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Using the Adolescent Stress Identification Inventory (ASII) to Identify Stress in Grade 10 and Grade 11 Girls, at a Private Highschool in Johannesburg.

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ABSTRACT

The Adolescent Stress Identification Inventory (ASII) was developed specifically to identify stress in South African adolescents. It consists of structured questions in response to which the subject is required to rate a statement according to a given scale. The purpose of this research was to assess the usefulness of the ASII as a structured inventory for identifying stress in adolescent girls who attend a private high school in Johannesburg. The sample of adolescents used in this research comprised only of English speaking girls but with the added dimension of the different race groupings namely White, Black, Chinese, Indian and Coloured. This allowed the researcher to compare the stressors identified by Kruger (1992) with the comparative female age cohort selected in this sample and identify and compare the stressors amongst the different racial groups. Understanding what types of things adolescents find stressful in relation to their stage of development is important in helping the adolescent cope with their "daily hassles" and assists teachers, parents and psychologists in treating and preventing the symptoms of stress. Erikson's psychosocial theory of development is used as a basis for understanding the complex interaction and integration of physical, psychological and social factors that characterize adolescence as a period of development. The findings from this research suggest that the stressors identified by grade 10 and grade 11 girls, can be viewed in terms of the factors associated with the ASII, namely societal demands, self-concept, future expectations, relations and positive experience. The ASII was able to identify stressors and detect the similarities and differences of the types of concerns that the adolescents from the different race groups perceived as stressful. It is recommended that the ASII is used in conjunction with a qualitative means of acquiring more information about the respondents stress experience.

KEY WORDS

Adolescence | Adolescent Stress Identification Inventory | Coping | Daily Hassles | Erikson | Identity | Measures of Stress | Psychosocial | Stressors | Stress Factors