

RELATIONSHIP OF MINDFULNESS ON ACADEMIC STRESS OF HIGHER SECONDARY
STUDENTS

Name of student : BINSHI V
Name of supervising Teacher : Dr HASSA KOYA M.P
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OBJECTIVES

- To find out the relationship of mindfulness on academic stress of higher secondary school students.
- To find out whether there exist any significant difference in mindfulness and academic stress of higher secondary school students in the samples based on gender, local facility and type of management.

METHODOLOGY

Method used : Survey method
Sample : 500 HSS students Malappuram, Calicut and Kannur district
Tool : mindfulness inventory. Academic stress inventory. .
Statistical Techniques : preliminary analysis, test of significance of difference between mean 't' test, pearson's product moment co-efficient of correlation.

RESULT

- The study reveals that there exists significant relationship of mindfulness on academic stress of HSS students.
- Also formed that there exist significant difference in the mean scores of mindfulness and in the mean score academic stress in the sub samples based on gender, local facility and type of management.

KEY TERMS : Mindfulness, Academic stress.

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