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EXAMINING THE RELATIONSHIP BETWEEN PERCEIVED STRESS AND EMOTIONAL STABILITY AMONG HIGH SCHOOL STUDENTS

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ABSTRACT

The present research study was conducted to examine the relationship between perceived stress and emotional stability among high school students of private schools in Bangalore city. Perceived stress refers to the subjective experience of stress. It refers to the individual's perception which involves their thoughts and feelings about how much stress he or she is experiencing at a given time period. Emotional stability on the other hand is an important contributory factor to the mental health of adolescents. Stability in emotions and emotional regulation helps an individual to be more flexible and adaptable to their life situations and environment. Hence, this study aimed to assess the level of perceived stress and emotional stability among the high school students and to examine, whether, the perception and appraisal of situations as stressful is related to their emotional stability. A sample of 200 students were selected to be a part of this study, out of which 100 were boys and 100 were girls in the age range of 15-16 years. Perceived Stress Scale by Sheldon Cohen (1994) and Emotional Stability Scale (1995) developed by PSY.com services were the tools used in the study. Pearson's correlation technique was used to explore the relation between perceived stress and emotional stability. The study showed significant negative correlation between perceived stress and emotional stability. Results further showed that high school students experienced high level of perceived stress. Independent t- test results also showed significant gender difference in the level of emotional stability among high school students.

Keywords: Perceived stress; Emotional stability; High- school students, Stress.