

CONTENTS

CONTENTS

CHAPTER NO.	TITLE	PAGE NO.
	LIST OF TABLES	i
	LIST OF FIGURES	ii
	LIST OF PHOTOGRAPHS	iii
	LIST OF APPENDICES	iv
	ABSTRACT	
I	INTRODUCTION	1
II	REVIEW OF LITERATURE	42
	• STRESS IN ADOLESCENTS	42
	• CORRELATES OF STRESS IN ADOLESCENTS	47
	• ASSESSMENT OF STRESS IN ADOLESCENTS	53
	• STRESS AND HEALTH IN ADOLESCENTS	54
	• EFFECTS OF STRESS IN ADOLESCENTS	59
	• MANAGEMENT OF STRESS IN ADOLESCENTS	64
	• SELF-EFFICACY IN ADOLESCENTS	77

	<ul style="list-style-type: none"> • ACADEMIC ACHIEVEMENT IN ADOLESCENTS 	82
	<ul style="list-style-type: none"> • POSITIVE THERAPY AND STRESS 	85
III	METHODOLOGY	90
	<ul style="list-style-type: none"> • OBJECTIVES 	90
	<ul style="list-style-type: none"> • NULL HYPOTHESES 	91
	<ul style="list-style-type: none"> • AREA 	92
	<ul style="list-style-type: none"> • SAMPLE 	93
	<ul style="list-style-type: none"> • TOOLS 	93
	<ul style="list-style-type: none"> • PROCEDURE 	94
	<ul style="list-style-type: none"> • TREATMENT 	95
	<ul style="list-style-type: none"> • EXPERIMENTAL DESIGN 	105
	<ul style="list-style-type: none"> • ANALYSIS OF DATA 	106
IV	RESULTS & DISCUSSION	114
V	SUMMARY AND CONCLUSION	147
	BIBLIOGRAPHY	
	APPENDICES	