



BIBLIOGRAPHY

- Altmaier, E. M., Ross, S. L., Leary, M. R., and Thornbrough, M. (1982). Matching stress inoculation treatment components to client's anxiety mode. *Journal of Counselling Psychology*, 29, Pp. 331-334.
- Anaut, M. (2008). *La résilience, Surmonter les traumatismes*. Éditions Armand Collin. ISBN: 978-2-200-35348-3.
- Anderson, N. B., Lawrence, P. S., and Olson, T.W. (1981). Within-subject analysis of autogenic training and cognitive training in the treatment of tension headache pain. *Journal of Behaviour Therapy and Experimental Psychiatry*, 12, Pp. 219-223.
- Angner, E. (2008). The philosophical foundations of subjective measures of well-being. *Capabilities and Happiness*, 21, Pp. 286-298.
- Antoni, M. H., Saab, P. G., and Ironson, G. (2001). Health Psychology: Psycho-social and behavioural aspects of chronic disease management, *Annual Review of Psychology*, 52. Pp. 555-580.
- Arnold, M B. (1960). *Emotion and Personality*. (2 Vols.). New York: Columbia University Press.
- ASRI 2002 XXII Annual Meeting June 6–9, 2002 Chicago, Illinois, Title of the Course “Adapting New Technologies to Reproductive Immunology”. *American Journal of Reproductive Immunology*, 47(6), Pp. 321–329.
- Associated Press. (23rd August, 2007). Academic performance top cause of school stress. Poll – School is main worry for 13 – 17b years olds, jobs for those ages 18 – 24. NBCNEWS.com. http://www.nbcnews.com/id/20322801/ns/health-childrens_health/t/academic-performance-top-cause-teen-stress/#.Vp1k-PI97IU.

- Augustine, L.F., Vazir. S., Rao, S.F., Rao, V.V., Laxmaiah.A and Nair, K.M. (2011). Perceived stress, life events and coping among higher secondary students of Hyderabad, India: A pilot study, *Indian Journal of Medical Research*, 134 (2): Pp. 61-68.
- Barlow, D.H., Cohen, A.S., Waddell, M. T., Vermilyea, B.B., Klosko, J.S., Blanchard, E.B., and DiNardo, P.A. (1984). Panic and generalized anxiety disorders: Nature and treatment. *Behaviour Therapy*, 15, Pp. 431-449.
- Bason, S.A.(1998).*Gender: Stereotypes and roles and Student Evaluation: The role of gender bias and teaching styles*. InJ.cChrisler, Joan C.;D.R McCreary, Donald R.(Eds.),*Handbook of gender research in psychology*, Volume 1, 1st Edition, 2010, Springer, Pp. 276-292.
- Battin - Pearson, S., Newcomb, M. D., Abbott, R. D., Hill, K. G., Catalano, R. F., and Hawkins, J. D. (2000). Predictors of early high school dropout: A test of five theories. *Journal of Educational Psychology*, 92, Pp. 568-582.
- Bauwens, J., and Hourcade, J.J. (1992). School-based sources of stress among elementary and secondary at-risk students. *School Counsellor*, 40 (2), Pp. 97-102.
- Beck and Fernandez. (1998). Cognitive-Behavioural Therapy in the Treatment of Anger: A Meta-Analysis. *Cognitive Therapy and Research* , Vol. 22, No. 1, 1998, Pp. 63-74.
- Beehr, T. A., and Newman, J. E. (1978). Job stress, employee health, and organizational effectiveness: A facet analysis, model and literature review. *Personnel Psychology*, 31, Pp. 665-699.
- Bohannon, A.P. (2000). The relationship of School related stressors to discipline referrals, attendance, grade point average and under achievement among high school students. *Dissertation Abstracts International*, 57, P. 148.
- Bourdon, Oliver. (2013). Resilience: When Hope Becomes Possible for Everyone. *MAMMOTH MAGAZINE*, Issue 13, Pp. 2-3.

- Bower, G., (1981). Mood, and Memory, *American Psychologist*, 36, Pp. 129-148.
- Brobeck, E. Marklund, B. Haraldsson, K. (2007). Stress in children: how fifth - year pupils experience stress in everyday life. *Scandinavian Journal of Caring Sciences*. 21:39.
- Butler, G., Cullington, A., Munby, M., Amies, P., and Gelder, M. (1984). Exposure and anxiety management in the treatment of social phobia. *Journal of consulting and clinical psychology*, 52, Pp. 642-650.
- Caltabiano, M.L., Sarafino, E.P., and Byrne, D. (2008). *Health Psychology*. (2nd ed). Australia: John Wiley and Sons Ltd.
- Cannon (1942), as cited in Roberson, B. Janice. (May, 1985). *The Effects of Stress Inoculation Training in A Classroom Setting On State-Trait Anxiety Level And Self Concept Of Early Adolescents*. Ph.D. Dissertation. file:///C:/Users/HP/Downloads/31295003935185%20(1).pdf.
- Carter, J.S., Garber, J., Ciesla, J.A., and Cole, D.A. (2006). Modelling relations between hassles and internalizing and externalizing symptoms in adolescents: A four-year prospective study. *Journal of Abnormal Psychology*, 115, Pp. 428-442.
- Centre for Stress Management. (2003). Definition of Stress. Accessed at www.managing stress.com/articles /definition, html.
- Chandra. A. and Batada. A., (2006). Exploring Stress and Coping Among Urban African American Adolescents: The Shifting the Lens Study, *Prev Chronic Diseases*, 3(2), Pp 40-46.
- Charbonneau, A.M., Mezulis, A.H., and Hyde, J.S. (2009). Stress and emotional reactivity as explanations for gender differences in adolescents' depressive symptoms. *Journal of Youth and Adolescence*, 38, Pp.1050-1058.
- Cheng, C. (2001). Assessing coping flexibility in real-life and laboratory settings. *Journal of Personality and Social Psychology*, 80(5), Pp. 814-833.
- Clark, D. M., Salkovskis, P. M., and Chalkey, A. J. (1985). Respiratory control as a treatment for panic attacks, *Journal of Behaviour Therapy and Experimental Psychiatry*, 16, Pp. 23-30.

- Cohen. S, Kessler, R and Gordon, L.(1995). *Measuring stress*. Oxford, Oxford University Press, Inc. Pp. 34-37.
- Coleman, J.C., Hendry, L.B. (1999): *The Nature of Adolescence*. (3rd ed). London: Routledge.
- Compas, B.E., and Reeslund, K.L. (2009). *Processes of risk and resilience during adolescence*. In: R.M. Lerner and L. Steinberg (Eds.) *Handbook of adolescent psychology* (3rd ed). New Jersey: John Wiley and Sons, Inc, Pp. 561-588.
- Compas, B.E., Champion, J.E., & Reeslund, K. (2005). Coping with stress: Implications for preventive interventions with adolescents. *The Prevention Researcher*, 12, Pp. 17-20.
- Cox and Mackay. (1976), as cited in <http://course.sdu.edu.cn>.
- Cragan, M. K., and Deffenbacher, J. L. (1984). Anxiety management training and relaxation as self-control in the treatment of generalized anxiety in medical outpatients, *Journal of Counselling Psychology*, 31, Pp. 123-131.
- D'Mello, P. (1997, November). Forcing kids to be counterproductive. *The Tribune*, p. 17.
- Dawood, N. (1995). Stressors encountered by junior high school students and their relation to grade point average, sex and grade. Jordan, *Deanship of Academic Research*, 22, Pp. 3671-3706.
- De Anda, D., Baroni, S., Boskin, L., Buchwald, L., Morgan, J., Ow, J., Gold, J. S., and Weiss, R. (2000). Stress, stressors and coping among high school students. *Children and Youth Services Review*, 22(6), Pp.441-463. doi: 10.1016/S0190-7409(00)00096-7.
- De Anda, D., Bradley, M., Collada, C., Dunn, L., Kubota, J., Hollister, V., Miltenberger, J., Pulley, J., Susskind, A., Thompson, L.A., and Wadsworth, T. (1997). A Study of Stress, Stressors, and Coping Strategies among Middle School Adolescents. *Social Work in Education*, 19 (2), Pp. 87-98.
- Deffenbacher, J. L. (1988). Some recommendations and directions, *Counselling Psychologist*, 16, Pp.91-95.

- Deffenbacher, J. L., and Hahnloser, R. M. (1981). Cognitive and relaxation skills in stress inoculation. *Cognitive Therapy and Research*, 5, Pp. 211-215.
- Delahajj, R., van Dam, K., Gaillard, A. W. K., and Soeters, J. (2011). Predicting performance under acute stress: The role of individual characteristics. *International Journal of Stress Management*, 18(1), Pp. 49-66. doi:10.1037/a0020891.
- DiGuseppe, R., and Tafrate, R. C. (2001). Anger treatment for adults: A meta-analytic review. *Unpublished manuscript*, St. John's University, Jamaica, N Y. Pp. 57-63.
- Driskell, J. E., and Salas, E. (Eds.). (1996). *Stress and human performance*. Hillsdale, NJ: Erlbaum.
- Driskell, J.E., and Jonhston, J.H. (1998). *Stress Exposure Training*. In J.A Cannon – Bowers and E. Salas (Eds.) Making decisions under stress: Implications for individual and team training, Washington, DC, American Psychological Association, Pp. 191-217.
- Dumont, M. & Provost, M. A. (1999). Resilience in adolescents: Protective role of social support, coping strategies, self-esteem, and social activities on experience of stress and depression. *Journal of Youth and Adolescence*, 28(3),Pp.343-363. Retrieved from: <http://link.springer.com.elibrary.jcu.edu.au/article/10.1023%2FA%3A1021637011732>.
- Elizabeth, Vadakkeara. (2003, Feb 24th Monday).Concern over high stress levels among students. *The Hindu*.
- Engel, B T, (1985). *Stress is a noun! No, a verb! No, an adjective*. In T M Field, P M McCabe and N Schneiderman (Eds), (1985). *Stress and Coping*. Hillsdale, NJ: Erlbaum Pp. 3 - 12.
- Evans, G.M., Kim, P., Ting. A.H., Teshler, H.B.G. and Shannis, D. (2007). Cumulative risk, maternal responsiveness and allostatic load among young adolescents, *Developmental Psychology*, 43, Pp. 341-351.
- Express India, Jan. 10 , 2010. www.facebook.com/note.php
- Farrelly, Anne. *et.al.* (2012). Building resilience in children and young people. Youth research centre. The University of Melbourne.

- Folkman, S., and Lazarus, R S. (1980). An analysis of coping in a middle - aged community sample. *Journal of Health and Social Behaviour*, 21, Pp. 219–239.
- Folkman, S., Chesney, M., McKusik, L., Ironson, G., Johnson, D. G., and Coates, T. J. (1991). *Translating coping theory into an intervention*. In J. Eckenrode (Ed.), *The social context of coping*. New York: Plenum Press.
- Folkman, S., Tedlie, J., and Moskowitz. (2004). COPING: Pitfalls and promise. *Annual Review of Psychology*, 55,745-74. Retrieved from <http://search.proquest.com/docview/205826869?accountid=16285>
- Fontana. A.M., Hyra D, Godfrey. L.,and Cermak. L. (1999). Impact of a peer-led stress inoculation training intervention on state anxiety and heart rate in college students. *International Journal of Fracture*. □100(1), Pp. 45-63.
- Forman, S. G. (1982). Stress management for teachers: A cognitive – behavioural program. *Journal of School Psychology*, 20, Pp. 180-187.
- Fremouw, W. J., and Zitter, R. E. (1978). A comparison of skills training and cognitive restructuring- relaxation for the treatment of speech anxiety. *Behaviour therapy*, 9, Pp. 248-259.
- Fromme, K. and Rivet, K. (1994). Young adult’s coping style as a predictor of their alcohol use and response to daily events. *Journal of Youth and Adolescence*, 23(1), Pp. 85-97. Retrieved from: <http://link.springer.com.elibrary.jcu.edu.au/article/10.1007/BF01537143>.
- Gadzella., B. M. and Baloglu, M. (2001). Confirmatory factor analysis and internal consistency of the Student-life Stress Inventory. *Journal of Instructional Psychology*, 28, Pp. 84-94.
- Garnezy, N. (1974). Children at risk: the search of the antecedents of schizophrenia. Part II: ongoing research programs, issues and intervention. *Schizophrenia Bulletin*, 9, Pp. 55-125.
- Goleman, Daniel. *Emotional Intelligence*, Bantam Books, 1997.

- Grant, K.E., Compas, B.E., Stuhlmacher, A.F., Thurm, A.E., McMahon, S.D., and Halpert, J.A. (2003). Stressors and child and adolescent psychopathology: Moving from markers to mechanisms of risk. *Psychological Bulletin*, 129, Pp. 447-466.
- Grant, K.E., Compas, B.E., Thurm, A.E., McMahon, S.D., & Gipson, P.Y. (2004). Stressors and child and adolescent psychopathology: Measurement issues and prospective effects. *Journal of Clinical Child and Adolescent Psychology*, 33, Pp. 412- 425.
- Grant, K.E., Compas, B.E., Thurm, A.E., McMahon, S.D., Gipson, P.Y., Campbell, A.J., Krochock, K., and Westerholm, R.I. (2006). Stressors and child and adolescent psychopathology: Evidence of moderating and mediating effects. *Clinical Psychology Review*, 26, Pp. 257-283.
- Hale, J.A. (1998). *Healing Art: Young Children Coping With Stress*. Paper presented at the annual meeting of the Alabama Association of Young Children.
- Hankin, B.L., Mermelstein, R., & Roesch, L. (2007). Sex differences in adolescent depression: Stress exposure and reactivity models. *Child Development*, 78, Pp. 279-295.
- Hariharan, M.(2008). *Coping with life stress*. 1st edition. Sage Publications, New Delhi, P.25.
- Helms, B.J. (1996).School-Related Stress: Children with and without Disabilities. Paper presented at the Annual Conference of the American Educational Research Association, New York. P.57
- Holmes, T H., and Rahe, R H. (1967). The social readjustment rating scale. *Journal of Psychosomatic Research*, 11, Pp. 213–218.
- House, J. S. (1974). Occupational stress and coronary heart disease: A review. *Journal of Health and Social Behavior*, 15, Pp. 12-27.
- Hussain. A., Kumar. A., and Hussain .A. (2008). Academic stress and adjustments among high school students, *Journal of the Indian Academy of Applied Psychology*, 34 (Special Issue): Pp. 70-73.

IBN Report , Jan. 13, 2010 www.facebook.com/note.php

Ilgen, D. R. (1990). Health issues at work. Opportunities for industrial / organizational psychology. *American Psychologist*, Volume 45 (2), Pp. 273-283.

Janis, I L. (1958). *Psychological Stress: Psychoanalytic and Behavioural Studies of Surgical Patients*. New York: Wiley.

Jason, L. A., and Burrows, B. (1983). Transition training for high school seniors. *Cognitive Therapy and Research*, 7, Pp. 791-92.

Jones Sears, S. and Milburn, J. (1990). *School-age stress*. In L.E. Arnold, *Childhood Stress* New York: Wiley. Pp. 224-246.

Jorgensen, R.S., Houston, B.K., and Zurawski, R.M. (1981). Anxiety management training in the treatment of essential hypertension. *Behavioural Research Therapy*, 19(6), Pp. 467-74.

Juster, R., and Marin, M. (2013). Stress and Resilience. *Mammoth magazine*, Issue 13, Pp. 1-12. <http://www.humanstress.ca>.

Kagan, A.R., and Levi. (1975). *Health and environment: Psycho – social stimuli – a review* in L. Levi (Editor). *Society, stress and disease – childhood and adolescence*. Oxford university press, Pp . 241 – 260.

Kai-wen, C. (2010). A study of stress sources among college students in Taiwan. *Journal of Academic and Business Ethics*, 2(1), Pp. 35- 41.

Kaplan, D. A. (1982). Behavioural, cognitive, and behavioural - cognitive approaches to group assertion training. *Cognitive Therapy and Research*, 6, Pp. 301-314.

Kaplan, D. S., Peck, B. M., and Kaplan, H. B. (1997). Decomposing the academic failure– dropout relationship: A longitudinal analysis. *Journal of Educational Research*, 90, Pp, 331–343.

Karatsoreos, I. N., and Mcewen, B. S. (2011). Psychobiological allostasis: resistance, resilience and vulnerability. *Trends in Cognitive Sciences*, 15(12), Pp. 576–584.

- Kendall, P.C. (1983). *Stressful medical procedures: Cognitive-behavioural strategies for stress management and prevention*. In D. Meichenbaum & M. Jaremko (Eds.), *Stress prevention and management: A cognitive behavioural approach*. New York: Plenum Press.
- Kitzrow, M.A. (2003), The mental Health needs of today's college students – Challenges and recommendations. *NASPA Journal*, 41(1), Pp. 168-184.
- Krishnakumar, P., Geetha, M.G and Gopalan, A.V. (2005). Deliberate self-poisoning in children, *Indian Paediatrics*, 42, Pp.582 - 586.
- Kromhout, D., Menotti, A., Kesteloot, H., and Sans, S. (2002). Prevention of coronary heart disease and lifestyle: evidence from prospective cross-cultural, cohorts, and intervention studies, *Circulation*, 105, Pp. 893-898.
- Lai, Kelly Y.C. and Wong, C.K. (1992). Adolescent suicide attempts- a Review. *Journal of Hong Kong Medical Association*, 44(3), Pp.139-145.
- Langer, T., Janis, I., and Wolfer, J. (1975). Reduction of psychological stress in surgical patients. *Journal of Experimental Social Psychology*, 11, Pp. 155-165.
- Lazarus, R S. (1966). *Psychological Stress and the Coping Process*. New York: McGraw-Hill.
- Lazarus, R S. (1974). Psychological stress and coping in adaptation and illness. *International Journal of Psychiatry in Medicine*, 5, Pp. 321–333.
- Lazarus, R S. (1991). *Emotion and Adaptation*. New York: Oxford University Press.
- Lazarus, R S. (1993). Coping theory and research: Past, present, and future. *Psychosomatic Medicine*, 55, Pp. 234–247.
- Lazarus, R S., and Folkman, S. (1986). *Cognitive theories of stress and the issue of circularity*. In M H Appley and R Trumbull (Eds). (1986). *Dynamics of Stress. Physiological, Psychological, and Social Perspectives*. New York: Plenum, Pp. 63-80.

- Lazarus, R S., and Launier, R. (1978). *Stress-related transactions between person and environment*. In L A Pervin and M Lewis (Eds), (1978). *Perspectives in Interactional Psychology*. New York,: Plenum, Pp. 287-327.
- Lazarus, R. S., and Folkman, S. (1984). *Stress, appraisal and coping*. New York: Springer Pub.
- Lazarus, R.S. (1999). *Stress and emotion: a new synthesis*. New York: Springer. Publishing Company.
- Lazarus, R.S. (1976). Psychiatric problems precipitated by transcendental meditation. *Psychological Reports: Volume 39*, Pp. 601-602.
- Lee, M., and Larson, R. (2000). Impact of the Korean 'examination hell' on adolescent's daily experience and depression. *Journal of Youth and Adolescence*, 29(1), Pp. 249-272.
- Lerner, R.M., and Steinberg, L. (2009). *Handbook of adolescent psychology* (3rd ed.). New Jersey: John Wiley & Sons, Inc, Pp. 3- 14.
- Levenkron, J. C., Cohen, J. D., Mueller, H. S., and Fisher, E. B. (1983). Modifying the Type A coronary-prone behaviour pattern. *Journal of Consulting and Clinical Psychology*, 51, Pp. 192-204.
- Levine, S., Scotch, N. (1970). *Social stress*. Chicago: Aldine.
- Linden, W., and Chambers, B.A. (1994). Clinical effectiveness of non-drug treatment of hypertension: A meta-analysis. *Annals of Behavioural Medicine*, 16, Pp. 35-45.
- Long., B. C. (1984). Aerobic conditioning and stress inoculation: A comparison of stress management interventions. *Cognitive Therapy and Research*, 8, Pp. 517-542.
- Manikandan., K. and Uma, K. (2013). Influence of Locus of Control, Self Esteem and Sex on Academic Stress among Adolescents. *Guru Journal of Behavioural and Social Sciences*, 1 (4), ISSN: 2320-9038, Pp.186-193.
- Maraichelvi, A.k. (2015). Stress and its Triggers of Early Adolescents - Institution and Gender Specific Differences. *Universal Journal of Psychology*. 3(1), Pp. 14-21. <http://www.hrpub.org>. DOI: 10.13189/ujp.2015.030103.

- Maraichelvi.A and Karthika.M. (2013). *Perceived stress level and its repercussions - A comparative study private and government school children*. Lambert Academic Publisher, Germany, Pp 39-58.
- Markus, H. (1977). Self-schemata and processing information about the self. *Journal of Personality and Social Psychology*, 35, Pp. 63-78.
- Marlatt, G. A., & Gordon, J. R. (Eds.). (1988). *Relapse prevention: Maintenance strategies in the treatment of addictive behaviours*. New York: Guilford Press.
- Mashford – Scott, A; Church, A; and Tayler, C. (2012). Seeking children's perspectives on their well being in Early childhood settings. *International Journal of Early childhood*, 44(3), Pp. 231 – 247.
- Mason, J W. (1971). A re-evaluation of the concept of 'non-specificity' in stress theory. *Journal of Psychiatric Research*, 8, Pp. 323–333.
- Mason, J W. (1975). A historical view of the stress field. Part II. *Journal of Human Stress*, 1, Pp. 22–36.
- Masten, A. S., and Coatsworth, J. D. (1998). The development of competence in favourable and unfavourable environments: Lessons from research on successful children. *American Psychologist*, 53(2), Pp. 205-220.
- Mates., D. and Allison, K. R. (1992). Sources of stress and coping responses of high school students. *Adolescence*, 27, Pp. 461-474.
- McEwen, BS. (1998). Protective and damaging effects of stress mediators. *The New England Journal of Medicine*, 338, Pp.171–9.
- McGrath, J E. (1982). *Methodological problems in research on stress*. In H W Krohne and L Laux (Eds), (1982). *Achievement, Stress, and Anxiety*. Washington, DC: Hemisphere, Pp. 19–48.
- McMahon, S. D., Grant, K. E, Compas, B. E., Thurm, A. E., & Ey, S. (2003). Stress and psychopathology in children and adolescents: Is there evidence of specificity? *Journal of Child Psychology and Psychiatry and Allied Disciplines*, 44, Pp. 107 – 133.

- Meichenbaum D.H and Camaron, R. (1983). *Stress inoculation training*. In D.Meicenbaum and M.E.Jaremko (Eds.), *Stress reduction and prevention*, New York, Plenum press, Pp 115-154.
- Meichenbaum, D. (1985). *Stress inoculation training*. Elmsford, NY: Pergamon Press. Pp.234 and 256-257.
- Meichenbaum, D. (1993). *Stress inoculation training: A twenty year update*. In R. L. Woolfolk and P. M. Lehrer (Eds.), *Principles and practice of stress management* (2nd. ed.). New York: Guilford Press. Pp. 11, 89, Pp.165-168.
- Meichenbaum, D. (1996). *Treating adults with post - traumatic stress disorder*. Waterloo, Ontario, Canada: Institute Press.
- Meichenbaum, D. (1997). *Treating individuals with posttraumatic stress disorder*. Clearwater, F L. Institute Press. Pp. 58-79.
- Meichenbaum, D. (2001). *Treating individuals with anger-control problems and aggressive behaviours*. Waterloo, Ontario, Canada, Institute Press, Pp.45-56, 78, 90.
- Meichenbaum, D. (2005). *Trauma and suicide: A constructive narrative perspective*. In T. E. Ellis (Ed.), *Cognition and suicide: Theory, research and practice*. Washington, DC: American Psychological Association, Pp. 211-213, 56
- Meichenbaum, D. (2007). *Stress inoculation training: A preventative and treatment approach*. In P.M. Leher, R.L. Woolfolk in W.E. Sime (Eds.), *Principles and practices of stress management*, 3rd edition, New York, Guilford Press, Pp. 497-516.
- Meichenbaum, D. and Deffenbacher, J. L. (1988). *Stress inoculation training*. *The Counseling Psychologist*, 16, Pp. 69-90.
- Meichenbaum, D., and Cameron, R. (1972). *Stress inoculation training: A skills training approach to anxiety management*. *Unpublished manuscript*, University of Waterloo, Ontario, Pp. 88,34,66.
- Meichenbaum, D., and Deffenbacher, J. L. (1988). *Stress inoculation training*. *The Counseling Psychologist*, 16, Pp. 69-90.

- Meichenbaum, D., and Gilmore, J. (1984). *The nature of unconscious processes: A cognitive –behavioural perspective*. In K. Bowers and D Meichenbaum (Eds.), *The unconscious reconsidered*. New York: John wiley. Pp.133-162
- Meichenbaum, D., and Turk, D. C. (1976). *The cognitive behavioural management of anxiety, anger and pain*. In P. Davidson (Ed.), *The behavioural management of anxiety, depression and pain*. New York: Brunner/Mazel.
- Meichenbaum, D.H., and Camaeron, R. (1983). *Stress inoculation training*. In D.Meicenbaum and M.E.Jaremko (Eds.), *Stress reduction and prevention*, Newyork, Plenum press, Pp. 115-154.
- Mezulis, Amy.H., et. al. (2009). *Gender Differences in the Cognitive Vulnerability-Stress Model of Depression in the Transition to Adolescence*. Springer Science+Business Media, LLC. <https://spu.edu>.
- Moir, A., and Jessel, D. (1992). *Brain Sex: The Real Difference Between Men and Women*, Laurel, New York.
- Monroe, S.M., and Kelly, J.M. (1995). *Measurement of stress appraisal*. In: S. Cohen, R.C. Kessler, & L.U. Gordon. *Measuring stress. A guide for health and social scientists*. New York: Oxford University Press.
- Moos, R. H. (2002). 2001 INVITED ADDRESS: The mystery of human context and coping: An unraveling of clues. *American Journal of Community Psychology*, 30(1), Pp. 67-88.
- Moses, A. N., and Hollandsworth, J. G. (1985). Relative effectiveness of education alone versus stress inoculation training in treatment of dental phobia. *Behaviour Therapy*, 16, Pp. 531-537.
- Moskowitz, A., Stein, J. A., and Lightfoot, M. (2013). The mediating roles of stress and maladaptive behaviours of self-harm and suicide attempts among runaway and homeless youth. *Journal of Youth and Adolescence*, 42(7), Pp.1015-1027. doi: 10.1007/s10964-012-9793-4.
- Murberg, T. H. and Bru, E. (2004). School-related stress and psychosomatic symptoms among Norwegian adolescents. *School Psychology International*, 25(3), Pp. 317-332. doi: 10.1177/01430343040469043.

- Murphey, D., Barry, M., and Vaughn, B. (2013). Positive Mental Health: Resilience. *Child Trends*, 1, Pp.1-6. <http://www.childtrends.org>.
- Nandan, Y., and Eames, E. (1980). *Typology and Analysis of the Asian-Indian Family*. In *The New Ethnics: Asian Indians in the United States*, ed. P. Saran and E. Eames. New York: Praeger.
- National Research Council. (2001). *Educating children with autism*, Catherine Lord and James P. McGee, eds., Division of Behavioural and Social Sciences and Education. Washington, DC: National Academy Press, Pp 211-229.
- Newman. J. (2005). *Early life stress linked to teenage mental problems*. Oregon Health and Science University. Pp. 102-105.
- Norcross, J. (2004). Empirically supported therapy relationships. *Clinical Psychologist*, Pp. 57, 19~24.
- Novaco, R., Cook, T., & Sarason, I. (1983). *Military recruit training: An arena for stress coping skills*. In D. Meichenbaum & M. Jaremko (Eds.), *Stress prevention and management: A cognitive-behavioural approach*. New York: Plenum Press.
- Parry. (2005). *Famers, Farm workers and work related stress*. Health and Safety Executive Publishers, London, Pp. 3-18.
- Pearlin, L. I., S. Schooler, C. (1978). The structure of coping. *Journal of Health and Social Behavior*, 19, Pp. 2-21.
- Register, A.C, Beckham, J. C, May, J. G., & Gustafson, D. J. (1991). Stress inoculation bibliotherapy in the treatment of test anxiety. *Journal of Counselling Psychology*, 38, Pp. 115-119.
- Rensick. (1997). Adolescents from harm; findings from the national longitudinal study on adolescent health, *Journal of the American Medical Association*, 278, Pp. 823-32.
- Roberts, G. H; White, W. G. (1989). Health and stress in developmental college students. *Journal of student Development*, 30 (1), Pp. 515-521.

- Romano, J.L. (1997). Stress and coping: A qualitative study of 4 and 5 graders, *Elementary School Guidance and Counseling*, 31 (4), Pp. 273-282.
- Rose, D. N. and Bond, M. J. (2008). Identity, stress and substance abuse among young adolescents. *Journal of Substance Use*, 13(4), Pp. 268-282. doi: 10.1080/14659890801912006.
- Roy, Dutta. D. (2010). Stress and Coping: Lecture Note. Performing art therapy centre, Rabindra Bharati University. Tuesday, November 23, 2010. <http://ddroylec.blogspot.in/2010/11/stress-and-coping-lecture-note.html>.
- Rudolph, K.D. (2002). Gender differences in emotional responses to interpersonal stress during adolescence. *Journal of Adolescent Health*, 30, Pp. 3-13.
- Sapna, Dinesh. (2010, Feb 17). Prevalence of Stress among school children in Kerala. <http://www.articlesbase.com/mental-health-articles/prevalence-of-stress-among-school-children-in-kerala-1868702.html>.
- Sarason, I. (1975). Anger and self-preoccupation. In I. Sarason & C. Spielberger (Eds.), *Stress and anxiety*. (Vol. 2), Washington, DC: Hemisphere, Pp.252-255.
- Saunders, T., Driskell, J.E, Johnston, J.H and Salas, E. (1996). The effect of stress inoculation training on anxiety and performance, *Journal of Occupational Health Psychology*, 1, Pp. 170-186.
- Seaward. (1997). as cited in Deris, Aaron. (2006). Social Supports among parents of children recently diagnosed with autism: Comparisons between mothers and fathers, University of New Orleans's, *Theses and Dissertations*. P. 327.
- Selye, H, (1976). *The Stress of Life* (rev. edn.). New York: McGraw-Hill.
- Selye, H. (1956). *The stress of life*. New York: McGraw-Hill.
- Selye, H. (1974). *Stress without distress*. New York: Philadelphia. Lippincott.
- Selye, H. (1976). *Stress in health and disease*. Reading MA : Butterworth.
- Shaffer, J.E. (2009). *Adolescence*. McGraw Hill Boston. Pp.492 - 493.

- Shah, B. (1991). Adolescents' school adjustment: The effect of family climate. *Indian Educational Review*, 26(1), Pp. 88-95.
- Shapiro, Margaret. (2014). Stressed-out teens, with school a main cause. http://www.washingtonpost.com/national/health-science/stressed-out-teens-with-school-a-main-cause/2014/02/14/d3b8ab56-9425-11e3-84e1-27626c5ef5fb_story.html.
- Sharp, J.J., and Forman, S.G. (1985). A comparison of two approaches to anxiety management for teachers. *Behaviour Therapy*, 16, Pp. 370-383.
- Shih, J.H., Eberhart, N.K., Hammen, C.L., & Brennan, P.A. (2006). Differential exposure and reactivity to interpersonal stress predict sex differences in adolescent depression. *Journal of Clinical Child and Adolescent Psychology*, 35, Pp. 103-115.
- Siegel, L. J., and Peterson, L. (1980). Stress reduction in young dental patients through coping skills and sensory information. *Journal of Consulting and Clinical Psychology*, 48, Pp. 785-787.
- Sincero, Sarah Mae. (Sep 10, 2012). Three Different Kinds of Stress. Retrieved Jan 05, 2016 from Explorable.com: <https://explorable.com/three-different-kinds-of-stress>.
- Sinha, U.K. Sharma, V. and Nepal, M.K. (2003). Scale for assessing academic stress. *Journal of Mental Health and Human Behaviour*, 6, Pp. 35-42.
- Skiba, Alexis. (2011,December). Are boys more stressed than girls? <http://chsnews.wordpress.com>.
- Skinner, E. A. and Zimmer-Gembeck, M. J. (2006). The development of coping. *Annual Review of Psychology*, 55, Pp.119-144. doi: 10.1146/annurev.psych.58.110405.085705
- Smith, R. E. (1980). A cognitive-affective approach to stress management training for athletes. In C. H. Nadeau, W. R. Halliwell, K. M. Newell, & G. C. Roberts (Eds.), *Psychology of motor behaviour and sport*. Champaign, IL: Human Kinetics.

- Snyder, M. (1981). *Seek, and ye shall find: testing hypotheses about other people*. In E. Higgins, C. Herman, & M. Zannz (Eds.), *Social cognition: The Ontario Symposium*. Hillsdale, NJ: Lawrence Erlbaum. Pp. 89-72
- Sofronoff.K. (2005). Anxiety and stress in children with Asperger Syndrome, *Journal of Sports Science*, Vol.5, Pp.155 - 163.
- Somerfield, M. R., and McCrae, R. R. (2000). Stress and coping research: Methodological challenges, theoretical advances, and clinical applications. *American Psychologist*, 55(6), Pp.620-625.
- Spirito, A., Stark, L. J., Grace, N., & Stamoulis, D. (1991). Common problems and coping strategies reported in childhood and early adolescence. *Journal of Youth and Adolescence*, 20(5),Pp.531-544. Retrieved from : <http://link.springer.com.elibrary.jcu.edu.au/article/10.1007/BF01540636>.
- Steinberg, L and Morris. (2001). *Adolescence*, 4th edition, McGraw Hill, Boston, Pp.492 - 493.
- Steinberg, L.D. (2008). *Adolescence*. (8th ed.) Boston: McGraw-Hill Higher Education.
- Suldo, S.M., Shaunessy, E., & Hardesty, R. (2008). Relationships among stress, coping and mental health in high - achieving high school students. *Psychology in the Schools*, 45, Pp. 273-290.
- Sweeney, G.A., and Horan, J.J. (1982). Separate and combined effects of cue-controlled relaxation and cognitive restructuring in the treatment of musical performance anxiety. *Journal of Counselling Psychology*, 29, Pp. 486-497.
- Taylor, S., and Crocker, J. (1981). Schematic bases of social information processing. In E. Higgins, C. Herman, & M. Zannz (Eds.), *Social cognition: The Ontario Symposium*. Hillsdale, NJ: Lawrence Erlbaum. Pp.46-52.
- Thoits, P A, (1983). Dimensions of life events that influence psychological distress: An evaluation and synthesis of the literature. In H B Kaplan (Ed), (1983). *Psychosocial Stress: Trends in Theory and Research*. New York: Academic Press. Pp. 33–103.
- Trochim W.M.K. (2006). *The research methods knowledge base*. Atomic Dog Publications, Ohio. P.242

- Turk, D. C., Meichenbaum, D., and Genest, M. (1983). *Pain and behavioural medicine: A cognitive-behavioural perspective*. New York: Guilford Press.
- Turner, J.A. (1982). Comparison of group progressive-relaxation training and cognitive-behavioural therapy for chronic low back pain. *Journal of Consulting and Clinical Psychology*, 50, Pp. 757-765.
- Verma, S. Sharma, D., and Larson, R. W. (2002). School stress in India: Effects on time and daily emotions. *International Journal of Behavioral Development*, 26(6), Pp. 500-508.
- Verma, S., and Gupta, J. (1990). Some aspects of high academic stress and symptoms. *Journal of Personality and Clinical Studies*, 6, Pp. 7-12.
- Visconti, K. J., Sechler, C. M., and Kochenderfer-Ladd, B. (2013). Coping with peer victimization: The role of children's attributions. *School Psychology Quarterly*, 28(2), 122-140. doi:10.1037/spq0000014.
- Walker, D.R. (2005). *Investigation of feedback on student performance*. Dissertation presented to the Faculty of the Graduate School of the University of Texas at Austin. Pp.124 – 126.
- Wells, J.K., Howard, G.S., Nowlin, W.F., and Vaargas, M. J. (1986). Presurgical anxiety and postsurgical pain and adjustment: Effects of a stress inoculation procedure. *Journal of Consulting and Clinical Psychology*, 54, Pp. 831-835.
- Werner, E. E. (1995). Resilience in development. *Current Directions in Psychological Science*, 4(3), Pp.81-85.
- Wernick, R. L. (1984). Stress management with practical nursing students. *Cognitive Therapy and Research*, 8, Pp. 543-550.
- Whitman and Neal.A. (1985). Student Stress: effects and solutions. Association for the Study of Higher Education. Clearinghouse on Higher Education, Washington DC. Pp. 208-212.
- Williams, K. and McGillicuddy-De Lisi, A. M. (1999). Coping strategies in adolescents. *Journal of Applied Developmental Psychology*. 20(4), Pp. 537-549. doi: 10.1016/S0193- 3973(99)00025-8.

- Williams, P.G., Holmbeck, G.N., & Greenley, R.N. (2002). Adolescent health psychology. *Journal of Consulting and Clinical Psychology*, 70, Pp. 828-842.
- Wine, J. D. (1980). *Cognitive-attentional theory of test anxiety*. In I. G. Sarason (Ed.), *Test anxiety: Theory, research, and applications*. Hillsdale, NJ: Lawrence Erlbaum.
- Witkiewitz, K., and Marlatt, G. A. (2004). Relapse prevention for alcohol and drug problems: That was Zen, this is Tao. *American Psychologist*, 59, Pp. 224-235.
- Wolfgang, L. (2005). *Stress Management from basic science to better practice*. Sage publications. New Delhi – 110017
- Xiao, J, (2013). Academic Stress, Test Anxiety, and Performance in a Chinese High School Sample: The Moderating Effects of Coping Strategies and Perceived Social Support. *Counseling and Psychological Services, Dissertations*, Paper 88.
- Yerkes. R. and Dodson.J. (1908).The relation of strength of stimulus to rapidity of habit - formation, *Journal of Comparative Neurology and Psychology*, 18(5), Pp 459–482.
- Zborowski, M. (1969). *People in pain*. San Francisco: Jossey-Bass.
- Zeidner, M. and Endler, N. (Eds.). (1996). *Handbook of coping: Theory, research, applications*. New York: John Wiley. Pp. 544-573.

Website

- <http://www.articlesbase.com>.
- <http://course.sdu.edu.cn>
- <http://en.wikipedia.org>
- <https://en.wikipedia.org/wiki/Coimbatore>
- www.bradleyhospital.org.
- www.healthline.com
- www.nasponline.org