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Stress Among School-Going Adolescents Students

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Abstract:

10th class students have high level of stress due to board exam, competition of admissions for best course or colleges, parent's pressure, peer pressure and due to relations with teachers. These demands lead to stress among them. Present study aimed to examine the stress level among 10th class students with respect to their gender. For these study 60 students of 10th class has selected randomly. Students stress scale by Dr Zaki Akhatar is used for data collection. For result analysis mean, SD and 't' test was used.

