

Fell, Frank, 1997, *Student Stress: Prevalence, Sources and Symptoms in a Voluntary Secondary School in Tralee, Co. Kerry.*

ABSTRACT OF DISSERTATION

The purpose of the study is to determine through the use of a questionnaire survey, the prevalence, sources and symptoms of stress among Leaving Certificate students in St Mary's Voluntary Secondary School, Tralee, Co. Kerry.

Chapter One outlines the background to the study and highlights some of the areas to be looked at in subsequent chapters.

Chapter Two reviews the existing literature to acquaint the reader with work already done on the topics of stress and self-esteem.

Chapter Three looks at effective schools and reviews the student support systems in place in the author's own school.

Chapter Four involves school-based research on the topic of student stress. Questionnaires are used to gather information. Data is analysed and presented in the form of tables, graphs, charts and writing. Results are compared to findings already published on this topic.

Chapter Five provides conclusions and recommendations based on the above findings.