

CHAPTER THREE

METHODOLOGY

This chapter describes the causes of stress, the stress levels, the coping strategies, and the correlation between the stress levels and the coping strategies of M.1 students in the English Program. In this chapter the selection of the subjects, materials, procedures and data collection, and data analysis are discussed.

3.1 SUBJECTS

The population in this case study included all 70 students in M.1 in the English Program of Patumwan Demonstration School in the academic year 2008.

3.2 MATERIALS

The researcher constructed a questionnaire based on previous research and pre-tested for face validity. The advisor checked the questionnaire before it was distributed to the respondents. The questionnaire consisted of four parts as follows:

Part 1: Demographic Information

The first part concerned demographic information which included two questions as follows:

- Gender
- Experience in taking the English Program

Part 2: Sources of Stress

The second part was divided into three categories of potential sources of stress: interpersonal sources of stress, academic sources of stress and school environmental sources of stress. Personal sources of stress were divided into three sub-items; five items representing stress from friends, three items representing stress from teachers, and three items representing stress from parents. Seven items represented academic sources of stress. Environmental sources of stress were divided into four sub-items; three items representing stress from the library, three items

representing stress from the canteen, two items representing stress from the toilet, and three items representing stress from classroom. The stress survey in this part was modified by the researcher based on the Students Stress Scale of Insel & Ross, and Taylor Manifest Anxiety Scale (as cited in Ross, 1999).

The rating scale ranged from “not stressful at all” to “very stressful” as follows:

Contribution of different sources of stress	Scores
Slightly stressful	1
Moderately stressful	2
Rather stressful	3
Very stressful	4

The mean scores of stress of the respondents were divided as shown in the table below:

Mean score	Meaning
1.00 – 1.75	Slightly stressful
1.76 – 2.50	Moderately stressful
2.51 – 3.25	Rather stressful
3.26 – 4.00	Very stressful

Part 3: Measurement of the Stress Level

This part concerned measurement of the stress level. This part was taken from the self-perception of the stress level for Thai people constructed by Somchai Chakapan and others' study (อ้างอิงใน สุภารัตน์ หนูหอม, 2544, น. 55) which contains 20 items. It has a reliability of .8628. The items are in a summated scale, showing the frequency of stress occurrences as shown in the table below:

Frequency of stress	Scores
Never	0
Occasionally	1
Often	2
Regularly	3

The total scores of stress were divided as follows:

Total scores of stress	Stress level
0-5	Much lower than normal level
6-17	Normal stress level
18-25	Slightly higher than normal level
26-29	Moderately higher than normal level
30-60	Much higher than normal level

Part 4: Stress Coping Strategies

This part contained questions about coping strategies. The items were in a summated scale. The questions were from the previous instrument of Patrsuda Hamamphai who constructed the questionnaire based on coping strategies suggested by Cook and Heppner (as cited in สุดารัตน์ หนูหอม, 2544, น. 56).

Frequency of Coping Strategies	Scores
Rarely used	1
Sometimes used	2
Often used	3
Always used	4

The questions in this part concerned the three coping strategies which were divided into the following sub-strategies:

1. Problem-focused coping strategy

1.1 Active coping strategy: three related questions are 1, 8

1.2 Planning strategy: four related questions are 2, 12

1.3 Suppression of competing activities strategy: four related questions are 13, 20

1.4 Restraint coping strategy: four related questions are 3, 19

1.5 Positive reinterpretation and growth strategy: three related questions are 6, 14

1.6 Acceptance strategy: three related questions are 11, 22

2. Social support coping strategy

2.1 Seeking social support for instrumental reasons strategy: four related questions are 15, 21

2.2 Seeking social support for emotional reasons strategy: three related questions are 4, 7

3. Avoidance coping strategy

3.1 Denial strategy: four related questions are 5, 16

3.2 Behavioral disengagement strategy: four related questions are 9, 17

3.3 Mental disengagement strategy: four related questions are 10, 18

The mean scores of stress coping strategies were divided as shown in the table below:

Mean scores	Meaning
1.00 – 1.75	Rarely used
1.76 – 2.50	Sometimes used
2.51 – 3.25	Often used
3.26 – 4.00	Always used

3.3 PROCEDURES

A questionnaire was used to gather the primary data from the target group, which was M.1 students in the English Program at Patumwan Demonstration School in the academic year 2008. The researcher distributed the questionnaires to the students in the last week of December and asked them to complete the questionnaires and return them directly to the researcher on the same day.

3.4 DATA ANALYSIS

The researcher analyzed the data derived from the questionnaire by using the SPSS (Statistical Package for Social Sciences). Both descriptive and inferential statistics were used for data analysis as follows:

3.4.1 Personal data, sources of stress, stress levels and coping strategies were analyzed by using descriptive statistics, i.e., frequency, percentage, mean and standard deviation.

3.4.2 The two hypotheses were tested by using a t-test.

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