# FACTORS THAT INDUCES STRESS IN CHILDREN UNDER 18.

Name: \_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_\_ School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | 1. Curriculum and instruction based stress | Strongly  Agree | Agree | Neither Agree Nor Disagree | Disagree | Strongly Disagree | |  |  |  |  |  |  | | 1. I feel stress when I compare myself with more competent class mates. |  | 44 | 3 | 39 |  | | 1. I can easily maintain good grades throughout year. |  | 66 | 5 | 15 |  | | 1. Most of the syllabus is huge and over burdened that causes stress. |  | 68 | 7 | 11 |  | | 1. It is difficult for me to concentrate on a subject which I dislike. |  | 63 | 0 | 23 |  | | 1. If I spend rational time on studies and other activities, I can perform better in studies. |  | 66 | 7 | 13 |  | | 1. Not getting enough sleep makes it difficult for me to concentrate and learn effectively. |  | 69 | 4 | 13 |  | | 1. I take it positive when I don’t get enough time to play. |  | 28 | 8 | 50 |  | | 1. When I have more than one upcoming test, I manage it easily. |  | 59 | 1 | 26 |  | | 1. I feel insulted when my teacher punishes me rather than taking it as a part of growth. |  | 60 | 5 | 21 |  | | 1. Sometimes unfair attitude of my teacher makes me humiliated. |  | 62 | 10 | 14 |  | | 1. When my parents do not support me in my interests it makes me angry. |  | 62 | 16 | 8 |  | |

# 12) When I am unable to manage/handle things from going wrong, I:

1. I get angry and start shouting….22
2. I try to hurt myself……..10
3. I try to find a solution……30
4. I avoid it as much as possible even I can give up from studies…….24