



A study on the stress during exams in teenage of Kendriya Vidyalaya at Bijnaur, Lucknow

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ABSTRACT

Stress exists from the change in an individual's thinking and their lifestyle now-a-days. Now, individuals have changed in their perceptions and the way they interpret this life. Students in their teens are the ones who are going through the transitional phase, which is an intermediate of childhood and adulthood. During the teen years, lot of biological, physical, mental and emotional changes happen, as well as the changes in responsibility and role. In order to stabilize these changes, the students are always confronted with problems and conflicts. The study was conducted on 100 sample (50 boys 50 girls) sample selected from Kendriya Vidyalaya at Bijnaur, Lucknow. The data was measured by using questionnaire and was analyzed by t' test analysis. Highest percentage of boys (86%) and girls (84%) showed severe stress level in the present study. Moderate level of stress was found 14 per cent in girls and 10 per cent in boys. Profound level was found 4 per cent in boys and 2 per cent in girls. In the present study mild stress was absent in both boys and girls.