There is a significant difference on the demographic variable & sources of stress among higher secondary teacher
Handling of various subjects is different significant on factors of stress
Students coming from different background have different level of stress

Work Plan and methodology

Research Methods:

The Research Methods are of utmost importance in a research process. They describe the various steps of the plan of attack to be adopted in solving research problems such as the manner in which the problems are formulated, the definition of terms, the choice of subjects for investigation, the validation of data gathering tools. The collection, analysis and interpretation of data and the process of inferences and generalization.

The survey is a non experimental, descriptive research method. Surveys can be useful when a researcher wants to collect data.

Sampling Method:
Stratified random sampling method used in collection of data.

SELECTION OF A SAMPLE
Scope: Whole Maharashtra

LIMITATION OF THE STUDY
There are many areas out of which I have taken stress as research topic

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<th>Sr No.</th>
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<th>Students</th>
<th>Girls</th>
<th>Boys</th>
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Because of the widespread damage stress can cause it is important to know your own limit. But just how much stress is “too much” differs from person to person. Some people roll with the punches, while others crumble at the slightest obstacle or frustration. Some people even seem to thrive on the excitement and challenge of high-stress lifestyle.

Your ability to tolerate stress depends on many factors, including the quality of your relationship, your general outlook on life, your emotional intelligence and genetic

During the teen years, a lot of biological, physical, mental and emotional changes are happening, as well as the changes in responsibility and role. In order to stabilize these changes, the students are always confronted with problems and conflicts (April, 2002). For some

Students who are not capable of dealing with it, the changes will stress and tension to them. If it is not dealt with in the early stages, the student may experience mental problems (Newman, 2005)

According to Zulkifli (1988), teenagers always face problems in adjusting. Teenagers especially those who are students always face learning problems, career management and also problems in solving personal and social matters. These are the factors that contribute to stress in life. Students are starting to shift from a life that is dependent on others to a life that needs them to release the dependency and start carrying their own responsibilities.

Out of 28 States in India only one state Maharashtra will be considered for study.

Out of 35 District only seven districts from Maharashtra will be considered for study.

Out of 1336 Junior colleges in Maharashtra only 35 Junior colleges will be considered for study.

Only 11th and 12th Standard will be considered.

Only 3 Stream Arts, Science and Commerce will be considered for study.
GEOGRAPHICAL LIMITATION: 7 district of Maharashtra

Name of the Tool:

✔ Questionnaire
✔ Interview

Statistic Techniques:

✔ Mean
✔ Standard Deviation
✔ Skew
✔ T-Test

Tabulation and analysis of data

✔ Tabulation of data
✔ Analysis and interpretation

Findings, Conclusion, Suggestion.