

The impact of teachers and parents attitudes on students stress level during final exams in Albania

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Abstract

This paper aims to explore the ways in which Albanian students of the senior year of high school experience stress before the final exams. It is hypothesized that most of the student experience high stress levels due to these exams and the fact that their performance defines their admission to the University. A quantitative content will be used for the analysis of the connection between stress level, exams and the expectation of every student about continuing further education, the ways that students choose to relief stress and the student perception of the importance of help and guidance from adults (parents and teachers) to successfully go through this stress period. The participants were 110 students of the senior year of high school, aged 17-19, 58 females (52.8%) and 52 males (47.2%). They completed a questionnaire on student stress. It was found that students of the senior year of high school report high levels of stress and their stress is related with the help and support they get from the adults (parents and teachers).

Key words: *state exams, stress, stress relief, parents and teachers*