

P-1385 - EVALUATION OF STRESS IN STUDENTS UNDER THE UNIVERSITY ENTRANCE

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The study aims to assess the level of stress in students being university entrance, which is using the LSSI a psychological test that measures the stress and classifies it into four phases: alarm, resistance, near-exhaustion, and exhaustion. We seek to understand whether the assessment to go to university increases the level of stress on the student or not and it is possible to discern ways to manage stress, thus improving the quality of student life and learning. Psychological test was applied in two groups of students from the same school in the city of Guarulhos, a group that will undergo evaluation to join a university called the experimental group and another group that will not undergo this evaluation, we call this the control group. Each group had 30 people. We conclude that the experimental group is the more students with symptoms of stress, 78.2%. In the control group had 45% of people with symptoms of stress only. In both groups we find most people with stress in the resistance phase predominantly psychological symptoms. In both groups, the percentage of women with symptoms of stress is higher than that of men. Through the results of this research we can see that there is a need to think about ways to manage stress of people who will be subject to evaluation, it was proven that this increases the chances of the person to be affected by stress and this can be harmful to health and to their learning.