

## ABSTRACT

Academic stress is common among school children and adolescents, especially in Asian countries. This study aims to identify factors associated with academics of the school children. Firstly the item pool for emerging themes of previous study explored the phenomena of academic stress for school children. Repetitive items were removed from the item pool and the list of 30 items was given to 5 experts' school psychologists to establish its content validity. According to results, items were retained who had above 60% agreement. After that the psychometric properties of the new developed scale of Academic Stress for school children was established. Cross sectional research design has been used to determine the academic stress among school children. Data were collected from 600 school children (male and female) of class 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> selected from Government and Private schools of Lahore city through Area probability sampling. After that, the data were analyzed through Statistical Package for Social Sciences (SPSS-21), for descriptive and inferential analysis. Different types of data analyses were used for purpose of establishing the psychometric properties and hypotheses testing i.e. One-way analysis of variance and Independent sample t-test. It is found that the school children's home environment can also affect the academics of the children and can be a cause of academic stress of the school children. However, Parent's economic status can also be a factor that affects the academics of the school children and the students of class 7 are more likely to have academic stress as compared to other classes. The findings of the current research will provide the basis for understanding the critical role of academic stress among school children. This study will help the researchers in Pakistan to find that what are the main reasons and factors of having academic stress in school children.

*Keywords:* stress, academic stress, school children