

# Stress Level in Grade 6 Students at Muak Lek District, Saraburi

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## Abstract

The stress causes mental health problems and misconduct or violence. Suicide in adolescents due to stress has been increasing in Thailand. Grade 6 students are considered preteen that may be challenged with stress when facing difficulties in lives. This study was conducted to determine the stress level of grade 6 students at Muak Lek District, Saraburi and compare between male and female students. A descriptive survey with purposive sampling was used. The sample group was 153 grade 6 students who participated in the “Better Health with NEWSTART Exhibition” on January 2018 at Asia-Pacific International University. Questionnaires designed from Mental Health Ministry of Thailand with a total score of 15 were administered by sophomore nursing students. Of the 76 male students 59.2% are *less* stressed ( $= 4.50$ ). Of the 77 female students 46.8% are *less* stressed ( $= 4.79$ ). The overall mean ( $= 4.65$ ) is interpreted as *less to moderate* stress and is not significantly different between male and female ( $p = 0.534$ ), suggesting that assessing the stress level at school age can help the students prevent misconduct or violent behavior from stress at school before becoming a teenager. Moreover, stress and coping program should be considered and implemented as early as primary school age.

**Keywords:** *stress level, NEWSTART, grade 6 student, school age, mental health*