
PREFERENCES OF TIME FOR STUDY			
Time of study	Night / Evening / Morning		
Study hours / day	2 -4 hours / 4-6 hours / 6-8 hours		
TIME PLAN FOR STUDY			
Do you prioritize time plan for studying?	Yes / No		
Do you postpone / procrastinate study related work?	Yes / No		
Perception towards organized timetable	Must do / Nice to do / Not Necessary		
Leisure time companion	Family / Friends / Neighbors		
TIME SPENT TOWARDS VARIOUS OTHER ACTIVITIES	Adequate time	Some time	No time
Tuition / Combined study			
Assignments and homework			
Recreation			
Relaxation			
Outdoor games with friends			
Creative activities / exercise / Yoga / Meditation			

Energy – Do you experience fatigue this academic year? Yes () No ()
If yes, mention the type of fatigue you experienced.

Types of fatigue	Often	Sometimes	Never
Physiological fatigue			
Psychological fatigue			
Visual fatigue			
Lack of Leisure			
Frustration			

If not experienced fatigue, do you feel relaxed and energetic? Often / Sometimes / Never

Money – a) Financial assistance

Financial assistance	Yes	No
Do you get financial assistance from parents towards academic expenditure		
Do your parent control the money you spend		
Money for coaching class / tuition spent by parent	Just enough money/ more than adequate amount	
Money spent for books and study materials		
Specify amount spent for Study materials	Rs.	
Any other Specify		

b) Amount spent for non-academic activities

Non-academic activities (give approximate amount spent)	Nil / Below 50 / 51-100 / above 101
Food and snacks	
Recreation (Games / CDs / Cinema/shopping/ accessories / gifts)	
Spiritual practices (temple visits and Pooja)	
Savings	
Any other	

III. Food preferences for this academic year

Food preference	Yes	No
Prefer variety in food		
Prefer meals that are simple and light		
Drink plenty of water		
Smart snacking (vegetable / fruit salad, Fruit juices, Sundal, Dry fruits)		
Compulsorily eat breakfast daily		
Prefer fried food (Samosa, Bajji)		
Prefer eating out (Restaurant, Hotel, Canteen)		
Include fiber in diet		
Prefer aerated drinks		
Prefer junk food (Pizza, Burger)		
Under eating		
Over eating		
Starving / fasting		

IV. Parent involvement

1. Do your parents get involved in school work? Yes / No
2. Type of involvement - Oral advice / Any other
(Your opinion about their level of involvement) too much involvement / No involvement
3. Does your parent reschedule time / make lifestyle changes towards approaching exam? Yes / No
4. Are you given relaxation from house hold work / created a distraction free study environment? Yes / No
4. Parent involved in career decisions? Yes / No
5. Parents wish on career choice - Professional degree / Nonprofessional degree / Any course
6. Your wish on career choice - Professional degree / Nonprofessional degree / Any course
7. Method to handle parent for differed career choice - Convince them / Listen to them / Any other
8. Parent make academic comparisons - Yes (with relatives / with friends / anybody else specify) / No

Academic performance	Satisfied	Not satisfied
Parent satisfaction towards academic performance		
Student satisfaction towards academic performance		

V. Supportive network and nature of support:

Supportive person	1. Moral support		
	Often	Sometimes	Never
Parents			
Grand Parents			
Brothers / Sisters			
Friends/Peers			
Relatives			
Teachers			
Counselors			
Supportive person	2. Psychological support		
Parents			
Grand Parents			
Brothers / Sisters			
Friends/Peers			
Relatives			
Teachers			
Counselors			
Supportive person	3. Academic guidance / counseling		
Parents			
Grand Parents			
Brothers / Sisters			
Friends/Peers			
Relatives			
Teachers			
Counselors			

VI. Symptoms of Stress

1. Psychological symptoms	Often	Sometimes	Never
State of confusion			
Poor concentration			
Poor memory			
Mind racing or going blank			
Lack of self confidence			
Insecure feeling due to competition			

Unable to perform preferred activity			
Daydreaming in class			
Feeling of academic pressure due to parents expectations			
Feeling of loneliness			
Lack of sense of humour			
2. Emotional Symptoms			
Anger			
Restlessness			
Anxiety			
Fearfulness			
Irritability			
Frustration			
Depression			
Pessimism (Negative thoughts)			
Helplessness			
Hopelessness			
Guilt or shame			
Withdrawal from others			
3. Physical Symptoms			
Fatigue (tiredness)			
Muscle aches (Neck, shoulder, back, stomach)			
Frequent cold / Fever			
Headache			
Sleeplessness			
Sweating			
Trembling			
Breathing problems			
Loss of appetite / Weight loss			
Frequent urination			
Dental problems / mouth ulcers			
Nausea / Vomiting			
Fainting			
Heart palpitations			
Chest pain			
Diarrhoea / Constipation			

4. Behavioral Symptoms			
Night mare/ Visual flash backs / Recurring dreams			
Grinding teeth			
Hair chewing / Hair scratching			
Grumbling			
Throwing things			
Hitting objects			
Nail biting			
Tapping of foot			
Crying			
Yelling			
Isolation / Being alone / Loneliness			
Mood swings			
Imaginary symptoms			

If you have any other stress related symptoms apart from above mentioned symptoms, kindly mention.

VII. Stress coping strategies you follow to relieve from academic stress

Stress coping techniques	Often	Some times	Never
Listen to music			
Talk to friends			
Conversing with parents / Grandparents / Relatives			
Physical exercising/ Meditation / Yoga / Go for a walk			
Sleeping			
Watching TV / movie			
Outing / Mall / Restaurants			
Reading / Playing			
Sharing jokes / Laughing			

Do you recommend any suggestions to get relieved from academic stress?

Appendix - 2

Stress Questionnaire for Students (2012) Ministry of Social Security, National Solidarity and Reform Institutions

SI No	Students stress	Never	Rarely	Some times	Often	Very often
1	Not able to pay attention in class					
2	Not able to understand what teacher taught					
3	Not sure of doing well in school					
4	Poor attendance					
5	Often late for class					
6	Too many assignments					
7	Too much to do with tuition and school homework					
8	Do not get enough pocket money					
9	Lack of money for basic expenses					
10	Parents control the expenditure of money					
11	Trouble in getting along with family members					
12	No friends and feel lonely					
13	Feel insecure due to competition in getting good grades and job					
14	Feel there is no time for exercise					
15	Have gained / lost weight					
16	Tired and sleeping more / less than normal					
17	Feel sad / depressed					
18	Feel nobody cares for me					
19	Feel too much pressure because of studies and exams					
20	No longer could do things once much liked					

SCORES: Never: 0; Rarely: 1; Sometimes: 2; Often: 3; Very Often: 4.

Interpretation of Scores: 0 - 20: Good control over stress, 21 – 40: Low level of stress, 41 – 60: Medium level of stress (should reconsider means of coping with stress), 61 – 80: High level of Stress (needs counseling).

Appendix - 3

Test Anxiety Questionnaire

Nist and Diehl (1990) developed a short questionnaire for determining if a student experiences a mild or severe case of test anxiety. To complete this evaluation, read through each statement and reflect upon past testing experiences. Indicate how often each statement describes by choosing a number from one to five as Never 1; Rarely 2; Sometimes 3; Often 4; Always 5

SI No	Test Anxiety	Never	Rarely	Some times	Often	Always
1	Have nervousness (sweaty palms/ shaky hands) before an exam					
2	Have butterflies in stomach before an exam					
3	Nausea feel before an exam					
4	Feel don't know any answers during exam					
5	Feeling panic before and during an exam					
6	Mind goes blank during an exam					
7	Remember forgotten answers after leaving the exam hall					
8	Trouble in sleeping the night before an exam					
9	Make mistakes on easy questions or put answers in wrong places					
10	Have difficulty in choosing answers					

Total Scores will range from 10 – 50.




10-19 Points indicate that student do not suffer from test anxiety.

20-35 Points shows that although student exhibit some of the characteristics of test anxiety, the level of stress and tension is probably healthy.

Over 35 Points suggest that student were experiencing an unhealthy level of test anxiety.

Appendix – 4

Ethical Committee Certificate of Approval

INSTITUTIONAL HUMAN ETHICS COMMITTEE	
 <p><i>Avinashilingam</i> Institute for Home Science and Higher Education for Women <i>University</i> (Estd. u/s 3 of UGC Act 1956)</p>	
<p>Chairman Dr. S. Ramalingam Principal, PSG Institute of Medical Sciences & Research, Coimbatore</p> <p>Member Secretary Dr. P. R. Padma Professor, Department of Biochemistry, Biotechnology and Bioinformatics</p> <p>Members Dr. S. Premakumari Mr. K.Arulmoli (Legal Expert) Dr. A. Saraswathy Mrs. V. Mangayarkarasi Dr. S. Kowsalya Dr. N.S. Rohini Dr.Subhashini K. Sripathi Mrs. S. Radha Devi Mrs. Judith Justin</p>	<p>11th March 2016</p> <p>To Ms. Anurathi V.R Department of Resource Management Avinashilingam Institute for Home Science and Higher Education for Women Coimbatore – 641 043</p> <p>Dear Madam,</p> <p>Ref : Your proposal No. IHEC/15-16/RM/17 entitled “Exploration of resource use pattern and stress among higher secondary science students” submitted for approval of the IHEC</p> <p>The Institutional Human Ethics Committee of our University hereby grants approval to your research proposal No. IHEC/15-16/RM/17 entitled “Exploration of resource use pattern and stress among higher secondary science students” submitted by you. The Approval number for the same is AUW/IHEC/RM-15-16/XMT-17.</p> <p>We wish you all the best in your research endeavours.</p> <p style="text-align: right;">Regards,  Dr.P.R.Padma Member Secretary</p> <p style="text-align: right;"></p>

ETHICAL CLEARANCE CERTIFICATE

This is to certify that Mrs.V.R. Anurathi, Ph.D., (Research Scholar), Department of Resource Management, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, has conducted the research on **“Resource use pattern and Stress among higher secondary science student”** in Chennai during the year 2012 - 2016 as per the ethical standards framed by the World Health Organizations.

Supervisor

Ethical Committee

S.No.	Members	Name/ Designation	Signature
1	Chairman – Not affiliated with the Institution	Jayashree Ghosh Principal Anna Adarsh College	Jayashree Ghosh 18/2/16
2	One clinician from the Institution	DR. A. RAMESH BABU Ryd-no: 5392b Jawahar Institute 18/2/16 Chennai-40	Jayashree Ghosh 18/2/16
3	One clinician not affiliated with the Institution	DR. K. BALAJI Reg no: 2684 10, H.B. BLK, STHIRMA Rd, Kung(E), ch-102	Jayashree Ghosh 18/2/16
4	At least one person from basic sciences	DR. JAYATHANA SANKAR Head, Dept of Chemistry Anna Adarsh College ch-40	Jayashree Ghosh 18/2/16
5	One representative from each faculty involved in human studies	Dr. DEVI MANOHAR Associate Professor Dept of Nutrition Dattas Anna Adarsh College	Jayashree Ghosh 18/2/16
6	One lay person representing the Community	Mrs. S. Latha NGO, Oviya School 9, Deshpande Road, Anna 64, Meenakshi ch-40	Jayashree Ghosh 18/2/16
7	One legal expert	D. KUMARAVEL B.Sc. M.S. Advocate, Madras High Court Enrolled in 157/2012	Jayashree Ghosh 18/2/16
8	One person from a non-scientific background	S. Ramalingam Administrative Officer Anna Adarsh College for women Dattas Anna Adarsh College	Jayashree Ghosh 18/2/16
9	Member-Secretary	DR. SUGANTHI V Associate Prof, SHOD Dept - 9, Nut Science Anna Adarsh College Chennai-40	Jayashree Ghosh 18/2/16

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This is to certify that Mrs.V.R. Anurathi, Ph.D (Research Scholar), Department of Resource Management, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, has conducted the research on **“Resource use pattern and Stress among higher secondary science student”** in Chennai during the year 2012- 2016 as per the ethical standards framed by the World Health Organizations.

Supervisor


S.No.	Ethical Committee	Name/ Designation	Signature
1	Chairperson	Dr Jayashree Phosh Principal Anna Adarsh College	Jayashree Phosh 18.2.16
2	Lawyer	D. Kumaresavel, B.Sc.M.L. Advocate, Madras High Court Enrol. no. 157/2012	<i>[Signature]</i> 18/2/16
3	NGO	Mrs. S. Latha Oviyaa School of Western + Fine Arts 64, Mount St, Ch-29	<i>[Signature]</i> 18.2.16
4	Subject Expert	Dr. DEVI MANOHAR Associate Professor Dept of Nut & Dietetics Anna Adarsh College for Women - Ch-40	Devi Manohar 18/2/16
5	Doctor	DR. S. CHANDRAN 124/1, 18th Main Road, Anna Nagar,	<i>[Signature]</i> 18/2/16
6	HOD	DR. S. CHANDRAN Associate Prof & HOD Dept of Nut & Dietetics Anna Adarsh College for Women, Ch-40.	Suganthi V 18/02/16

Appendix – 5

Letter from Schools regarding Conduct of Study



AGARWAL VIDYALAYA
MATRICULATION HIGHER SECONDARY SCHOOL
(Run by Agarwal Relief and Educational Trust)
(Affiliated to the Government of Tamil Nadu)



54, E.V.K. SAMPATH ROAD,
VEPERY, CHENNAI - 600 007.


Phone : 26618665
26618465

19.11.2014

TO WHOMSOEVER IT MAY CONCERN


This is to certify that **V.R. ANURATHI** doing Ph.D. Family Resource Management at Avinashilingam, Institute for Home Science and Higher Education for Women on the topic "Resource use Pattern and Management of Stress among Higher Secondary Science Students" distributed questionnaires in our esteemed institution and collected data from our Higher Secondary Science Group students for her study.

We wish her all the best for the success in the research study undertaken by her.


P.V. Subhalaashini
PRINCIPAL

Telegram : "SIETRUST"

Phone : 2436 41 89



JUSTICE BASHEER AHMED SAYEED MEMORIAL
MATRICULATION HIGHER SECONDARY BOYS SCHOOL
(OF SOUTHERN INDIA EDUCATION TRUST)
(Recognised by the Govt. of Tamil Nadu)


TALATH FATHIMA IMAM, M.Sc., M.Ed., D.S.M.,
Principal

Date: 02nd Sep 2014

To whomsoever It May Concern

This is to certify that **V.R.ANURATHI** doing Ph.D Family Resource Management at Avinashilingam, Institute for Home Science and Higher Education for Women on the topic "Resource use Pattern and Management of Stress among Higher Secondary Science students" distributed questionnaires in our esteemed Institution and collected data from our Higher Secondary Science Group students for her study.

We wish her all the best for the success in the research study undertaken by her.


Talath Fathima Imam
Principal
Justice Basheer Ahmed Sayeed
Mam. Mat. Hr. Sec. Boys' School
Teynampet, Chennai - 600 018.

Estd.: 1973

2621 2977
2628 2975



SHRI KRISHNASWAMY
MATRICULATION HIGHER SECONDARY SCHOOL
(Recognised by the Directorate of Matriculation Schools, Govt. of Tamil Nadu and
Managed by Krishnaswamy Educational Trust (Regd.), Chennai)
AC-48, 3rd Street, 6th Main Road, Anna Nagar, Chennai - 600 040.

26.02.2014


TO WHOMSOEVER IT MAY CONCERN

This is to certify that **V.R.ANURATHI** doing Ph.D., Family Resource Management at Avinashilingam, Institute for Home Science and Higher education for women on topic" Resource use pattern and management of stress among higher secondary science students" distributed questionnaires in our esteemed institution and collected data from our higher secondary science students for her study.

Her work is genuine and we wish her all the best for the success of the study undertaken by her.


Sr. Principal

PRINCIPAL
SHRI KRISHNASWAMY MATRIC. HR. SEC. SCHOOL
AC - 48, 6th Main Road,
Anna Nagar, Chennai - 600 040.



PUNJAB ASSOCIATION'S
ANNA ADARSH MAT. HR. SEC. SCHOOL
5042-A, 9th Main Road, Anna Nagar, Chennai - 600 040.


2626 8733
2621 1888

Date: 18-08-2015

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms.V R ANURATHI** doing Ph. D Family Resource Management at Avinashilingam, Institute for Home Science and Higher Education for Women on the topic "Resource use Pattern and Management of Stress among Higher Secondary Science Students" distributed questionnaires in our esteemed institution and collected data from our Higher Secondary Science Group students for her study.

Her work is genuine and we wish her all the best for the success in the research study undertaken by her.


Mrs. JAYALAKSHMI RAMACHANDRAN
PRINCIPAL

JAYALAKSHMI RAMACHANDRAN
PRINCIPAL,
ANNA ADARSH MAT. HR. SEC. SCHOOL
ANNA NAGAR, CHENNAI-600 040.

Contd...



Leo Matriculation Higher Secondary School

(Recognised by Govt. of Tamil Nadu)

No. 1513-E, Anna Nagar Western Extension, Chennai-600 101.

☎ : 2615 0338
2615 2317

G. VASUGI M.A.,B.Ed.,
Principal

Date :
30.01.2016

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Mrs. V.R. Anurathi from Avinashilingam Deemed University doing part time Ph.D on Resource Management collected feedback data from higher secondary XII students after administrating the intervention through auto suggestion tool. Her work is genuine. I wish her all the very best for the work she has undertaken.

G. Vasugi
PRINCIPAL

LEO MATRICULATION HR. SEC. SCHOOL
1513-E, Anna Nagar Western Extension
CHENNAI-600 101



Leo Matriculation Higher Secondary School

(Recognised by Govt. of Tamil Nadu)

No. 1513-E, Anna Nagar Western Extension, Chennai-600 101.

☎ : 2615 0338
2615 2317

Date :
6.11.15

TO WHOM SO EVER IT MAY CONCERN

This is to certify that Mrs. V.R. Anurathi, Part time Ph.D candidate from the Department of Resource Management, Avinashilingam College for Home Science has done a study on "Exploration of Academic Expectations among Higher Secondary Students of Science Stream" in our school and collected data pertaining to it. She also distributed awareness brochure on "Tips to Burn out Exam stress" among Twelfth students. She interacted with them and gave a lecture on how to overcome exam anxiety. Her work is a genuine one. We Wish her all success in the work undertaken by her.

G. Vasugi
PRINCIPAL

LEO MATRICULATION HR. SEC. SCHOOL
1513-E, Anna Nagar Western Extension,
CHENNAI-600 101,

Appendix - 6

List of Papers Published

1. Anurathi, V.R. and Thilakam, M.R., 2018, Emotional wellbeing and stress relaxants for adolescent students with academic stress, Asian Journal of Multidimensional Research (AJMR), February 2018, Volume 7, Issue-2, Pp.71-75, ISSN 2278-4853, Impact Factor: SJIF=4.708,
2. Anurathi, V.R. and Thilakam, M.R., 2017, Parental involvement as part of supportive network among adolescent school students, Indian Streams Research Journal, International Recognition Multidisciplinary Journal, November 2017, Volume 5, Issue-5, Pp. 1-7, ISSN 2321-5488, Impact Factor: 5.1723(UIF).
3. Anurathi, V.R. and Thilakam, M.R., 2017, Awareness of healthy food habits and its beneficial role among adolescent school students, Indian Streams Research Journal, International Recognition Multidisciplinary Journal, August 2017, Volume 6, Issue-11, Pp; 11-16, ISSN 2249-894X, Impact Factor: 5.2331(UIF).
4. Anurathi, V.R., and Thilakam, M.R., 2017, Time utilization pattern among higher secondary students, National Conference on Scientific Perspectives in Home Science, Avinashilingam Institute for Home Science and Higher Education for Women, March 2017, Pp; 33-37, ISBN-978-93 84234-06-5.
5. Anurathi, V.R. and Thilakam, M.R., 2014, Academic stress and its effect on physical and mental health among adolescent girls, National Seminar on "New Frontiers of Stress and its Management", S.S Girls College, Gondia. October 2014, Pp.168-171, ISBN 978-81-922-784-4-5.
6. Anurathi, V.R., 2015, Role of functional foods and its effect on students' performance, National Seminar on "Emerging trends in Herbal Medicine for Human Health" at Dept of Life Science, Prof Dhanabalan college of Arts and Science, Kelambakkam, Chennai, 31st January 2015.
7. The Hindu, Wednesday, March 21, 2012, "Proper Guidance" - An article in 'voice your views' on "Overcoming Exam Angst", Metro plus, P.4, ISSN 2049 3630.

Appendix - 7

Article published in "The Hindu" - voice your views, on theme "Overcoming exam angst" dated 21.3.2012, (Metro plus-P.4)



Available online -

THE HINDU

METRO PLUS

Proper guidance

MARCH 21, 2012 00:00 IST
UPDATED: MARCH 21, 2012 04:01 IST

SHARE ARTICLE | f | t | e | m | p | PRINT | A | A | A

- 1. Free Cloud Storage Online >
- 2. 10 Best VPN Providers >
- 3. Car Insurance Estimates >
- 4. Digital Marketing Courses >

Students suffer the fear of failure and parents expect too much out of them. A shared responsibility from parents and teachers is essential for students learning and progress. Proper guidance and counselling helps them to be relaxed and focus better. Students should be trained to make optimum use of time and energy and must bid goodbye to electronic gadgets and relationships that could scatter their thoughts. Students should be taught to improve concentration through meditation and be self-affirmed in reaching higher levels of confidence in facing exams.

V.R. Anurathi
Chennai

Appendix - 8

Plagiarism Report

Resource Availability and Academic Stress among Higher Secondary Students

By V.R.Anurathi, (Reg No.12PHRMP001), Supervisor Dr.M.R.Thilakam
Department of Resource Management, Avinashilingam Institute for Home
Science and Higher Education for Women, Coimbatore-641 043.

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