LIST OF TABLES

<table>
<thead>
<tr>
<th>Table No</th>
<th>Title</th>
<th>Page No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Table 1</td>
<td>Common sources of stress</td>
<td>36</td>
</tr>
<tr>
<td>Table 2</td>
<td>Key features of the three stages of adolescent development</td>
<td>83</td>
</tr>
<tr>
<td>Table 3</td>
<td>Showing distribution of sample based on school type</td>
<td>145</td>
</tr>
<tr>
<td>Table 4</td>
<td>Showing division of the sample based on academic performance</td>
<td>146</td>
</tr>
<tr>
<td>Table 5</td>
<td>Anticipated outcomes for stress following intervention</td>
<td>171</td>
</tr>
<tr>
<td>Table 6</td>
<td>Expected outcome following 12-week intervention</td>
<td>174</td>
</tr>
<tr>
<td>Table 7</td>
<td>Mean, Sd, and 't' value for the group for stress scores</td>
<td>195</td>
</tr>
<tr>
<td>Table 8</td>
<td>Mean, Sd and 't' value for pre test score of stress</td>
<td>196</td>
</tr>
<tr>
<td>Table 9</td>
<td>Mean, Sd and 't' value for experimental and control group for each of the area on stress scale based on pre-test scores</td>
<td>198</td>
</tr>
</tbody>
</table>
Table-10  Correlation among different areas of Stress

Table-11  % specific areas of stress

Table-12  Mean, Sd and 't' value for experimental and control group for each of the area on stress scale for pre-post test scores

Table-13  Mean, Sd, 't' value for the whole group coping scale

Table-14  Comparison pre-post test scores experimental and control group on stress scores

Table-15  % specific areas of coping mechanism

Table-16  Correlation on different areas of coping

Table-17  Mean, Sd and 't' value for experimental and control group for each of the area on stress scale for pre-post test scores

Table-18  Mean and Sd and 't value for stress scores based on academic performance for pre-test conditions
Table-19  Mean, Sd, 't' value for stress scores pre-post based on academic category for experimental group

Table-20  Mean, Sd, 't' value for stress scores pre-post based on academic category for control group

Table-21  Mean, Sd and 't' value for coping scores based on academic performance for pre test conditions

Table-22  Mean, Sd, 't' value for coping scores group pre-post based on academic category for experimental group

Table-23  Mean, Sd, 't' value for coping scores pre-post test based on academic category for control group

Table-24  Mean, Sd, 't' value comparing BMC and private schools on stress scale whole group
Table-25  Mean, Sd, 't' for pre-post-test scores for experimental and control group for BMC and private schools

Table 26  Comparison of kinds of stress experienced by Subjects based on type of schools

Table-27  Mean, Sd, 't' value on pre-test scores for BMC and private schools on coping scale

Table-28  Mean, Sd, 't' for pre-post-test scores for experimental and control group for BMC and private schools for coping scores

Table 29  Comparison of kinds of coping Mechanisms used by Subjects based on type of schools

Table-30  Correlation between personality factors and stress and coping scores at pre-test level.

Table-31  Correlation for stress scores parental expectation and perceived parental
Table-32  Correlation for coping scores 263
parental expectation and perceived parental

Table-33  Correlation between stress scores, 265
coping scores and the participants'
serial position in the family

Table-34  Correlation between stress; coping 267
and scores obtained on study habits

Table-35  Mean and Sd on stress and coping 269
scores for male and female participants

Table-36  Correlation between stress scores, 270
coping scores, and peer relationship