ABSTRACT

In present scenario rural areas are generally characterized by scarcity of resources, opportunities, lesser awareness and inadequate facilities of learning. In this situation the adolescents residing in rural localities are in a dilemma because on one hand they have high and unrealistic aspiration which is inbuilt by the media. on the other hand the real world is very different. So the researcher has undertaken the present study to assess stress among students, identify types of stress, causes of stress in students; difference in stress levels (class wise, gender wise and due to other demographic variables). The researcher would also attempt to assess how students adjust to their problems. To assess the stress level of students “Student Stress Scale” by Z. Akhtar was used while for analyzing adjustment pattern ”Adjustment Inventory for School Students (AISS)” by A K. P. Sinha and R. P. Singh inventory was used. A total of 1100 students were taken from the 10 schools of Newai tehsil. The outcome of the study would help to identify major problems and offer practical ways to overcome these problems. The data was analyzed using frequency, percentage, chi square and Karl Pearson’s co-relation. The result revealed that the majority of adolescents went though the various demographic variables such as, class, stream, gender, birth, order, type of family, mother and father’s education and occupation and monthly income were found significantly associated with the adolescents’ stress.

There is no class wise difference in pattern of adjustment but gender wise girls exhibited more adjustment whereas majority of boys exhibited average pattern of adjustment.

The result indicates that there was negative relationship between stress and adjustment.