

Stress Management Self-Efficacy Scale

What does this SSW measure address?

The Stress Management Self-Efficacy Scale measures students' perceptions of their ability to manage multiple sources of stress in their lives.

For use with:

High school students

Why is it important?

Managing stress is an important skill for individuals of all ages. The inability to manage stress can significantly impact student development and educational progress. Use the scale as a follow up to risk-level SSP scores on any of the Health and Well-being dimensions. Depending on the percentage of students with risk level scores, Tier 1, 2 or 3 strategies may be indicated. Addressing specific sources of stress and promoting stress management skills can both be used to help students who are stressed. The scale overall or specific items can be used with students to create goals. They can also be used for pretest post-test comparisons.



What do researchers say about the quality of the scale?

This is a new measure. It is supported by the well-known theory self-efficacy theory of Albert Bandura (Pajares, Frank & Urdan, Tim. (2006). *Self Efficacy Beliefs of Adolescents*. Greenwich, Conn: Information Age Publishing—especially Chapter 13).

Source:

The Stress Management Self-Efficacy Scale was developed by Family and Children First Councils.

Scoring:

Sum scores on items to create a scale score for student self-efficacy for stress management. The score will range from 11 to 77 (if the two “other” options are used, 9 to 63 if not). Higher scores indicate worse stress management self-efficacy. You can also interpret each item as an important indicator of stress management self-efficacy that can be discussed with students.

MEASURES FOR PRACTICE

Stress Management Self-Efficacy Scale

For the following set of questions, we would like you to rate how well you feel you are able to manage stress in your life. For each general area of potential stress, fill in the circle that best shows how confident you are in managing stress in that area.

	I have no difficulty handling stress in this area		I have some difficulty handling stress in this area			I have great difficulty handling stress in this area	
	1	2	3	4	5	6	7
Points:							
1. Stress related to home life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Stress related to school performance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Stress related to school attendance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Stress related to romantic relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Stress related to friendships/ relationships with other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Stress related to teacher relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Stress related to uncertainties about my future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Stress related to finances	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Stress related to emerging adult responsibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. Next, please rate how much overall confidence in dealing with the stress you feel you have in your life:							
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not very confident at all			Somewhat confident				Very confident