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**A STUDY OF EXAMINATION STRESS AMONG STUDENTS AT SECONDARY
LEVEL AND SOME MEASURES TO MINIMIZE STRESS OF JAMMU DISTRICT**

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Abstract

The present study was carried out to assess the extent of stress faced by secondary school students in government and private schools of Jammu city and also to suggest the remedial measures. In present study the stratified random sampling technique was employed. The researcher stratified the sample of 200 secondary school students out of which 100 were Government and 100 were Private students from 4 schools of Jammu city. The sample was stratified into two groups on the basis of sex and schools. The tool used for the data collection was Examination Stress Questionnaire. The tool was developed by the investigator. This tool consists of 30 statements which were divided into six areas as fear of failure, self esteem, home and school environment, lack of preparation, anxiety and lack of confidence. The reliability of the tool in different areas of fear of failure, self esteem, home and school environment, lack of preparation, anxiety and lack of confidence was .75,.83,.71,.68,.70 and .72. The total reliability of the tool was .72. It has been found that Secondary school students experience moderate and low level of stress due to fear of failure, self esteem, home and school environment, lack of preparation, anxiety and lack of confidence. It was found from the study that (i) government school students are under more stress as compared to private school students (ii) male and female students experience equal stress levels. The result shows that maximum number of students face examination stress due to anxiety, second major reason responsible for examination stress is fear of failure and lack of confidence, third reason for examination stress is home and school environment, fourth reason for examination stress among students is self esteem and the factor least responsible for examination stress is lack of preparation. Remedial measures which should be taken by the parents and teachers to reduce examination stress in students were also suggested.

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