



APPENDICES

APPENDIX - I

The subsequent table gives an overall view of the population sample of the present research

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

APPENDIX - II

The following table gives an overall outlook of the detailed sorting out the schools and respondents in terms of experimental and control group

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

APPENDIX – III

QUESTIONNAIRE TO ELICIT GENERAL BACKGROUND

- 1. Name :
- 2. Age :
- 3. Sex : Boy Girl
- 4. School :
- 5. Family type : Nuclear Joint
- 6. Family Background :

Member	Age	Educational status	Occupation	Income

APPENDIX – IV
CHECKLIST TO ASSESS THE STRESS LEVEL AND IDENTIFY THE
CAUSATIVE FACTORS

S. No	Area of stress	Yes	No
1	Feel restless when tough subject's time comes		
2	Feel disturbed when my friends used to spend money for their birthday parties		
3	Feel tired when my intelligent classmates discuss about study related topics		
4	Feel angry when get disturbed in my study time		
5	Forget my already by hearted study materials		
6	Feel distressed when do not have enough study books		
7	Feel upset when my teacher is not satisfied with my home work/assignment that has been done by me perfectly		
8	Feel sorrowful when don't get good marks, even though studied hard for it		
9	Feel disturbed when people who learn less than me get better marks		
10	Feel scared when the number of books increase in my bag		
11	Feel sad when my classmates try to keep me alone by forming a group with other students		
12	Feel pitiful when have to continue study due to my parents in spite of my unwillingness		
13	Feel overwhelmed when in spite of my topper class participation, my teacher judges that I am not a good student		
14	Feel sad when my friends do not want to talk with me for my inability in study		
15	Feel bad when my favourite teacher shows concerns for other students in my class		
16	Feel strained when my teacher calls my parents for my disobedience		
17	Feel furious when my teacher objects and criticize me in front of my friends about my class work		
18	Feel unhappy when teacher get upset upon my activities		
19	Feel happy when a strict teacher is absent for the class		
20	Feel harassed when told to study during game hours		
21	Feel ignored when my favourite teacher abuse me as idiot		
22	Feel glad when my academic result is good		
23	Feel shamed when my parents scold me because of not studying		
24	Feel uneasy when my teacher asks me to answer a question suddenly		
25	Feel hectic when my teacher takes additional class after school hours		
26	Feel neglected when my teacher do not select me for any participation		
27	Feel anxious when examination date comes near		
28	Feel like having fever during examination		
29	The text books/notes are difficult to understand		
30	Could not watch any favourite T.V programmes because of my homework		
31	No enough time to finish my homework		
32	Cannot stay awake in class for a long time		

S. No	Area of stress	Yes	No
33	Teachers just rush up with the portions		
34	Teachers do not listen to our doubts		
35	Parents do not understand me		
36	Find it hard to maintain friendship		
37	Fight with my parents		
38	Find hard to express my feelings to my friends		
39	Find hard to express my feelings to my parents		
40	Find hard to express my feelings to my teachers		
41	Do not understand what my teacher teaches		
42	Do not know how to eat right to have a good look		
43	Cannot finish the exam portions		
44	Feel jealous looking at well dressed friends		
45	Having too much doubt during exam time		
46	Have frequent emotional ups and downs.		
47	Have no friends		
48	Feel insecure because of too much competition in getting good marks		
49	Pressurized because of my examinations.		
50	Have too many assignments.		
51	Cannot get the money to buy snacks from canteen/shops		
52	Feel pressured because it costs a lot of money to study		
53	My parents control how much money I spend.		
54	Satisfied with Appearance		
55	Have trouble getting along with family members.		
56	Have trouble in meeting a new friend.		
57	While entering the exam hall feel like forgetting everything		
58	Cannot finish off my exam on time		
59	No one cares me		
60	Don't want to do things that I used to like to do.		
61	Fight with siblings		
62	Teachers like me		
63	Being let down or disappointed by friends		
64	Having big friend circle is a blessing		
65	People believe you are more capable than you think you are		
66	Feel lonely at home		
67	Parents expect a lot from me		
68	Being compared with friends		
69	Face difficulty in paying school fees		
70	Cannot afford for basic expenses		
71	Parents give limited money to spend		
72	Spend money according to my own wish		
73	Have enough money for my daily requirements		
74	Not getting enough sleep		
75	Parents compare me with siblings		

APPENDIX – V
STRESS INDICATOR CHECKLIST

S. No	Statements	Yes	No
1	Heart pounding or racing		
2	Trembling/shaking		
3	Grinding of teeth (even in your sleep)		
4	Do not sleep well		
5	Susceptible to illness frequent stomach pain,headaches,cold etc		
6	Feeling tired constantly		
7	Constipation/Diarrhoea		
8	Loss of appetite/Increased appetite		
9	Excessive sweating (e.g. hands, face, armpits, palms etc.)		
10	Excessive sweating (e.g. hands, face, armpits, etc.)		
11	Forget things		
12	Feeling irritated		
13	Nauseous		
14	Moody		
15	Difficulty with breathing		
16	Suspicious		
17	Hair loss		
18	Throat irritations		
19	Impaired concentration		
20	Heartburn		
21	Skin disorders		
22	Don't take initiative as you used to		
23	Nightmares		
24	Dry mouth		
25	Feelings of inadequacy		
26	Impaired co-ordination		
27	Less involvement with others		
28	Biting of fingernails		
29	Restlessness		

S. No	Statements	Yes	No
30	Feeling out of control		
31	Confused thoughts		
32	Increased time sleeping		
33	Waking up tired		
34	Excessive blinking		
35	Feeling panic		
36	Wasting time on irrelevant activities		
37	Have negative mental attitude		
38	Easily get confused		
39	Do not have any hobbies		
40	Make negative statements about myself		
41	Feel unhappy most of the time		
42	Worry a lot		
43	Feel 'no one cares'		
44	Experience a sense of isolation		
45	Suffer from loneliness		
46	See very few positive things in life		
47	Have self doubts about my ability		
48	Lash out at others		
49	Get embarrassed when people appreciate you		
50	Sensitive		

APPENDIX – VI
CHECKLIST ON RESILIENCE

S.L No	Aspects	Yes	No
1	I know what I want to achieve during my lifetime		
2	I enjoy the company of other people most of the time		
3	I share my innermost secrets with a select number of friends		
4	I enjoy solving problems		
5	I like to plan out my day and write down my list of things to do		
6	I know what I want to get out of each day		
7	I have a strong determination to achieve certain things in my lifetime		
8	I rely on others to help me achieve what I want		
9	I have a strong relationship with those who can help me achieve what I want		
10	I embrace challenge		
11	I know how to tackle most challenges I face		
12	I have a get up and go approach to life		
13	I know myself very well		
14	I have good friends to provide me with the emotional support I need		
15	I see myself as self sufficient		
16	I like making lists		
17	I feel comfortable even in new situations		
18	I have a powerful self interest in achieving what I want		
19	I help others solve the problems and challenges they face		
20	I review my achievements weekly		

					Section Scores
Vision	Q1	Q7	-	-	
Determination	Q8	Q12	Q18	-	
Interaction	Q2	Q13	-	-	
Relationships	Q3	Q9	Q14	Q15	
Problem solving	Q4	Q10	Q19	-	
Organisation	Q5	Q16	Q20	-	
Self-confidence	Q6	Q11	Q17	-	
Overall score				Total score:	

APPENDIX – VII
CHECKLIST ON STRESS COPING REPERTOIRES

S.L No	Aspects	Yes	No
1	Listen to music		
2	Go shopping with a friend		
3	Watch television, go to a movie		
4	Read a newspaper, magazine, or book		
5	Sit alone in the peaceful outdoors		
6	Write prose or poetry		
7	Attend an athletic event, play, lecture, symphony		
8	Go for a walk		
9	Exercise (swim, bike, jog)		
10	Get deeply involved in some other activity		
11	Play with a pet		
12	Take a nap		
13	Get outdoors, enjoy nature		
14	Write in a Diary		
15	Practice deep breathing, meditations, or muscle relaxation		
16	Take a bath or shower		
17	Engage in gardening		
18	Buy something (records, books)		
19	Play an indoor game		
20	Play game (outdoor)		
21	Pray, go to church, temple,		
22	Discuss situations with close friends		
23	I laugh about the situation		
24	I discuss my feelings with someone		
25	I accept that this has happened and that it can't be changed		
26	I let my feelings out		
27	I talk to someone who could do something concrete about the problem		
28	I accept the reality of the fact that it happened		
29	I learn something from the experience		
30	I do what has to be done, one step at a time		

APPENDIX – VIII

LIKERT SCALE TO ASSESS THE ACADEMIC PERFORMANCE
OF STUDENTS

S.No.	Period	Below average (< 40 marks)	Average (40-60 marks)	Good (61-80 marks)	Excellent (>80 marks)
1	Pre assessment Half yearly marks				
2	Post Assessment 1 st follow-up Annual marks				
3	Post assessment 2 nd follow-up Quarterly				

APPENDIX – IX
STUDENTS FEEDBACK FORM

Name :

Class :

School :

1. Tick the answers for the following questions

Questions	To a large extent	To some extent	Not at all
Was the programme useful?			
Did you understand the stress concepts?			
Did you enjoy the activities?			
Did the trainer attend to your queries?			
Was the trainer effective in conveying the ideas?			
Did the trainer help you to learn the coping skills?			
Do you think that this training will help contribute to your self development in the future?			
Are you confident to handle your stress?			
Do you like to participate in such training further?			

2. How do you rate the training programme?
a. Excellent b. Very good c. Good d. Satisfactory e. poor
3. How many coping skills did you learn?
4. How many skills are you confident in applying in your day – to- day hassles?
5. What are the changes that you observed in yourself after the programme?
6. What is your overall experience after the programme?

APPENDIX – X
INFORMATIONAL CONTENT OF SIT

Class	Date		Topic covered
	Government School	Private School	
			One day orientation
9 th Standard	11/3/2013	26/2/2013	<p>Conceptualization of stress</p> <ul style="list-style-type: none"> ➤ Understand stress <ul style="list-style-type: none"> ▪ What is stress? ▪ Adolescents and stress ▪ Types of stress – Eustress and distress ✓ Realize stress causative factors <ul style="list-style-type: none"> ▪ Classification of causative factors <ul style="list-style-type: none"> 🌈 Internal / external 🌈 Physical / psychological / psychosocial ▪ Identify your causative factor with small stress test – work, mind, body, people ✓ Signs and symptoms <ul style="list-style-type: none"> ▪ Physiological ▪ Behavioural ▪ Mental ▪ Expression of symptoms is a nature's way of coping

Class	Date		Topic covered
	Government School	Private School	
9 th Standard	11/3/2013	26/2/2013	✓ Stress and performance <ul style="list-style-type: none"> ▪ Effects of stress ▪ How do we react to stress? – FFF reaction (Fight – Flight - Freeze) ▪ Stages of stress Relationship between stress and performance

APPENDIX - X (Contd...)

Class	Date		Topic covered
	Government School	Private School	
3 days continuous training			
9 th Standard	20 th , 21 st , 22 nd March 2013	7 th , 8 th , 9 th March 2013	Skill development and practice <ul style="list-style-type: none"> ➤ Demonstration of the various stress reduction and prevention skills <ul style="list-style-type: none"> ✓ Relaxation techniques ✓ Deep breathing ✓ Muscle relaxation ✓ Guided imagery ✓ Toolbox of positive coping thoughts ✓ Changing negatives into positives ✓ Time management ➤ Practice of learnt stress coping skills in real and imaginary situation <ul style="list-style-type: none"> ✓ Role play ✓ Brainstorming ✓ Case studies ✓ Question box

Class	Date		Topic covered
	Government School	Private School	
9 th Standard	20 th , 21 st , 22 nd March 2013	7 th , 8 th , 9 th March 2013	<ul style="list-style-type: none"> ✓ Maintaining a stress diary ✓ Video clips ➤ Instilling confidence to handle any sort of situation ✓ Enhancing self – esteem ✓ Time management ✓ Boosting self – confidence ✓ Memory tips ➤ Rehearsal of skills ✓ Student in consultative mode – each student explain, and / or demonstrate skills learned ✓ Performing personal experiments by facilitated corrective emotional experience

APPENDIX - X (Contd...)

Class	Date		Topic covered
	Government School	Private School	
Two half a day follow up by just interacting with the students – one after three weeks and the other after four months			
9 th Standard	16/4/2013 FN and 9/8/2013 FN	3/4/2013 FN and 7/8/2013 FN	Application and follow - up <ul style="list-style-type: none"> ➤ Demonstration of the various stress reduction and prevention skills <ul style="list-style-type: none"> ✓ Aftercare supervision by providing scaffolds assistance ✓ Identification of risk situation, anticipation of possible reactions and rehearsal of coping skills accordingly ✓ Helping the students to restructure environmental stressors ✓ Bolser self efficacy of the trainees by reviewing successful and unsuccessful coping efforts