ABSTRACT

The present work on the problem entitled, “Influence of stress on psychological well-being, academic achievement and vocational decision-making among school-goers of Kashmir valley” is quite fascinating.

Changing scenario in this modern age witnesses increasing globalized competitions that have been, indeed, instrumental for the emergence of happy and satisfied life but is also detrimental in posing various threats to human being ultimately causing generation of stress among people. Hence, it is a pressing need of time and situation to enlighten the people in this regard by throwing light on stress, stress generating process, stressors and finally various tactics and strategies. Hence, present research topic was chosen to fill the void of knowledge.

The thesis containing all the five standard chapters presents the whole research work. Chapter I highlights detailed description of various independent and dependent variables, it also mentions the relevance of these in this present scenario where rapid advancement and development is providing better opportunities for more and more easy and satisfied life but along with this also posing threat to human life either because of increasing competition or because of being misused and ultimately generating stress which disturb the smooth running of life. After this definition and description of stress, psychological well being, academic achievement and vocational decision-making follows.
Chapter-II contains description of relevant studies pertaining to the concerned independent and dependent variables. In the light of available literature it has become amply clear that none of the similar study has been carried out which could through some light on Kashmir’s present conditions and factors generating stress. Hence, alternate and null-hypotheses focusing on the objectives of the study have been formulated for their testing through empirical investigation.

Methodology opted in carrying out research investigation has been described in chapter-III. The study was conducted on the sample of school goers of Kashmir valley consisting of N=350 which were drawn from the various schools located in Kashmir valley.

Keeping in view the nature of research, stress scale used was consisted of 30 items based on 3 dimensions viz., (i) getting down to work, (ii) future goals, and (iii) demands of academic life.

Vocational decision-making questionnaire developed by researcher that consisted of 20 job areas based on three vocational areas viz., (i) people-oriented, (ii) self-expression oriented, and (iii) extrinsic-reward oriented.

Academic achievement of the respondents were recorded through the information given by the respondents themselves on the biographical blank which was later confirmed and validated by the official record available in the schools.

Moreover, the chapter also discusses about the relevance of stepwise multiple regression treatment – a statistical technique was run for obtaining results.

In chapter IV and V “Results and Discussion” and “Conclusion and suggestions” have been given respectively. Findings show that one of the dimensions of the stress viz., getting down to work, emerge as one of the predictors in most cases, whereas, rest two dimensions of stress viz., future goals and demands of academic life were found to have insignificant effect on various DVs in the present research.

On the basis of the results, conclusions were drawn and its 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 pave the way for future investigations.