Abstract

The purpose of the study was to investigate the relationship of positive psychology variables such as optimism, resilience, self efficacy and attachment with academic stress. For this purpose a sample of 300 school students (boys and girls) was selected on the basis of certain criteria of inclusion and exclusion. The measures used in the study were Life Orientation Test Revised, Resilience Scale 14, General Self Efficacy Scale, The Inventory of Parent and Peer Attachment and Academic Expectation Stress Inventory. Correlations were calculated and regression analysis was done using SPSS 20.0. The results indicated that academic stress had a significant negative correlation with optimism (r = -.687, p<.000), resilience (r = -.417, p<.000), and attachment (r = -.237, p<.000) and negative but insignificant correlation with self efficacy (r = -.026). The regression analysis revealed that optimism and resilience also contributed to variance in academic stress.