Byram Hills Central School District

Applied Action Research
Byram Hills Guidance Department

Student Anxiety and Stress at Byram Hills High School (2011)

Kristina Wilson, Matt Allen, Tom Andriello, Joanna Lewick, Anne Kaplan, Susan Buchman, Larry Nadell, Maria Montalbano, and Steve Borneman

Abstract

A *Learn to Inspire* team consisting of six general education teachers and three school counselors conducted an action research study that examined critical variables related to student anxiety and stress at Byram Hills High School (BHHS). Sixty-six freshmen, 20 sophomores, 13 juniors, and 66 seniors responded to a survey composed of Likert-scale and open response questions. The study explored the onset of anxiety, causes of it, tools to handle it, and the students' understanding of who is responsible to help them cope effectively with school-related stress and anxiety. The study found that the average age at which students report the onset of school-related anxiety is 13 years of age for the most part. Most students considered maintaining the quality of their grades and transcript as the factor that makes them most anxious and stressed at school. When students were asked if they had sufficient tools to alleviate school-related anxiety, there were notable differences. Seventy one percent of 9th graders and 68% of 12th graders reported that they had sufficient tools to alleviate school-related stress, while only 47%of 10th and 11th graders said the same. Most students reported that they themselves were most responsible for coping with school-related stress and anxiety.