## CHAPTER 5
### CONCLUSIONS, LIMITATIONS AND IMPLICATIONS

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CHAPTER 5
CONCLUSIONS, LIMITATIONS AND IMPLICATIONS

This section deals with the conclusions and limitations derived from this study, including further avenues that could be explored for future study.

5.1 CONCLUSIONS

1. Hypothesis 1 is accepted suggesting that Grade XI students show significantly higher Adolescent Stress as compared to Grade IX students.
2. Hypothesis 2 is rejected suggesting that there is no significant difference in Adolescent Stress for Genders (Female and Male).
3. Hypothesis 3 is rejected suggesting that there is no significant correlation between the School Environment and Adolescent Stress.
4. Hypothesis 4 is accepted suggesting that there is significant correlation between the Home Environment and Adolescent Stress.

The study also brings to light the following:

- The environment for Females and Males in Grade XI is highly stressed as compared to Grade IX.

5.2 LIMITATIONS OF STUDY

- This is limited to English-speaking schools only; Marathi and Hindi medium schools were not included in this study.

5.3 IMPLICATIONS AND FURTHER AVENUES FOR RESEARCH

- This study can be replicated in different cities in India.
- This study can be replicated in rural areas of India and a comparative study of urban/rural areas could be done.
- Other Independent variables can be included such as geographical area – based on a North, South, East and West query, and regional area.
- De-stress programmes are a necessity. Schools in Aurangabad and in other cities in India, could set up De-stress Awareness Programmes wherein students could undergo this for six to eight weeks and a before/after study could be conducted to see the difference such a programme would make.
- Parental workshops need to be held in schools to increase awareness about the levels of stress their children are undergoing and the pressure that we, as adults, are putting them through. Studies pre and post could be done on this.
• Studies taking working and non-working mothers into account as a variable could throw up different results for consideration.