

ACADEMIC STRESS, CAREER DECISION MAKING AND STRESS APPRAISAL AMONG CSS STUDENTS

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ABSTRACT

The present study was investigated the variances in academic stress, career decision making and stress appraisal among CSS students. The current study used correlational research design. Two hundred participants were collected through purposive sampling technique. Data was drawn from both government and private universities of Lahore within two months. Academic Stress Self-Regulated Learning Scale, Career Discussion Making Difficulties Questionnaire and Stress Appraisal Measure were used to measure variables under study. Hierarchical regression analysis showed that academic stress and career decision making were significant predictors of stress appraisal. Correlational results showed academic stress has significant negative relationship with stress appraisal among CSS students.

Keywords: Academic Stress, Career Decision Making, Stress Appraisal, CSS Students.