

Enhancing Academic Achievement of University Student through Stress Management Training: A Study from Southern Punjab, Pakistan

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Abstract : The study was a quasi-experimental pre-post test design including two groups. Data was collected from 127 students through non-probability random sampling from Bahaudin Zakariya University Multan. The groups were given pre-test using perceived stress scale and information about academic achievement was taken by self-report. After screening, 27 participants didn't meet the criterion. Remaining 100 participants were divided into two groups (experimental and control). Further, 4 students of experimental group denied taking intervention. Then 46 understudies were separated into three subgroups (16, 15 and 15 in each) for training. The experimental groups were given the stress management training, each of experimental group attended one 3-hour training sessions separately while the control group was only given pre-post assessment. The data were analyzed using ANCOVA method (analysis of covariance) t-test. Results of the study indicate that stress training will lead to increased emotional intelligence and academic achievement of students.

Keywords : stress, stress management, academic achievement, students

Conference Title : ICCPCA 2018 : International Conference on Clinical Psychology and Clinical Assessment

Conference Location : Singapore, Singapore

Conference Dates : March 22-23, 2018