



## ASSESS THE KNOWLEDGE ON STRESS MANAGEMENT TECHNIQUES AMONG HIGH SCHOOL STUDENTS AT SELECTED AREA BENGALURU WITH A VIEW TO DEVELOP AN INFORMATION GUIDE SHEET

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The research approach used in the present study is descriptive design with random sampling technique was used to collect the data from 80 high school students from S.V.N English School, Bengaluru. Data was collected by using structured knowledge questionnaire. The result on General information on stress was 40.16% and Stress management technique was 57.39%. The overall mean knowledge score of respondents was 52.79% with S.D score 4.07. 57.5% had moderately adequate knowledge and 42.5% had inadequate knowledge. This indicates that the respondents in general do not possess adequate knowledge on stress management techniques.

There was significant association between age, studying in, have you attended any stress reduction classes or sessions previously with knowledge level of respondents ( $p < 0.05$ ).

There is non significant association between the like gender, Educational status of the father, Educational status of the Mother, Occupational status of the Father, Occupational status of the Mother, religion, family monthly income, type of family and source of information with knowledge level of respondents ( $p < 0.05$ ).

### INTERPRETATION AND CONCLUSION

The overall finding showed that the students in general do not possess adequate knowledge regarding stress management techniques.

Thus to conclude, the investigator has achieved the objective for assessing the knowledge regarding stress management techniques and based on study findings, information guide sheet has been developed and distributed.

### OBJECTIVES OF THE STUDY

1. To assess the existing knowledge of high school students regarding stress management techniques.
2. To find out the association between study findings with their selected demographic variables.
3. To Develop and provide an information guide sheet on stress management techniques for high school students

### METHOD

#### I. Methods of data collection

##### Development of the tool

The tools used for the study was be,

1. A Structured Knowledge Questionnaire was opted to assess the knowledge of students studying in high school regarding stress management techniques.
2. Informational guide sheet was developed regarding stress management techniques.

#### Steps for preparing the tool

##### i) Review of literature

Books, journals, reports, articles and published studies was used to develop the tool.

##### ii) Preparation of blue print

The blue print of items pertaining to the domain of knowledge was prepared as per the objectives and conceptual framework.

##### iii) Preparation of the tool

The tool was prepared based on the blue print and in consultation with the guide.

##### iv) Organization of contents of tool

The content of the tool was organized as per the domain of knowledge.

#### Description of the tool

##### a) Closed ended questionnaire

Closed ended questionnaire consist of two sections.

**Section A:** Deals with socio-demographic data consists of 12 items used to collect the sample characteristics,

which comprises of Age, Gender, Religion, Type of family, Studying in, Educational status of father, Educational status of mother, Occupation of father, Occupation of mother, Monthly income of the family (in rupees), Source of health information regarding Stress management, Attended any stress reduction classes or sessions.

**SECTION -B:** consists of 30 items of knowledge questionnaire, it was developed on selected knowledge regarding stress management techniques among high school students by using multiple choice questions. This covered the following components.

- General information on Stress.
- Stress management technique.
- Each item has four options with one most appropriate answer. In each item the correct response carries the score 'one' and wrong response carries 'zero' score.

## RESULT

### Findings are summarized as follows

The major findings of the study are as follows

- Majority (47.50%) of respondents were between age group of 15-16 years.
- Majority (53.75%) of respondents were males.
- Majority (40%) of respondents were studying at 9<sup>th</sup> standard.
- Majority (40%) of respondent's fathers educational status were up to high school.
- Majority (48.75%) of respondent's mothers educational status were up to high school.
- Majority (38.75%) of respondent's fathers occupational status was business.
- Majority (76.25%) of respondent's mothers were house wife.
- Majority (30%) of respondents family monthly income was between Rs. 5001-10,000.
- Majority (98.75%) of the respondents were Hindus.
- Majority (73.75%) of respondents belongs to nuclear family.
- Majority (27.50%) of respondents got information about stress management techniques from friends and relatives.
- Majority (73.75%) of respondents have not attended any stress reduction classes.

### Knowledge of high school students regarding stress management techniques

In this present study the mean knowledge score in area of stress management techniques was 42.5%. This shows that they have inadequate knowledge and 57.5% have moderately knowledge on stress management techniques.

This is supported by perceived control and coping with stress, journals of social issues.

### Association between knowledge scores with selected socio-demographic variables

- Significant association was found between the knowledge scores and respondents age group.
- Significant association was found between the knowledge scores and studying in.
- Significant association was found between knowledge scores and have you attended any stress reduction classes or sessions previously.
- No significant association was found between knowledge scores and gender.
- No significant association was found between knowledge score and Educational Status of the father.
- No significant association was found between knowledge and Educational Status of the mother.
- No significant association was found between the knowledge score and occupational status of the father.
- No significant association was found between the knowledge score and occupational status of the mother.
- No significant association was found between the knowledge scores and respondents monthly family income.
- No significant association was found between the knowledge scores and religion
- No significant association was found between the knowledge scores and type of family.
- No significant association was found between the knowledge scores and Source of information regarding stress management techniques.
- **Development of an informational guide sheet regarding stress management techniques**
- In this study the investigator developed an information guide sheet regarding importance of stress management techniques based on the findings of the study. By keeping in view the IGS would be useful to enhance the knowledge of stress management techniques among high school students.

### INTREPRETATION AND CONCLUSION

The data was analyzed by applying Descriptive and Inferential statistics. The study findings suggested that informational guide sheet is an effective method in improving the knowledge regarding stress management techniques.

### DISCUSSION

the findings of the present study are compared with those of other similar studies. Structured knowledge questionnaire was used to collect data. The investigator utilized the simple random sampling technique to select the samples.

Present research study has been discussed under following headings.

**Part-I:** Socio-demographic characteristics

**Part- II:** Knowledge of high school students regarding stress management techniques.

**Part- III:** Association between knowledge scores with selected socio-demographic variables.

**Part- IV:** Development of an informational guide sheet regarding stress management techniques.

- Majority (47.5%) of respondents were between age group of 15-16 years
- Majority (53.8%) of respondents were males.
- Majority (40%) of the respondents were studying in 9<sup>th</sup> standard.
- Majority (40%) of respondent's fathers have education upto high school.
- Majority (48.8%) of respondent's mothers have education upto high school.
- Majority (38.8%) of respondent's fathers are doing business as their occupation.
- Majority (76.2%) of respondent's mother were house wife.
- Majority (30%) of respondent's family monthly income was between Rs. 5001-10,000.
- Majority (98.8%) of respondents were Hindus.
- Majority (73.8%) of respondents are from nuclear family.
- Majority (27.5%) of respondents got information on stress management techniques from friends and relatives.
- Majority (73.8%) of respondents have not attended any stress reduction classes.

#### Findings related to knowledge of respondents regarding stress management techniques

- The overall mean knowledge score of respondents was 52.79 % with SD 4.07%
- 42.5% of the respondents had inadequate knowledge and 57.5% had moderate knowledge.
- The highest mean knowledge score related to stress management was found in the aspect of Stress management techniques (57.39%).
- The lowest mean knowledge score was found in the aspect of General information on stress (40.16%).

#### CONCLUSION

The main focus of the present study was to assess the knowledge on stress management techniques among high school students at selected area Bengaluru with a view to develop an information guide sheet.

The present study findings showed knowledge scores of majority of respondents were moderate. The findings of the study revealed that the mean % was 52.79% and SD found to be 4.07.

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