



Critical thinking as a correlate of stress management among rural adolescent girls

■ Ritu Mahal*, Asha Chawla and Vandana Kanwar

Department of Human Development, College of Home Science, Punjab Agricultural University, LUDHIANA (PUNJAB) INDIA

ARTICLE INFO :

Received : 10.03.2015
Revised : 13.04.2015
Accepted : 24.04.2015

KEY WORDS :

Stress management, Critical thinking

HOW TO CITE THIS ARTICLE :

Mahal, Ritu, Chawla, Asha and Kanwar, Vandana (2015). Critical thinking as a correlate of stress management among rural adolescent girls. *Adv. Res. J. Soc. Sci.*, 6 (1) : 32-35.

*Author for correspondence

ABSTRACT

Critical thinking is the ability to apply intelligent problem-solving techniques to a particular situation. It means asking the right questions of the right people, listening to the responses and developing an approach to resolution that makes sense. The study investigates the effect of critical thinking on the management of stress. For the study 132 rural adolescent girls were selected from the Ludhiana district of Punjab. Self structured tests on critical thinking and Stress Management have been used. The findings revealed that correlation was significant in the post test scores of critical thinking and Stress Management. Thus, the study implies that educators and parents should enhance the critical thinking of adolescent so that they manage their stress successfully.