**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Id:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Intermediate Board:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Gender:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Variable no 1-Curriculum and instruction based stress** | Agree | Strongly Agree | Neither Agree nor Disagree | Disagree | Strongly Disagree |
| 1-I feel pressure to maintain 80% attendance. |  |  |  |  |  |
| 2-Too many assignments are cause stress for me. |  |  |  |  |  |
| 3-Presentation and assignments makes me stressful. |  |  |  |  |  |
| 4-Because of stress I fail to perform effectively in class room presentations. |  |  |  |  |  |
| 5-I feel uncomfortable to participate in class activities. |  |  |  |  |  |
| **Variable no 2-Teacher ,student relationship effects on student academic performance** |  |  |  |  |  |
| 6 cannot sleep properly when dead line of projects submission comes near. |  |  |  |  |  |
| 7- Poor communicate with my teacher is a great cause of stress for me. |  |  |  |  |  |
| 8- I think that teachers are biased some time and this thing makes me stressful. |  |  |  |  |  |
| 9- If the teachers do not guide or give proper resources to the students so it cause stress . |  |  |  |  |  |
| 10- In the beginning of semester the problem in adjusting with new class mates and teachers makes me stress. |  |  |  |  |  |
| **Variable no 3-Assessment system is cause of stress in students.** |  |  |  |  |  |
| 11-When I am not satisfied with teaching method or style I feel stress. |  |  |  |  |  |
| 12- The assessment system is the biggest cause of stress for me. |  |  |  |  |  |
| 13- More than one mid exams and final exam, tests, quizzes make me stressful |  |  |  |  |  |
| 14- To lengthy lectures make me stressful . |  |  |  |  |  |
| 15- Most of the syllabus is huge and over burdened that cause stress for me. |  |  |  |  |  |
| **Variable no 4-different components of Academic work cause stress in students.** |  |  |  |  |  |
| 16- Its make me stressful when I think that I am not achieving my set goal in studies. |  |  |  |  |  |
| 17- It is very stressful to continue maintaining the good grade in throughout graduate program. |  |  |  |  |  |
| 18- I feel stress when I compare myself with more competent class mattes. |  |  |  |  |  |
| 19 It is very difficult for me to concentrate on a subject which I dislike and this cause stress for me. |  |  |  |  |  |
| 20- The thought that my parents will be disappointed by my poor performance in education makes me very stressful. |  |  |  |  |  |
| **Variable no 5-stress effects on students academic performance** |  |  |  |  |  |
| 21- I start stumbling or stuttering during presentation in classroom due to stress. |  |  |  |  |  |
| 22- I black out and forget the answer during exams or quizzes. |  |  |  |  |  |
| 23- More the one paper in a day result in making me confused. |  |  |  |  |  |
| **Variable no 6-Which unhealthy coping skill is used by the students.** |  |  |  |  |  |
| 24-I take drugs like sleeping pills or some relaxant to cope with stress which is related to study |  |  |  |  |  |
| 25- When I feel stress due to study I start postponing of delay work. |  |  |  |  |  |