

Stress calculation

To calculate stress:

Never - 0

Rarely - 1

Sometime - 2

Often = 3

Always - 4

Total Student Response = 22

Q.1. Assignment too much.

Scale: Never - 0

Rarely - 1

Sometime - 2

Often - 3

Always - 4

N → No

R → No

S → 10 student

O → 5 student

A → 7 student

So,

$$\text{Sometime} = 10 \times 2 \Rightarrow 20$$

$$\text{Often} = 5 \times 3 \Rightarrow 15$$

$$\text{Always} = 7 \times 4 \Rightarrow 28$$

Total \Rightarrow 63

Q2. Exam scary
⇒ Here

$$N \Rightarrow 1 \times 0 = 0$$

$$R \Rightarrow 7 \times 1 = 7$$

$$S \Rightarrow 10 \times 2 = 20$$

$$O \Rightarrow 3 \times 3 = 9$$

$$A \Rightarrow 1 \times 4 = 4$$

Total ⇒ 40

Q3. Many assignments on same day.
⇒ Here

N ⇒ ~~No~~ C (Not choice by anyone)

$$R \Rightarrow 6 \times 1 \Rightarrow 6$$

$$S \Rightarrow 10 \times 2 \Rightarrow 20$$

$$O \Rightarrow 2 \times 3 \Rightarrow 6$$

$$A \Rightarrow 4 \times 4 \Rightarrow 16$$

Total ⇒ 48

Q4. class boring

⇒

$$N \Rightarrow 1 \times 0 = 0$$

$$R \Rightarrow 12 \times 1 = 12$$

$$S \Rightarrow 8 \times 2 = 16$$

$$O \Rightarrow \cancel{10} 1 \times 3 = 3$$

$$A \Rightarrow \cancel{No}$$

Total ⇒ 31

Q5. Marks worry me.
→

$$N \Rightarrow 2 \times 0 = 0$$

$$R \Rightarrow 3 \times 1 = 3$$

$$S \Rightarrow 6 \times 2 = 12$$

$$O \Rightarrow 5 \times 3 = 15$$

$$A \Rightarrow 6 \times 4 = 24$$

Q6. Diff Total $\Rightarrow 54$

Q6. Difficulty in subject [NOT stress scale, subject list only]

Q7. Am I sad.

$$N \Rightarrow 5 \times 0 = 0$$

$$R \Rightarrow 9 \times 1 = 9$$

$$S \Rightarrow 8 \times 2 = 16$$

$$O \Rightarrow NO$$

$$A \Rightarrow NO$$

Total $\Rightarrow 25$

Q8. Scared of job

$$N \Rightarrow 5 \times 0 = 0$$

$$R \Rightarrow 5 \times 1 = 5$$

$$S \Rightarrow 3 \times 2 = 6$$

$$O \Rightarrow 6 \times 3 = 18$$

$$A \Rightarrow 3 \times 4 = 12$$

Total $\Rightarrow 41$

Q9 Do I delay H.W

$$\Rightarrow N \Rightarrow 6 \times 0 = 0$$

$$R \Rightarrow 6 \times 1 = 6$$

$$S \Rightarrow 8 \times 2 = 16$$

$$O \Rightarrow 2 \times 3 = 6$$

$$A \Rightarrow N \circ$$

Total $\Rightarrow 28$

Q10 Am I fixed.

$$\Rightarrow N \Rightarrow 3 \times 0 = 0$$

$$R \Rightarrow 3 \times 1 = 3$$

$$S \Rightarrow 10 \times 2 = 20$$

$$O \Rightarrow 5 \times 3 = 15$$

$$A \Rightarrow 1 \times 4 = 4$$

Total $\Rightarrow 42$

Q11 Sleep less

$$N \Rightarrow 7 \times 0 = 0$$

$$R \Rightarrow 4 \times 1 = 4$$

$$S \Rightarrow 8 \times 2 = \cancel{16}$$

$$O \Rightarrow 2 \times 3 = 6$$

$$A \Rightarrow 4 \times 4 = 16$$

Total $\Rightarrow 36$

Q12 Eat \Rightarrow
N \Rightarrow
R \Rightarrow
S \Rightarrow
O \Rightarrow
A \Rightarrow

Total

Q13 Skip \Rightarrow
N \Rightarrow
R \Rightarrow
S \Rightarrow
O \Rightarrow
A \Rightarrow

Total

Q14 Avoid
N \Rightarrow
R \Rightarrow
S \Rightarrow
O \Rightarrow
A \Rightarrow
Total

Q.12 Eat junk food.

$\Rightarrow N \Rightarrow 1 \times 0 = 0$

$R \Rightarrow 7 \times 1 = 7$

$S \Rightarrow 11 \times 2 = 22$

$O \Rightarrow 2 \times 3 = 6$

$A \Rightarrow 1 \times 4 = 4$

Total $\Rightarrow 39$

Q.13 Watch ~~see~~
+ too much.

\Rightarrow

$$N = 1 \times 0 = 0$$

$$R = 4 \times 1 = 4$$

$$S = 8 \times 2 = 16$$

$$O = 5 \times 3 = 15$$

$$A = 4 \times 4 = 16$$

Q.13 Skip college

$\Rightarrow N \Rightarrow 5 \times 0 = 0$

$R \Rightarrow 11 \times 1 = 11$

$S \Rightarrow 6 \times 2 = 12$

$O \Rightarrow 0$

$A \Rightarrow 0$

Total $\Rightarrow 23$

Total = 51

*Final Total stress

+ Add all question
table.

$$\begin{aligned} & - 63 + 48 + 31 + 54 \\ & + 25 + 41 + 28 + 49 + \\ & 36 + 39 + 23 + 32 + 51 \\ & = 553 \end{aligned}$$

Q.14 Avoid group study

$N \Rightarrow 8 \times 0 = 0$

$R \Rightarrow 4 \times 1 = 4$

$S \Rightarrow 5 \times 2 = 10$

$O \Rightarrow 2 \times 3 = 6$

$A \Rightarrow 3 \times 4 = 12$

\Rightarrow Total = 32.

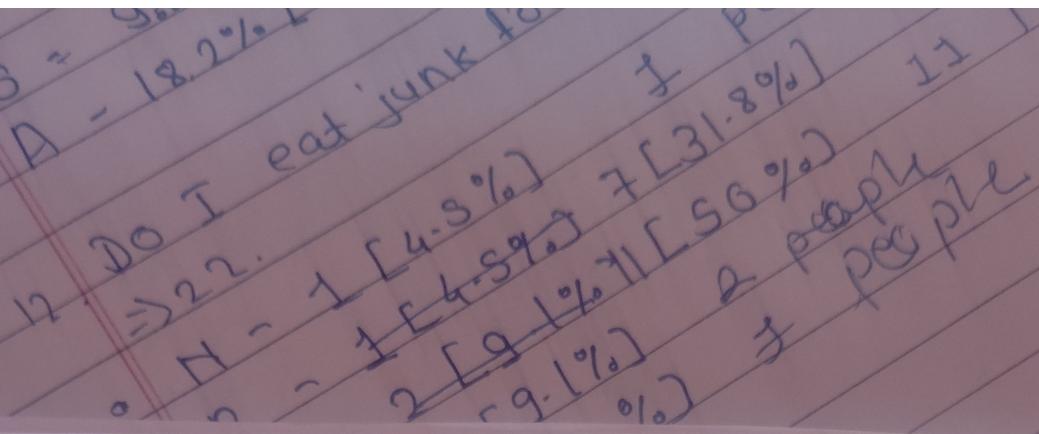
Max Possible
Score.

$$\begin{aligned} & 22 \text{ student } \times 15 \text{ Ques.} \\ & \times 4 \text{ max score} \\ & = 1320 \end{aligned}$$

*Final Percentage
stress % = $553 \div 1320 \times 100$

$$= 41.9\%$$

*Final Result
Moderate ($= 42\%$)



PAGE NO.	
DATE	/ / /

0 - 25% = Low stress

26 - 50% = Moderate stress

51 - 75% = High stress,

76 - 100% = Severe stress.

It fall in 26 - 30% range.

41.9% → Moderate stress