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Title:	Why are girls more stressed? Practical strategies that respond to the stressors identified by girls in a multi-ethnic urban middle and secondary school in NZ
	<p>In studies of stress for young people girls register significantly higher levels of stress than boys.</p> <p>This pilot study aimed to investigate the sources and levels of stress for girls attending a large urban multi-ethnic secondary school, ages 11 to 18 years, and the reasons why levels of stress are higher for girls. Girls were also asked about coping strategies. Fifty girls participated in seven focus groups at different year levels over thirty-four days in early 2019. The study built upon the work done in a quantitative study of 697 students at the same College (Goddard, 2014).</p> <p>While this study produced useful data, a qualitative study was needed to investigate why girls were more stressed than boys. Discussion was guided by a consistent set of questions over all levels, and sessions were recorded, transcribed and analysed using a Constructivist Grounded Theory methodology. Sources of stress clustered around the themes of school, relationships, self-esteem and concerns about the future, with homework being the most frequently cited stressor.</p> <p>Girls had opinions on why boys were different and why some students cope with stress better than others.</p> <p>Further work is needed on the psychological and societal factors that underpin the persistent disadvantages girls suffer.</p>