

CONTENTS

Chapter No.	Title	Page No.
	LIST OF TABLES	
	LIST OF FIGURES	
	LIST OF PLATES	
	LIST OF APPENDICES	
1.	INTRODUCTION	1
2.	REVIEW OF LITERATURE	15
	2.1. Academic performance and resources available among students	15
	2.2. Food preferences of students	19
	2.3. Supportive network accessible to students	22
	2.4. Exam anxiety and stress among students	28
	2.5. Stress symptoms among students	34
	2.6. Stress coping strategies among students	38
3.	DESIGN OF THE STUDY	43
	3.1. Phase 1: Conduct of survey among higher secondary students	46
	3.2. Phase 2: Initiating an intervention programme	61
	3.3. Phase 3: Evaluating the impact of the intervention programme conducted	69
	3.4. Phase 4: Executing a case study among the selected students	69
4.	RESULTS AND DISCUSSION	71
	Phase 1:	
	4.1. Conspectus of selected students	72
	4.2. Factors influencing selection of school	74
	4.3. Mode of transportation used	75
	4.4. Availability of resources	76
	4.5. Foods opted by selected students	96
	4.6. Supportive network accessible for selected students	101

4.7. Satisfaction towards academic performance	113
4.8. Symptoms of stress experienced by selected students	114
4.9. Stress coping among selected students	120
4.10. Students stress and test anxiety towards board exam	126
Phase 2:	
4.11. Conduct of intervention programme among selected twelfth students	147
Phase 3:	
4.12. Evaluation of intervention programme among selected twelfth students	151
Phase 4:	
4.13. Report of case study	154
5. SUMMARY AND CONCLUSION	160
BIBLIOGRAPHY	179
APPENDICES	200