

O'Sullivan, Orla, 2013, *Stress among Leaving Certificate Students.*

ABSTRACT

The aim of this study was to investigate aspects of stress amongst Leaving Certificate students.

Chapter One, as well as providing the research questions and definitions, describes the Irish second-level schooling system and gives the reader some background knowledge on the three schools in the south of Ireland in which the study is set.

Chapter Two examines the literature on stress, focusing particularly on stress and Leaving Certificate students.

Chapter Three considers research methodology in general, describes some research methods and gives reasons why the survey was chosen as the most suitable research method for the study. In addition, the study is described. Ninety six Leaving Certificate students, in three schools in the south of Ireland, were surveyed through the use of a questionnaire. In addition, a principal, a parent, a subject teacher and a career guidance teacher were interviewed.

Chapter Four presents and analyses the research findings. the top stress relievers identified by respondents were exercise, talking to someone and thinking positive thoughts. The study found that schools can help students by allowing them more time to study at home, by teaching them study skills and by offering them encouragement.

Chapter Five presents conclusions, provides recommendations and identifies areas for further research