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Appendix – A

Questionnaire for Students

(1) Close Ended Questions

No.	Questions	Yes	No
1	Do you feel stress as you have difficulty in coping with the studies and homework?		
2	Are you able to manage your time satisfactory?		
3	Do you get enough time to relax and enjoy?		
4	Do you get time to play with your friends daily?		
5	Do you get time to watch movies once in a month?		
6	Do you take food at a proper time?		
7	Do you not feel hungry at examination time?		
8	Do you have headache often?		
9	Have you made a good combination of studies and play?		
10	Given a chance, will you leave your studies?		
11	Do your parents compare you with your better performing friends?		
12	Do your teachers compare you with your better performing friends?		
13	Do you want to study due to your interest?		
14	Do you study due to the pressure of parents?		
15	Do you study due to the pressure of teachers?		
16	Do you get enjoyment in your study?		
17	Do you get stress in your study?		
18	Do you get stress during exams?		
19	Do you get enough time studies?		
20	Do your parents think that you are performing satisfactorily in studies?		
21	Do your teachers want you to study more?		
22	Are you satisfied with your performance?		
23	Do you like to perform in exams like your friends?		
24	Have you a fixed goal about life?		
25	Do your parents want you to study harder?		
26	Are your teachers satisfied with your performance?		

27	Do you think that you should only study?		
28	Do you think that your parents should not scold you about studies?		
29	Do you think that your teachers should not scold you about studies?		
30	Do you think that your parents are unnecessarily angry with you?		
31	Do you think that your teachers are unnecessarily angry with you?		
32	Do you think that syllabus is very tough?		
33	Do you think that studying makes you tensed?		
34	Do you think that your teachers should motivate you?		
35	Do you think that your parents should motivate you?		

Questionnaire for Students

(2) Open Ended Questions

No.	Question	Per %
1	How do you feel when your friends score more marks than you?	
2	How do you feel when your peers laugh at you when you are unable to answer correctly?	
3	How do you feel when you come late and are not allowed to enter the class?	
4	How do you feel when you are scolded by the teacher in the classroom for not doing homework?	
5	How do you feel when teachers praise you in the classroom?	
6	What do you want to do in your future life?	
7	How do you feel when you commit many mistakes in homework?	
8	What do you feel when you forget to bring your homework?	
9	What do you feel when you get marks less than your expectation?	
10	According to you, what is the importance of studies?	

Appendix – B

The Questionnaire for the parents

No.	Questions	Per %
1	Do you think 11 th and 12 th stds. are extremely important for you and your child? Why?	
2	Are you under stress because your son/daughter is in class 11 th and 12 th stds? Why?	
3	What do you feel when your children do not meet your expectations?	
4	What do you feel when children do not pay attention towards their studies?	
5	Do you feel annoyed when your ward gets less mark?	
6	Do you often give examples of other high scoring students before your children?	
7	How do you motivate your children to study?	
8	How do you support your son/daughter in his/her study?	
9	How do you cope with the stress due to your ward's studies?	
10	What are your expectations from your son/daughter regarding his/her career?	

Appendix – C

The Questionnaire for the teachers

No.	Questions	Per %
1	Do you think how many students feel nervous during exam? Approximately how many in terms of percentage?	
2	Do you think students in 11 th and 12 th std. enjoy studying? What are the indicators?	
3	How do the weak students in 11 th and 12 th std. feel during the year?	
4	How many students physically healthy in your class?	
5	How many students of 11 th and 12 th std. suffer from diseases like fever, headache and loss of appetite? What do you think are the reasons?	
6	What are the other indicators of depression among students?	
7	What do you feel when your students do not pay attention towards study?	
8	What do you do when your students do not complete the homework?	
9	When you find some students under depression, how do you try to help?	
10	What are your suggestions to reduce stress among the students of 11 th and 12 th std.?	