ABSTRACT

The various theories of adolescence, stress, the school and home environments, indicate that adolescence can be a stressful time for children, parents and adults who work with adolescents. Students’ school work almost always suffers when their school and home lives become stressful. The present study envisaged assessing the impact of the school and home environments on adolescents and to correlate their levels of stress. The statement of the problem was to find a difference in adolescent stress in relation to grade, gender, and environment. The objectives of the study were as follows: to examine the difference in adolescent stress along grades; to examine the difference in adolescent stress along gender; to find a correlation between adolescent stress and the school environment; to find a correlation between adolescent stress and the home environment. A co-relational research design was used for this study. The variables were as follows: adolescent stress, school environment, home environment and consideration of demographic variables: Grades IX and XI; Genders Female and Male. A student population of 620 students from schools and colleges were identified from the city of Aurangabad, Maharashtra, India. In all, 353 students attempted the four inventories from Grade IX (156 Females and 197 Males) with a mean age of 13.89; and 267 students attempted the four inventories from Grade XI (136 Females and 131 Males) with a mean age of 15.96. The tools used were: the Adolescent Stress Questionnaire, the Adolescent Life Events Stress Scale, the School Environment Inventory, and the Home Environment Inventory. Data was collected observing standard procedures from a cross section of students from six schools and colleges in the city of Aurangabad. Data was checked for normality (Skewness, Minimum scores and Maximum scores); Means, SDs, t-test values and Pearson’s correlation were computed using SPSS 17.0 for Windows. The results of the present study revealed a significant relationship in Adolescent Stress, Grade XI students having higher levels of Adolescent Stress. The results did not reveal a significant relationship in Adolescent Stress with Genders. The results further suggest that there is no significant correlation between the School Environment and Adolescent Stress but that there is a significant correlation between the Home Environment and Adolescent Stress. The study brings to light the fact that the environment for Females and Males in Grade XI is highly stressed as compared to Grade IX.
PRELUDE

FOOTPRINTS

One night a man had a dream. He dreamed he was walking along the beach with the Lord.

Across the sky flashed scenes from his life. For each scene he noticed two sets of footprints in the sand: one belonging to him, and the other to the Lord.

When the last scene of his life flashed before him, he looked back at the footprints in the sand.

He noticed that many times along the path of his life, there was only one set of footprints.

He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the Lord about it:

"Lord, you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints.

I don't understand why when I needed you most you would leave me."

The Lord replied:

"My son, my precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."

- Margaret Fishback

Childhood is the most beautiful of all life's seasons.

- Author Unknown

There is always one moment in childhood when the door opens and lets the future in.

- Deepak Chopra

The key to winning is poise under stress.

- Paul Brown

The greatest weapon against stress is our ability to choose one thought over another.

- William James