Summary
The present empirical research was aimed to study influence of stress on psychological well-being, academic achievement and vocational decision-making on school goers of Kashmir valley. In this present scenario of world when new technologies and innovations are paving the way for happy and pleasant life but this all could be possible when people use all such new innovative ideas for betterment and development of human-beings, society and the community at large but on the other side of the coin is very disastering as all these innovative ideas are behind misused generating various problems which work as hurdle while leading smooth and condusive life.

The present larger empirical research leading to Ph.D. in Psychology has been presented in five standard chapters. Chapter I highlights brief history and detailed description of concept and meaning of various independent and dependent variables under study. The term stress was derived from the latin word “stringer” means draw tight and it was used by H. Seyle in 1936 and was explained with the model GAS where he explained that when an organisms is confronted with a threat, the general physiological responses occurs in three stages viz., Alarm reaction, stage of resistance and stage of exhaustion. The present competitive and challenging situation are generating stress and influencing people’s efficiency in every walks of life. Hence, it is an alarm for researcher to consider such aspects seriously and throw light on stress, stressors and develop various coping
strategies so that man can be equipped well to meet all the challenges of life. Similarly all the dependent variables namely psychological well-being, academic-achievement and vocational decision was also intensely described. Chapter-II have dealt with the survey of literature in the same and as nature and concepts of dependent and independent variables were presented in the first chapter. Review of literature make it clear that there is passity of knowledge, hence, there was no option except to formulate null-hypotheses which have been elaborated at the end of the chapter II.

Methodological and procedual aspects of the study has been described in chapter-III. The study was conducted on the sample of school-goers of Kashmir valley specially the students of IX (N=173) and X (N=177) standard which was drawn from various schools of Kashmir valley. Keeping in view the aim of the present endeavour, researcher has used stress scale developed by Dobsen and Metcalfe (1983) for measuring stress, consisting of 30 items based on dimensions as

1. Getting down to work
2. Future goals
3. Demands of academic life

Psychological well-being scale developed by Jai Prakash & Bhogle (1985) was used for assessing PWB comprising of 28 items, based on 13 dimensions viz.,

1. Meaningfulness
2. Somatic symptoms

3. Selflessness


5. Daily activity.


7. Suicidal ideas.

8. Personal control.

9. Social support.

10. Tension.

11. Wellness,

12. General efficiency

13. Satisfaction

Vocational decision-making questionnaire developed by researcher consisting of 20 job areas based on 3 dimensions viz.,

1. People-oriented.

2. Self-expression oriented.

3. Extrinsic-reward oriented where responses were ranked 1-5, with instructions that the most preferred job be ranked 1 and the least preferred should be ranked 5. Further biographical Information Blank was also used for collecting certain information.

After selection of appropriate tools, there were administered on the sample drawn. Thereafter, tabulation of the data were completed and
stepwise multiple regression was used to analyse the data and isolate predictor variables of dependent variables.

Chapter IV incorporated results and discussion of the findings obtained by running step-wise multiple regression on raw data and finding’s revealed that one of the dimensions of stress viz. ‘getting down to work’ is generally found to significantly predict the dependent variable except the two vocational areas viz., self-expression oriented and extrinsic reward oriented, whereas, stress dimension 2 viz., future goals and stress dimension 3 viz., demands of academic life are generally found to have insignificant influence on the various dependent variables. The findings of the study have been exhaustively discussed in chapter for highlighting and discussing the results.

On the basis of the results, conclusions were drawn and it was found that there is no uniform pattern of influence of stress on the various dependent variables. Hence in the light of the findings of the present investigation, it has been suggested that the study if could have been carried out on a larger sample and moreover if the influence of various levels of stress would have been seen on the dependent variables then fruitful results could have been obtained. At last, it will not be wrong to realize our shortcomings so far as the process adopted for investigating the problem is concerned as researches are never the end but they have pave the way for future investigations.