

ABSTRACT

The main purposes of this study were (1) to find out causes of stress (2) to examine the stress level, and (3) and to reveal the stress coping strategies of M.1 students in the English Program at Patumwan Demonstration School.

The sample used in this study included all 59 students (comprising 20 males and 39 females) in M.1 in the English Program at Patumwan Demonstration School in the academic year 2008. The data from the questionnaire was analyzed using the Statistical Package for Social Sciences or SPSS version 12.0 to determine frequencies and percentages.

The findings of the study revealed that M.1 students in the English Program at Patumwan Demonstration School had stress, but not too much stress. The results of the study were as follows:

1. A majority of students had academic sources of stress (Mean = 2.50).
2. Most of the students (40.7%) had a normal stress level, 32.2% had a slightly higher than normal stress level, and only 3.4% had a much higher than normal stress level.
3. Most of the students used problem-focused coping strategies (Mean = 2.62), followed by social support coping (Mean = 2.59) and avoidance coping (Mean = 2.20) respectively.
4. The gender of the students was not related to stress level. Males and females had an equal chance to experience stress at different levels.
5. Experience in an English Program was not related to stress level.