

GROW UP! IT

Competences and framework for social system youth workers.



Erasmus+

Self Starting Program

A set of tools for testing an individual's level of competence in coping with stress



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A set of tools for testing an individual's level of competence in coping with stress
Self Starting method

The questionnaire is used for screening the level and type of stress among adolescents in school age (11-19 years). It consists of four parts, the first – intended to assess the emotional state, the second – to study self-assessment, the third – to measure the physiological symptoms of stress, the fourth to determine the type of social support.

Questionnaire assessing the level and type of stress

Date

.....

The age of the examined person

.....

Gender of the examined person

.....

Describe your feelings and emotional states with the help of statements in the table below. Read them carefully and answer according to what you usually feel in a difficult situation. Do not think too long about the answer. In case you want to change the answer, cross out the wrong answer and circle the correct one.

No.	Content	In the last six months			
		Less than 20 times	Between 21 and 40 times	Between 41 and 70 times	More than 70 times
1	I was worried	0	1	2	3
2	I felt anxious	0	1	2	3
3	I was afraid	0	1	2	3
4	I panicked	0	1	2	3
5	I was angry	0	1	2	3
6	I was sad	0	1	2	3
7	I felt joy	0	1	2	3

8	I felt happy	0	1	2	3
9	My feelings were hurt	0	1	2	3
10	I felt sympathy for myself	0	1	2	3
11	I did not worry about what others think or talk about me	0	1	2	3
12	I believed in my abilities	0	1	2	3
13	I coped with difficult situations	0	1	2	3
14	I blamed myself	0	1	2	3
15	My stomach ached because of stress	0	1	2	3
16	My head ached because of stress	0	1	2	3
17	My hand were sweating because of stress	0	1	2	3
18	My heart was racing because of stress	0	1	2	3
19	My mouth was dry because of stress	0	1	2	3
20	I tensed my muscles because of stress	0	1	2	3
21	I cried or was angry	0	1	2	3
22	I used tools and techniques that reduce stress levels	0	1	2	3
23	I solved my problems by myself	0	1	2	3
24	I experienced humiliation from others	0	1	2	3
25	I took it out on somebody	0	1	2	3
26	I felt secure in home	0	1	2	3
27	I felt secure in school	0	1	2	3
28	I was alone with my problems	0	1	2	3
29	I took active part in the class discussions / student talks	0	1	2	3

Calculations

For 10 results, a reverse scale of results was used.

For questions: 7,8,10,12,13,22,23,26,27,29, the calculations are as follows:

- Instead of "0" count "3",
- Instead of "1" count "2",
- Instead of "2" count "1",
- Instead of "3" count "0"

Results:

- 87 – 55 points. Low competences
- 54 – 36 points. Average competences
- 35 – 16 points. High competences
- 15 – 0 points Very high competences

Low competences – the results indicate constant experiencing of stressful situations, low self-esteem and perhaps a sense of harm and alienation. The psychological tension lasts for a long time. The result of chronic stress is the experience of strong, negative physiological, emotional and social withdrawal symptoms. Stress works destructively, the person does not use their own resources or support from the environment. The person shows a low level of social competences, lack of knowledge of relaxation techniques used to reduce the level of stress and supporting building up a sense of self-confidence as well as self-esteem. This condition poses a risk of somatic, mental disorders and social alienation. The person requires immediate specialist support and pedagogical as well as psychological consultation.

Average competences – the results indicate frequent experiencing of stressful situations, fluctuations in self-confidence and self-esteem. The psychological tension appears often. The result may be the appearance of chronic stress that leads to strong somatic symptoms. Stress works destructively, the person does not use their own resources or support from the environment. The person shows a low level of social competences, lack of knowledge of relaxation techniques used to reduce the level of stress and supporting building up a sense of self-confidence as well as self-esteem. This condition poses a risk of somatic, mental disorders and social alienation. It is recommended to seek specialist support as well as pedagogical and psychological consultation. The person requires psycho-education about the forms and healthy mechanisms of coping with stress as well as working with symptoms of stress, both physical and emotional.

High competences – the person who obtains the above result has suitable competences to cope with stressful situations. When the psychological tension appears, the person has skills and knowledge to deal with the issue immediately. The person uses social support. Stress in this case has a mobilizing effect and the person does not require specialist help. People with this score can educate colleagues from school and support them.

Very high competences – the person who obtains the above result has considerable competences in dealing with stressful situations. The person recognises approaching stress and is able to respond accordingly, before the symptoms appear. People with such score perceive stress as a challenge and motivation to act. This result indicates that the person possesses a wide range of stress-reducing tools. can share their knowledge with others and provide support in stressful situations. This score indicates that the person is able to share knowledge and provide support in situations related to coping with stress.



Question	Real Score	Reversed Score	New Score
1			
2			
3			
4			
5			
6			
7			
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10			
11			
12			
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14			
15			
16			
17			
17			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
		Total	

