

## Perceived Stress among School Going Adolescents

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**Background:** Stress is the body's response to any physical or emotional changes in life in form of demands or pressures. Every year billions of rupees are lost due to various problems related to stress directly or indirectly. The strategies to manage this menace at individual and community level should be planned.

**Objectives:** The broad objective of the study was to find out perceived stress among the school going adolescents from different socio-economic backgrounds.

**Methodology (Assessment, Diagnosis and Intervention):** Four types of schools (Two private and Two Government Schools) were shortlisted, from which 200 students (50 students each) of 12<sup>th</sup> standard (aged 15-20 years) were included. Stress Response Checklist and Perceived Stress Scale were used to elicit desired information.

**Results:** Stress response was not different in both genders. Numbers of students with high stress were more in government schools. From this study it was concluded that the selected private schools gender showed a positive significant stress levels than government school respondents. There was no significant difference among government and private schools with relation to problems with parents, as role of student or peer group. But students from private schools were more concerned about future, which was manifested as stress.

### Biography:

Dr. Ravinder Singh, a medical graduate has been trained in public health and medical research. Currently, he is working as Scientist C, Division of Non-Communicable Diseases, Indian Council of Medical Research, New Delhi. He was awarded masters' and doctorate degree by Jawaharlal Nehru University, New Delhi on "Perceived Stress and Coping Strategies among Adolescents". Presently, he also works on establishment of Medical Technology Assessment Board under Department of Health Research, Ministry of Health and Family Welfare, Government of India.