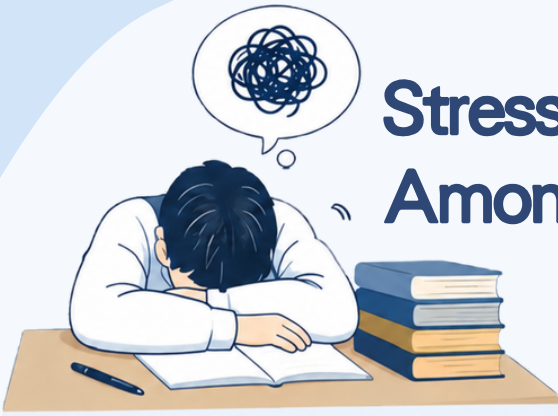


Stress Sources and Coping Methods Among High School Students



-Between Stress and Life,
How Can We Breathe?-

Research Motivation

High school students face pressure from academics, relationships, and future plans. This study explores their stress sources and coping methods.

Research Purpose

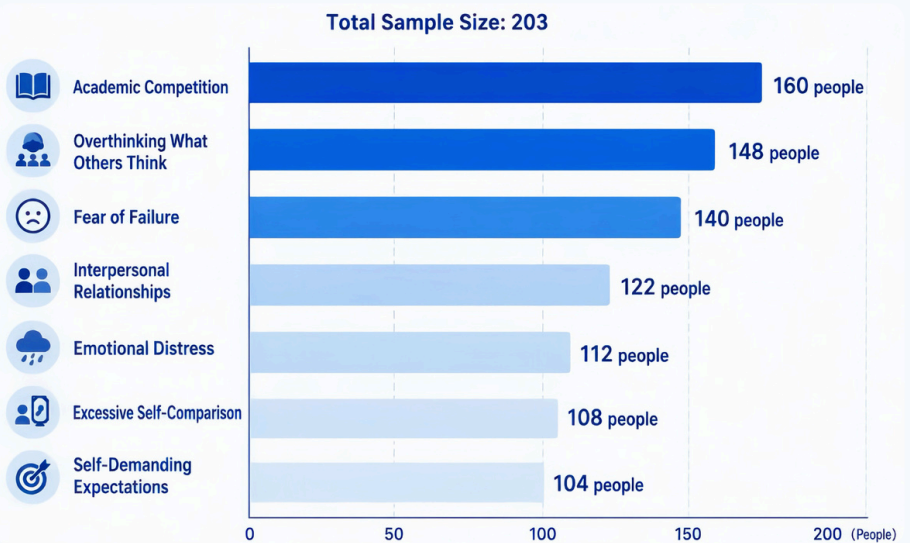
- Explore stress sources and coping methods
- Analyze the effects of stress
- Discuss stress management
- Provide suggestions

Research Method

Participants | High school students
Method | Online survey
Responses | 203
Survey Period | Dec. 2025

Research Results

1. Main Sources of Stress (Multiple Choice)



2. Main Coping Methods (Multiple Choice)



Conclusion

High school students face pressure mainly from academics, fear of failure, and others' opinions. Most students relieve stress through entertainment, music, or talking with others. Mental health and stress management should be valued.

Suggestions

- For Students | Practice self-acceptance and share emotions with trusted people.
- For Parents | Provide support and avoid excessive comparison.
- For Schools | Reduce pressure from rankings and strengthen career guidance.