

Academic Stress Among Undergraduate Students Ijoe

The New York Times best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. In this “vital, necessary, and beautiful book” (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and “allows us to understand racism as a practice not restricted to ‘bad people’ (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.

The definitive career guide for grad students, adjuncts, post-docs and anyone else eager to get tenure or turn their Ph.D. into their ideal job Each year tens of thousands of students will, after years of hard work and enormous amounts of money, earn their Ph.D. And each year only a small percentage of them will land a job that justifies and rewards their investment. For every comfortably tenured professor or well-paid former academic, there are countless underpaid and overworked adjuncts, and many more who simply give up in frustration. Those who do make it share an important asset that separates them from the pack: they have a plan. They understand exactly what they need to do to set themselves up for success. They know what really moves the needle in academic job searches, how to avoid the all-too-common mistakes that sink so many of their peers, and how to decide when to point their Ph.D. toward other, non-academic options. Karen Kelsky has made it her mission to help readers join the select few who get the most out of their Ph.D. As a former tenured professor and department head who oversaw numerous academic job searches, she knows from experience exactly what gets an academic applicant a job. And as the creator of the popular and widely respected advice site The Professor is In, she has helped countless Ph.D.'s turn themselves into stronger applicants and land their dream careers. Now, for the first time ever, Karen has poured all her best advice into a single handy guide that addresses the most important issues facing any Ph.D., including: -When, where, and what to publish -Writing a foolproof grant application -Cultivating references and crafting the perfect CV -Acing the job talk and campus interview -Avoiding the adjunct trap -Making the leap to nonacademic work, when the time is right The Professor Is In addresses all of these issues, and many more.

"Good policing is not impossible. The reactions that have been associated with stressors are not inevitable. Many officers retire in good physical and emotional health and 100 back on their careers with pleasure. In a situation where stressors have led to maladaptive behavior on the part of individuals or organizations, change is called for. Change must be constant, as social conditions in the world around us vary. The police represent a force for the order necessary for society to function. It is not an easy job, but it is one that is worth doing well."

Addresses what are perhaps the two biggest problems in teaching Research Methods - getting students interested in methodology and theory and helping them to understand the practical relevance.

Trauma and Resilience in Music Education: Haunted Melodies considers the effects of trauma on both teachers and students in the music classroom, exploring music as a means for working through traumatic experiences and the role music education plays in trauma studies. The volume acknowledges the ubiquity of trauma in our society and its long-term deleterious effects while showcasing the singular ways music can serve as a support for those who struggle. In twelve contributed essays, authors examine theoretical perspectives and personal and societal traumas, providing a foundation for thinking about their implications in music education. Topics covered include: Philosophical, psychological, sociological, empirical, and narrative perspectives of trauma and resilience. How trauma-informed education practices might provide guidelines for music educators in schools and other settings Interrogations of how music and music education may be a source of trauma Distinguishing itself from other subjects—even the other arts—music may provide clues to the recovery of traumatic memory and act as a tool for releasing emotions and calming stresses. Trauma and Resilience in Music Education witnesses music's unique abilities to reach people of all ages and empower them to process traumatic experiences, providing a vital resource for music educators and researchers.

This book is open access under a CC BY 4.0 license. This handbook synthesizes and analyzes the growing knowledge base on life course health development (LCHD) from the prenatal period through emerging adulthood, with implications for clinical practice and public health. It presents LCHD as an innovative field with a sound theoretical framework for understanding wellness and disease from a lifespan perspective, replacing previous medical, biopsychosocial, and early genomic models of health. Interdisciplinary chapters discuss major health concerns (diabetes, obesity), important less-studied conditions (hearing, kidney health), and large-scale issues (nutrition, adversity) from a lifespan viewpoint. In addition, chapters address methodological approaches and challenges by analyzing existing measures, studies, and surveys. The book concludes with the editors' research agenda that proposes priorities for future LCHD research and its application to health care practice and health policy. Topics featured in the Handbook include: The prenatal period and its effect on child obesity and metabolic outcomes. Pregnancy complications and their effect on women's cardiovascular health. A multi-level approach for obesity prevention in children. Application of the LCHD framework to autism spectrum disorder. Socioeconomic disadvantage and its influence on health development across the lifespan. The importance of nutrition to optimal health development across the lifespan. The Handbook of Life Course Health Development is a must-have resource for

researchers, clinicians/professionals, and graduate students in developmental psychology/science; maternal and child health; social work; health economics; educational policy and politics; and medical law as well as many interrelated subdisciplines in psychology, medicine, public health, mental health, education, social welfare, economics, sociology, and law.

Here is a monumental work that continues in the tradition pioneered by co-author Richard Lazarus in his classic book *Psychological Stress and the Coping Process*. Dr. Lazarus and his collaborator, Dr. Susan Folkman, present here a detailed theory of psychological stress, building on the concepts of cognitive appraisal and coping which have become major themes of theory and investigation. As an integrative theoretical analysis, this volume pulls together two decades of research and thought on issues in behavioral medicine, emotion, stress management, treatment, and life span development. A selective review of the most pertinent literature is included in each chapter. The total reference listing for the book extends to 60 pages. This work is necessarily multidisciplinary, reflecting the many dimensions of stress-related problems and their situation within a complex social context. While the emphasis is on psychological aspects of stress, the book is oriented towards professionals in various disciplines, as well as advanced students and educated laypersons. The intended audience ranges from psychiatrists, clinical psychologists, nurses, and social workers to sociologists, anthropologists, medical researchers, and physiologists.

Providing a solid basis for further study in stress management, Auerbach and Gramling focus on the framework necessary for the development and application of a wide range of stress management procedures. The relationship between stress and illness is traced throughout the text, thus providing a context in which to use these procedures. This text is especially helpful in offering students the opportunity to learn how to apply stress management techniques to their own lives with detailed explanations of how these techniques can be applied. It has been designed to be used together with the authors' companion skills-training workbook which teaches how and when to use particular interventions to deal with specific stress-related problems, and how to monitor the effectiveness of those interventions.

"A groundbreaking and illuminating look at the state of abortion access in America and the first long-term study of the consequences-emotional, physical, financial, professional, personal, and psychological-of receiving versus being denied an abortion on women's lives"--

In this important, entertaining book, one of the world's most celebrated psychologists, Martin Seligman, asserts that happiness can be learned and cultivated, and that everyone has the power to inject real joy into their lives. In *Authentic Happiness*, he describes the 24 strengths and virtues unique to the human psyche. Each of us, it seems, has at least five of these attributes, and can build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity -- into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. *Authentic Happiness* provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

This Book Is A Collection Of Useful Articles In The Area Of Stress And Coping. The Articles Are Organised Into Two Sections Stress Process And Coping Process. This Book Has Represented Mainly The Collaborative Effort Of The Research Scholars And The Teachers Of The Department Of Psychology, A.M.U., Aligarh. The Insights And Information Provided By The Contributors Collectively Make A Rich Source Of Accurate Data On This Fascinating Subject. This Book Is Intended As A Primary Source For Graduate Students Who Are Studying Course On Health Psychology And For Stress Management Professionals. An Attempt Has Been Made To Synthesise Stress And Its Management Findings Of The Past Five Years. For The Psychologists, It Can Be Guide To The Most Pertinent Findings Related To The Sources And Effects Of Stress, And Stress Management.

Longson provides a useful, practical introduction to life at university, aimed at anyone - including mature students - about to begin higher education. She offers advice on everything from choosing course options to grants and dealing with debt.

Emotional, physical and social well-being describe human health from birth. Good health goes hand in hand with the ability to handle stress for the future. However, biological factors such as diet, life experiences such as drug abuse, bullying, burnout and social factors such as family and community support at the school stage tend to mold health problems, affecting academic achievements. This book is a compilation of current scientific information about the challenges that students, families and teachers face regarding health and academic achievements. Contributions also relate to how physical activity, psychosocial support and other interventions can be made to understand resilience and vulnerability to school desertion. This book will be of interest to readers from broad professional fields, non-specialist readers, and those involved in education policy.

From an early age a sense of achievement is a source of good motivation and self esteem. Failure is a source of anger and frustration when the learner faces failure, not only feels frustrated but also feels ridiculed by others and is more prone to stress. Thus the process of education itself creates stress. Stress is condition producing disturbance within the individual and it is envisaged as a continuum of stimuli. Anything that cause to stress is known as stressors. The forces are either within the person or within the environment that affect the individual. For academic excellence as well as taking advantage of future opportunities that come in the way of one's life learning is important. Particularly it assumes a great importance at Pre university course. Based on this a need was felt to study academic stress among PUC students. The results showed that high aspiration, poor study habits, more study problems, change in medium of instruction and low socio-economic conditions were the factors that conditioned to academic stress and these become stressors for stress among selected respondents. Highest percentage of students have adopted one or the other coping strategies.

Nonviolent environments are desirable in many areas of life, yet none are as essential as within our educational institutions. Providing a safe space for students has become a critical concern in modern society. *Violence Prevention and Safety Promotion in Higher Education Settings* is a vital resource that examines the current sources of violence within educational systems, and it offers solutions on how to provide a safer space for both students and educators alike. Highlighting pertinent areas of interest including technological violence, academic regulations, nonviolent communication, and gender discrimination, this reference publication is ideal for academicians, future educators, students, and researchers interested in recent advancements that aid in providing secure, safe educational environments for everyone.

Violence Prevention and Safety Promotion in Higher Education Settings IGI Global

Over 5,000 high-school students of different social, religious, and national backgrounds were studied to show the effects of family experience, neighborhoods, minority groups, etc. on their self-image and response to society. Originally published in 1965. The Princeton Legacy Library uses the latest print-on-demand technology to again make available previously out-of-print books from the distinguished backlist of Princeton University Press. These editions preserve the original texts of these important books while presenting them in durable paperback and hardcover editions. The goal of the Princeton Legacy Library is to vastly increase access to the rich scholarly heritage found in the thousands of books published by Princeton University Press since its founding in 1905.

And You Thought Getting into College Was Hard . . . Students who assume they can figure out college on the fly often learn things the hard way—they look back and think, “If only I’d known this from the start!” College Rules! will save you the time and trouble, setting you up for academic success from the get-go. Lesson #1: College is different from high school, and even those who were at the top of their class will need practical advice on how to successfully transition to college life. This updated and expanded third edition of College Rules! reveals strategies that aren’t taught in lectures, including how to: Study smarter—not harder Plan a manageable course schedule Master e-learning technologies Interact effectively with profs Become a research pro—at the library and online Organize killer study groups Feel engaged—even in “yawn” courses Survive the stresses of exam week Succeed even as an alternative or adult student Set yourself up for stellar recommendations Saving time, energy, and aggravation by doing everything right the first time will free you up for that pizza break, ultimate frisbee game, or ski trip even quicker. Why? Because College Rules!

"This highly engaging landmark work, a natural history of exercise--by the author of the best seller The Story of the Human Body--seeks to answer a fundamental question: were you born to run or rest The first three parts of Exercised roughly follow the evolutionary story of human physical activity and inactivity, even as each chapter shatters a particular myth about exercise. Because we cannot understand physical activity without understanding its absence, Part One begins with physical inactivity. What are our bodies doing when we take it easy, including when we sit or sleep? Part Two explores physical activities that require speed, strength, and power, such as sprinting, lifting, and fighting. Part Three surveys physical activities that involve endurance, such as walking, running, or dancing, as well as their effect on aging. Part Four considers how anthropological and evolutionary approaches can help us exercise better in the modern world. How can we more effectively manage to exercise, and in what ways? To what extent, how, and why do different types and durations of exercise help prevent or treat the major diseases that are likely to make us sick and kill us?"--

Youth Suicide and Bullying presents an authoritative review of the science demonstrating the links between these two major public health concerns alongside informed discussion and evidence-based recommendations.

Ecclesial Futures publishes original research and theological reflection on the development and transformation of local Christian communities and the systems that support them as they join in the mission of God in the world. We understand local Christian communities broadly to include traditional “parish” churches and independent local churches, religious communities and congregations, new church plants, so-called “fresh expressions” of church, “emergent” churches, and “new monastic” communities. We are an international and ecumenical journal with an interdisciplinary understanding of our approach to theological research and reflection; the core disciplines being theology, missiology, and ecclesiology. Other social science and theological disciplines may be helpful in supporting the holistic nature of any research, e.g., anthropology and ethnography, sociology, statistical research, biblical studies, leadership studies, and adult learning. The journal fills an important reflective space between the academy and on-the-ground practice within the field of mission studies, ecclesiology, and the so-called “missional church.” This opportunity for engagement has emerged in the last twenty or so years from a turn to the local (and the local church) and, in the western world at least, from the demise of Christendom and a rapidly changing world—which also affects the church globally. The audience for the journal is truly global wherever the local church and the systems that support them exists. We expect to generate interest from readers in church judicatory bodies, theological seminaries, university theology departments, and in local churches from all God’s people and the leaders amongst them.

***** CLICK THE AUTHOR NAME "STARSANDSTRIPES PUBLICATIONS" FOR MORE PLANNERS, JOURNALS & DIARIES ***** Be prepared and keep yourself organized for anything with this stylish Diary! The perfect companion to write about your life experiences. This dairy provides the ideal way to stay organized. A special place to record daily events, record small wins, arm yourself with words of wisdom and capturing brilliant ideas. It's also a popular tool for documenting your daily life. This matte finished diary comes complete with over 100 pages (approx. 52 sheets). It has a flexible lightweight paperback cover, which makes it lighter and easier to carry around, and comes complete with a cool & trendy colorful cover. Dimensions: 6" x 9" giving plenty of writing space to prepare for each day ahead. This Journal is perfect to help: Keep on top of tasks & activities Stay organized with planning Keep track of personal health & medications Noting down things you want to do or read Documenting Life Noting down ideas for blog writing or other forms of writing And so much more... Time to take the stress out of your life and become more organized. Set yourself up for success to help you reach your goals and aspirations with this cute journal. Order yours now!

This indispensable guide takes students through each step of the essay writing process, enabling them to tackle written assignments with confidence. Students will develop their ability to analyse complex concepts, evaluate and critically engage with arguments, communicate their ideas clearly and concisely and generate more ideas of their own. Chapters are short and succinct and cover topics such as reading purposefully, note-taking, essay writing in exams and avoiding plagiarism. Packed with practical activities and handy hints which students can apply to their own writing, this is an ideal resource for students looking to improve the quality and clarity of their academic writing. This book will be a source of guidance and inspiration for students of all disciplines and levels who need to write essays as part of their course. New to this Edition: - Brand new chapters on topics such as learning from feedback, finding your voice and using the right vocabulary - Expanded companion website featuring videos, interactive exercises, sample essays and lecturer resources - Exclusive web-only chapter on improving your memory

If you deal with today's students as a marketer, college faculty member, administrator, parent, or high school counselor, this hands-on guide is a necessary addition to your bookshelf. The new, updated edition features the latest data on the Millennial Generation and how they are changing--and will continue to change--college life. Just as profoundly as their Boomer and Gen-X parents did, college students and their younger siblings have different expectations for their college experience. The ways that they involve their parents in their lives are very different than the relationship between Boomers and their parents. A new chapter in this second edition addresses the shift from Boomer to Gen-X parents of college students, the next big transition on the doorstep of higher education. The authors address issues ranging from the rise of ratings-driven admissions, to the rising burden of student loans, to greater challenges facing career counselors, to the new transition from Boomer "helicopter" parents to Gen-X "stealth fighter" parents. The new edition also presents original survey results on college students and the parents of college students. This exciting new feature is sponsored by Datatel Corporation and Chartwells, and was carried out by Crux Research in collaboration with LifeCourse Associates. With this book, you will find out why Millennial college students: * Like to work in teams * Are risking less and planning more * Find money and class to be more divisive than race Learn how this generation of college students is different and what changes you must make in your approach to recruit them and market to them successfully.

The only book currently available that focuses and multicultural, cross-cultural and international perspectives of stress and coping A very comprehensive resource book on the

subject matter Contains many groundbreaking ideas and findings in stress and coping research Contributors are international scholars, both well-established authors as well as younger scholars with new ideas Appeals to managers, missionaries, and other professions which require working closely with people from other cultures This title is only available as a loose-leaf version with Pearson eText, or an electronic book. A practical, step-by-step core research text that balances coverage of qualitative and quantitative methods Educational Research: Planning, Conducting, and Evaluating Quantitative and Qualitative Research offers a truly balanced, inclusive, and integrated overview of the field as it currently stands. This text provides thorough coverage of the methods and procedures used in quantitative, qualitative, and mixed-methods research. It helps students learn how to begin to conduct research and see a project through preparation of a manuscript, and it also helps students learn how to read and evaluate research reports. Video-Enhanced Pearson eText. Included in this package is access to the new Video-Enhanced eText for exclusively from Pearson. The Video-Enhanced Pearson eText is: Engaging. Full-color online chapters include dynamic videos that show what course concepts look like in real classrooms, model good teaching practice, and expand upon chapter concepts. Video links, chosen by our authors and other subject-matter experts, are embedded right in context of the content you are reading Convenient. Enjoy instant online access from your computer or download the Pearson eText App to read on or offline on your iPad and Android tablets.* Interactive. Features include embedded video, embedded assessment, note taking and sharing, highlighting and search. Affordable. Experience all these advantages of the Video-Enhanced eText along with all the benefits of print for 40% to 50% less than a print bound book. *The Pearson eText App is available for free on Google Play and in the App Store.* Requires Android OS 3.1 - 4, a 7" or 10" tablet or iPad iOS 5.0 or newer 0133831531 / 9780133831535 Educational Research: Planning, Conducting, and Evaluating Quantitative and Qualitative Research, Loose-Leaf Version with Video-Enhanced Pearson eText -- Access Card Package Package consists of: 0133549585 / 9780133549584 Educational Research: Planning, Conducting, and Evaluating Quantitative and Qualitative Research, Loose-Leaf Version 0133570088 / 9780133570083 Educational Research: Planning, Conducting, and Evaluating Quantitative and Qualitative Research, Video-Enhanced Pearson eText -- Access Card

About the Book: This second edition has been thoroughly revised and updated and efforts have been made to enhance the usefulness of the book. In this edition a new chapter The Computer: Its Role in Research have been added keeping in view of the fact tha

The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

This volume is a sequel to the landmark work that established an exciting new field of study, Stress, Appraisal and Coping (Lazarus and Folkman, 1984). The author now explores the newest trends in research and theory, focusing on the rationale for a cognitive-mediational approach to stress and emotions. He makes clear distinctions between social stress, physiological stress, and psychological stress. By integrating both stress and emotion into one theoretical framework, with appraisal and coping as its basis, this book takes a narrative approach to both theory and research. Lazarus concludes with a look at stress and health, with a specific focus on new developments in infectious diseases, the role of the nervous system, and his view of recent changes in psychotherapy. For all upper division psychology majors, graduate students, academics, and professionals in related fields

Inclusive Development of Society contains papers that were originally presented at the 2018 International Congress on Management and Technology in Knowledge, Service, Tourism & Hospitality (SERVE 2018), held 6-7 October and 15-16 December 2018 in Kuta, Bali, Indonesia and 18-19 October, 2018 at The Southern Federal University, Rostov-on-don, Russia. The contributions deal with various interdisciplinary research topics, particularly in the fields of social sciences, economics and the arts. The papers focus especially on such topics as language, cultural studies, economics, behavior studies, political sciences, media and communication, psychology and human development. The theoretical research studies included here should provide a solid foundation for the development of new tools that explore the possibilities of developing tourism, hospitality, service industries in Knowledge Economic Era, and the empirical papers will advance our knowledge regarding the impact of information technologies in organizations' and institutions' practices. These proceedings should be of interest to academics and professionals in the wider field of social sciences, including disciplines such as education, psychology, tourism and knowledge management.

This book provides students with readable, accessible, and easily-applied ideas and guidelines based on sound research evidence for enhancing personal wellness and the wellness of others through effective stress management. The writing style is reader-friendly, and includes many examples and personal application opportunities. It deals with central issues in the lives of today's students. This book is comprehensive, covering a wide range of topics in the stress management and wellness fields.

A first-of-its-kind, science-backed toolkit takes a holistic approach to burnout prevention by helping individuals, teams, and leaders build resilience and thrive at work. Burnout has become one of the most talked about workplace topics, and its impact is far-reaching. The 24/7 pace of work, constant demands, and scant resources can easily put busy

professionals on a path to burnout, a cycle that has only accelerated during the COVID-19 pandemic. Burnout affects the health and well-being of the entire organization, yet most attempts to help focus on quick-fix strategies aimed at individuals. Something is missing. In *Beating Burnout at Work: Why Teams Hold the Secret to Well-Being and Resilience*, Paula Davis, founder of the Stress & Resilience Institute, provides a new framework to help organizations prevent employee burnout. Davis's research-driven, fast-reading, and actionable book is the first of its kind to explore a new solution to the burnout problem at work: a comprehensive approach focused on building the resilience of teams of all sizes. Davis argues that teams, and their leaders, are uniquely positioned to create the type of cultures that are needed to prevent burnout. In *Beating Burnout at Work*, Davis shares stories from her work coaching, teaching, and training leaders and teams of all sizes, and she explores: How she navigated her own burnout as a lawyer, and how that led her to study burnout and launch a business with the aim of helping organizations and their employees become more resilient; How teams and leaders can utilize simple, science-backed strategies to create cultures that promote resilience and well-being and reduce burnout; How the Mayo Clinic, one of the most renowned medical centers in the world, has developed a powerful model to reduce burnout in its organization; How organizations dealing with high-stress challenges, including the US Army, work to increase resilience in a systemic way; and How the German company trivago is piloting a new approach to work amid COVID-19 in order to increase team connection and resilience. Solving the burnout puzzle requires a systemic approach. In *Beating Burnout at Work*, Davis offers an actionable method to help leaders create cultures of well-being and resilience in their organizations.

Examination stress and test anxiety are pervasive problems in modern society. As the information age continues to evolve, test scores will become even more important than they are today in evaluating applicants for demanding jobs and candidates for admission into highly competitive educational programs. Because test anxiety generally causes decrements in performance and undermines academic achievement, the development of effective therapeutic interventions for reducing its adverse effects will continue to be an important priority for counselors, psychologists, and educators. Alleviating test anxiety will also serve to counteract the diminished access to educational and occupational opportunities that is frequently experienced by test-anxious individuals. As its title promises, this volume provides a state-of-the-art evaluation of the nature, antecedents, correlates, and consequences of examination stress and test anxiety. Professor Zeidner's cogent and comprehensive analysis of the affective, cognitive, somatic, and behavioral manifestations of test anxiety are grounded in the extensive knowledge he has gained from his own research on the assessment and treatment of test anxiety. This work has also benefitted from the author's longstanding and productive collaboration with leading contributors to test anxiety theory and research, and his active participation in national and international conferences devoted to understanding test anxiety, including those convened by the Society for Test Anxiety Research (STAR).

Psychology; Behavioral science; Perspectives

Recog: 1. Prevention at national level -- 2. Work, stressors, stress and health -- 3. The socio-economic model and some illustrative results -- 4. COncclusions.

Stress response is a physiological reaction of the human body to potential dangers (tangible or intangible). For a living organism, stress within physiological limits is necessary to stay alive. But the protective effects of stress can easily be potentially harmful for the body when it is out of control. Invariably, life events and stress are combined. It is well established that chronic and excessive stress may reduce the quality and duration of life. Even though the negative health consequences of stress may be physical or psychological, it has been observed that many people still maintain a disease-free lifespan after exposure to intensive stressful conditions. It can be inferred that some people have biologically and psychologically higher resilience capacity. However, there is no doubt that management of stress may be possible and could be learned. Therefore, it is important to be aware of stress management strategies to ensure a life free from stress-related health problems and a healthy lifespan.

This gives me an immense pleasure to announce that 'RED'SHINE Publication, Inc' is coming out with its third volume of peer reviewed, international journal named as 'The International Journal of Indian Psychology. IJIP Journal of Studies' is a humble effort to come out with an affordable option of a low cost publication journal and high quality of publication services, at no profit no loss basis, with the objective of helping young, genius, scholars and seasoned academicians to show their psychological research works to the world at large and also to fulfill their academic aspirations.

This book presents the empirical analysis on status of stress among the higher secondary students and factors determining the same and thus offer insight to critically examine the social, familial, and individual factors that pose risks for student development and identify points of intervention. This book will enable school administrators/principals understand student responses towards difficult situations, which can help in making provisions for intervention at necessary point/stage for corrective and remedial measures. It will help educational leaders to provide a school happy learning climate marked by caring and supportive human resources and opportunities for meaningful participation that can promote resilience and counteract the risk factors in a student's life. It will also help to involve family and community members in supporting their personal or academic growth and in fighting unpleasant life experiences, strengthening child-raising skills, mentoring and tutoring students.

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