

## ABSTRACT

Stress arises in a human being when the combination of internal and external pressures exceeds the capacity of the individual to cope up with the situation. Normally for many young adults, school time is the best time in their lives.

Today's modern society, students are very likely to experience some or many stresses which may test their ability to cope with : adopting to a new environment, balancing heavy work load, making new friends, becoming more independent and dealing with many more life events. However certain students do not able to cope up with these situations. Certain level of stress is required for a person to perform day to day activities effectively. If stress is making a person unbalanced both physically and mentally that stress is not a fruitful stress. When non-fruitful stress exceeds certain limits it is difficult to perform psychological treatments. Therefore it is required to identify this non-fruitful stress at the pre-stress level and treat it accordingly.

This action research study is on the avoiding of the pre stress in Junior - Secondary school girls in case of a leading girl's school in Colombo. For this action research a sample of eight students were selected out of the students who were referred for school counseling. Scores of pre-stress levels of all the students were measured using the "Teen Stress Scale" published by the American Medical Health Association. At the initial investigation it was found that the pre-stress level of the sample group of students is considerably high. In order to find out the problems faced by the sample group of students, interviews were held with the parents of the students in addition to analysis of responses received for the questioners handed over them.

Further for monitoring the behavior patterns of the sample group of students "Observation Schedules" were given to respective Class Teachers and Hostel Warden to record the student's behavior during the period of intervention. The total number of persons actively participated for this research intervention includes the sample of students, their parents, class teachers, hostel warden and 16 students of the good friend's society of the school.

During the intervention it was found that the main cause for development of pre-stress condition in the sample of student is their family related problems. In addition to that there were problems encountered by them during the cause of adoption to a new environment.

Taking into account the facts identified above the intervention programme was continued. As a first step, awareness programme was conducted for the parents to educate them on the formation of parents and children relationship based on the needs of the children and also created an opportunity for the parents to talk with their children in amiable way.

During the second and third steps adaption of selected students by the good friend's society of school and conducting of a drama therapy for the students with the awareness of the hostel warden were carried out respectively.

As a final step certain activities were performed to calm down the mind of the sample group of students.

After three months of intervention programme the stress score level of each student in the sample group were measured again using the same stress measurements scale using for pre stress measurements.

Finally it was found that the percentage reduction of stress score levels before and after the intervention of the sample group of seven students is in the range of 44% to 52%.

Therefore from this action research it was found that the pre stress of Junior - Secondary school students could be remarkably reduced by means of an effective counseling intervention.