

# **CAT 4 RESOURCE DEVELOPMENT**

**Group 4-012**

## **ABSTRACT**

Project Aegle is a project that aims to increase awareness of stress in Hwa Chong Institution, based on the various causes of stress, the effects of such stress, and some methods to help students cope with this stress.

In the current society, stress is a very imminent issue, and if not handled properly, unhealthy amounts of stress can lead to a range of problems. For example, stress can make it difficult for us to control our emotions, resulting in emotional outbursts and breakdowns. The effects of unhealthy amounts of stress are thus dangerous. Hence, we have created various resources, such as our website, infographics and a documentary. These resources are specially catered to Hwa Chongians' needs and are resources created by Hwa Chongians for Hwa Chongians. This information is specially catered to a Hwa Chongian, sharing results from our interviews and surveys, making the resources much more relatable and relevant. Hwa Chongians under immense stress would be able to properly utilise proven and trialled information and methods, and understand that they are not alone.

We hope that through Project Aegle, our catered resources and contents would be able to raise awareness of stress in Hwa Chong Institution, the causes to this phenomenon, and some currently used solutions, all based on other Hwa Chongians.

# **1 INTRODUCTION**

## **1.1 Rationale**

Based on our survey results, students in Hwa Chong Institution are under stress and do not necessarily know how to cope with it. This is extremely serious because stress, when unmanaged, can pile up to become an unhealthy amount of stress which can affect a Hwa Chongian's physical and mental state. Thus, we believe that Hwa Chongians would need resources specially tailored to cater to their needs, to help them learn about stress and some ways to cope with the stress.

## **1.2 Objectives**

The objectives of Project Aegle are to:

- Raise awareness on student stress in Hwa Chong
- Identify the reasons as to why Hwa Chongians are feeling large amounts of stress
- Find ways to combat stress and better manage stress

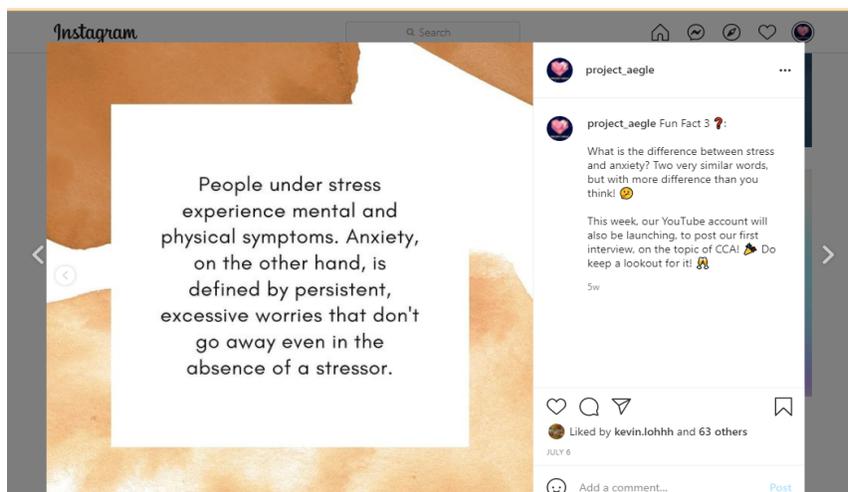
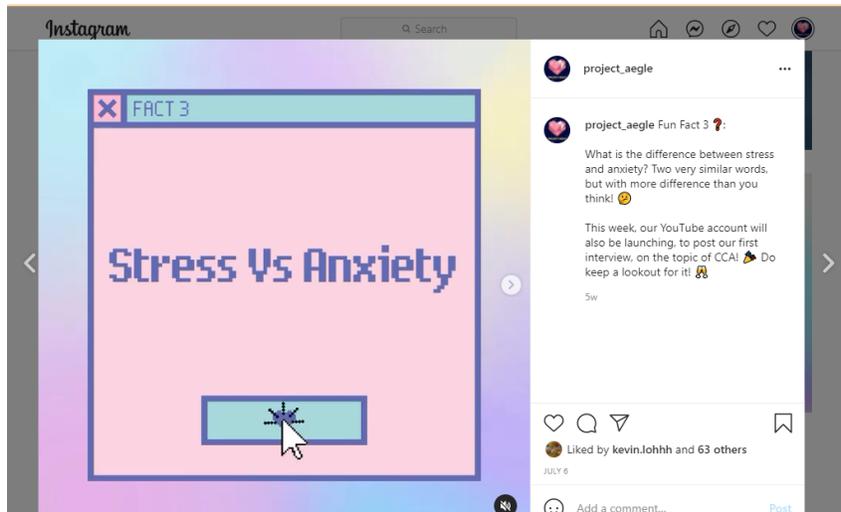
## **1.3 Target Audience**

The target audience of our project is Students of Hwa Chong Institution (High School)

## 1.4 Resources

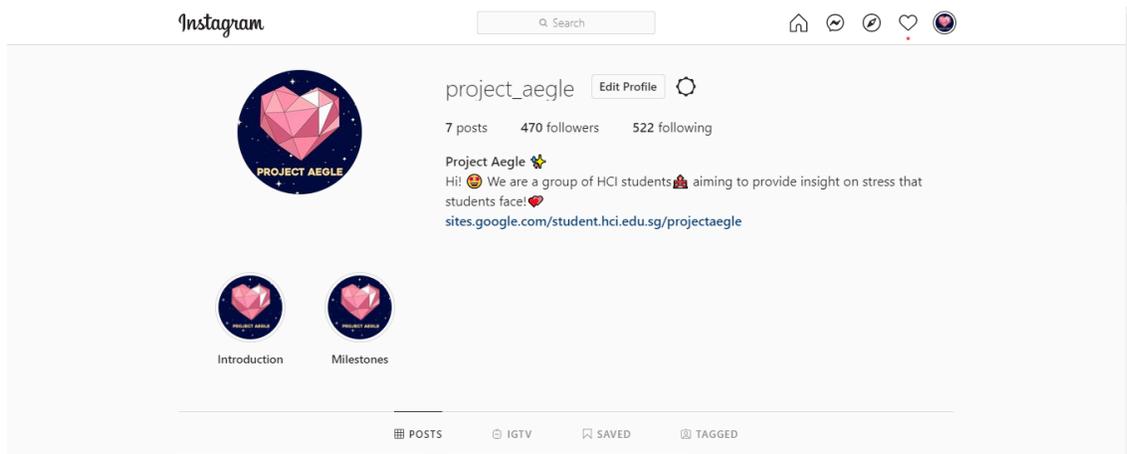
Our resources for this project comprises a website, infographics and a documentary on stress in Hwa Chong Institution.

### Instagram Infographics



*One of the many Project Aegle's Instagram posts, in this example, it explains how the difference between Stress and Anxiety to Hwa Chongians*

Over the past year, we regularly posted fun facts on stress, based on a variety of resources and secondary data. In addition, we also shared some personalised insights that we gathered from our surveys and interviews, specific to Hwa Chongians.



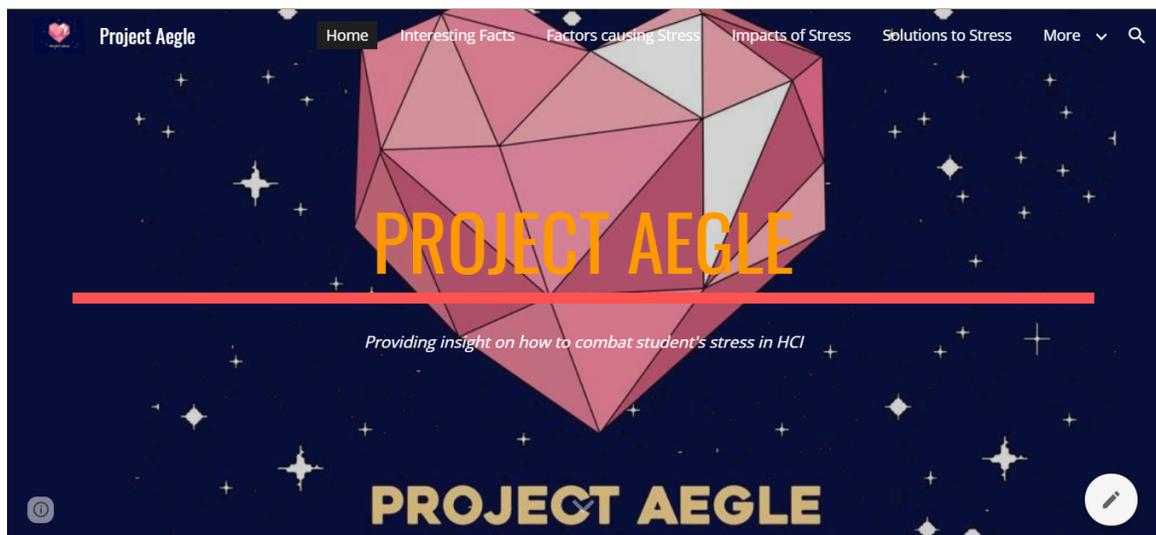
*Project Aegle's Instagram account, which aims to provide insight and raise awareness on stress that students in Hwa Chong Institution face, to its followers (largely Hwa Chongians)*

We used Instagram as our main social media platform as well, to share updates on our projects, and sneak peeks of our other upcoming resources, which are all uploaded in our website

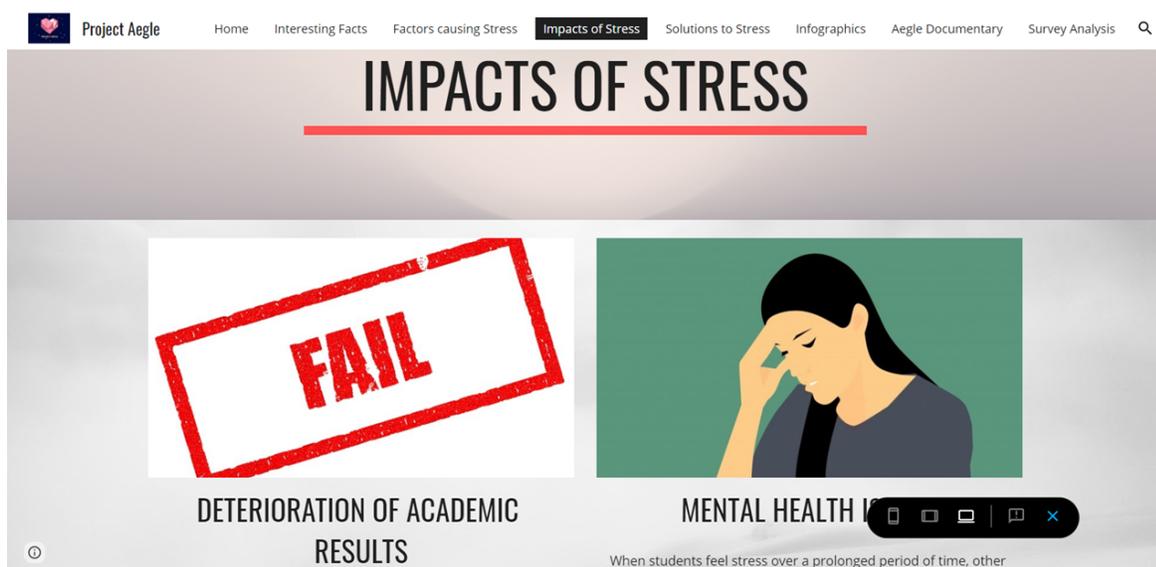
*Link to Instagram Page:*

[https://www.instagram.com/invites/contact/?i=10hqsgmvm38h&utm\\_content=kuvkzrz](https://www.instagram.com/invites/contact/?i=10hqsgmvm38h&utm_content=kuvkzrz)

## Website



*Project Aegle's website home page which collated all of our project's resources into a simple and easy website for anyone to access*

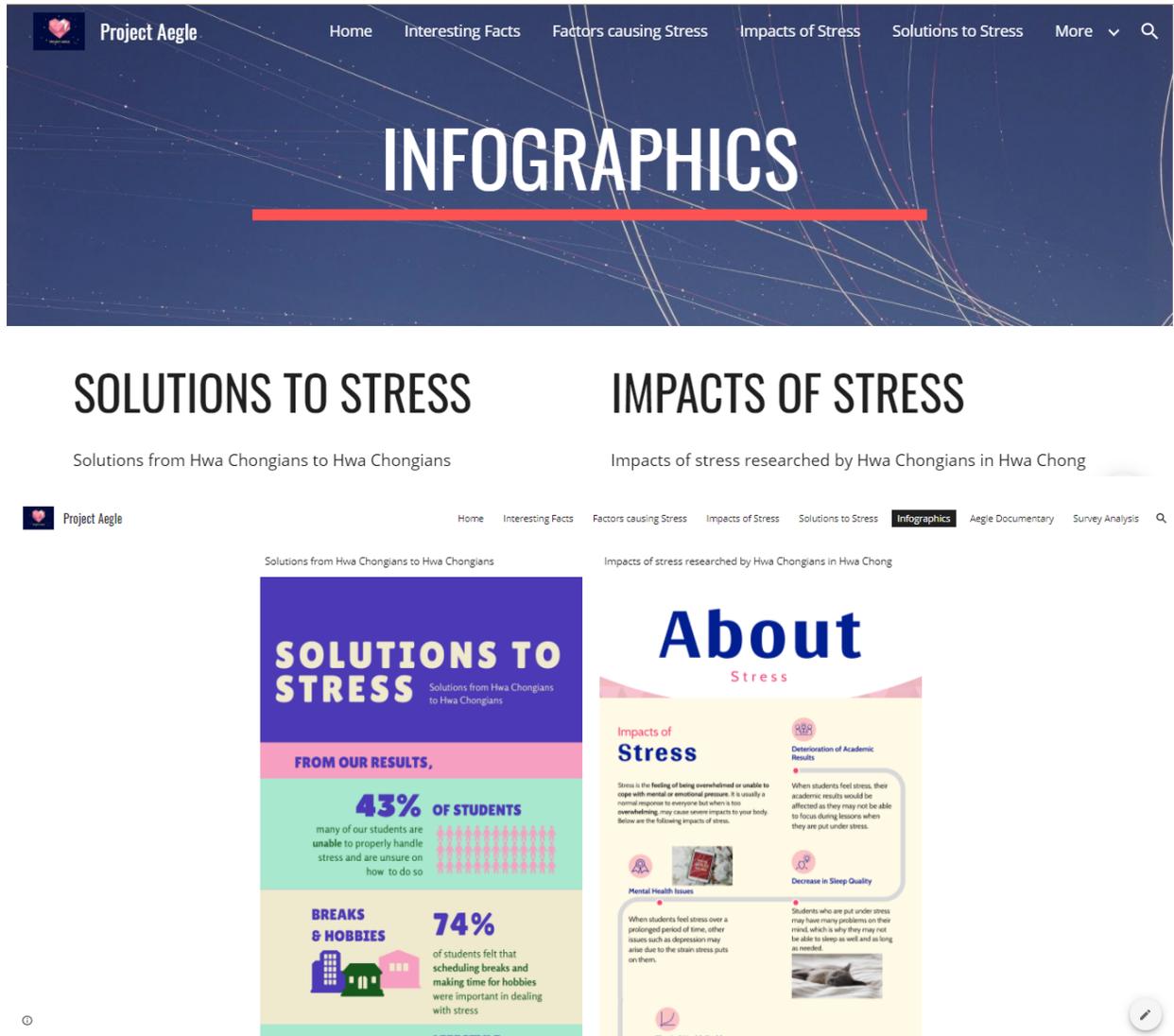


*One of the subsections in our website which elaborated more on the impacts of stress students, particularly in Hwa Chong Institution, faced*

We created a website that contained our resources and more detailed information about stress, including interesting facts about stress, factors causing stress, impacts of stress and solutions to stress. The website also contained the infographics we made, our documentary and the results of our surveys.

Link to Website: <https://sites.google.com/student.hci.edu.sg/projectaegle>

## Infographics



*The infographics sections found in Project Aegle's Website summarises the content found in each of the subsections, using statistics from our survey*

We created infographics covering the causes, impacts and solutions of stress, as well as some important definitions and facts. These 4 infographics collated all the information we had from our resources and accurately represented Hwa Chongians as it was based on our surveys and interviews as well. They allowed Hwa Chongians to read about everything we have covered, in a simple and concise summary.

*Link to Infographics:*

<https://sites.google.com/student.hci.edu.sg/projectaegle/infographics>

## Documentary on Stress in Hwa Chong



*Start of Project Aegle's Documentary on stress in Hwa Chong Institution*



*Two secondary 3 students being interviewed on what they felt was the main cause of stress for them, in Hwa Chong Institution*



*A secondary 1 student being interviewed on the jump from primary school to secondary school (Hwa Chong Institution), in terms of commitments*

For our documentary, we interviewed various students in Hwa Chong, ranging from Secondary 1 students to Secondary 4 students. These students all come from different Co-Curricular Activities, as well as different classes and special programmes. Through the interviews, we interviewed them on their thoughts and experiences, of the causes, impacts and possible solutions to deal with stress in Hwa Chong. These interviews paired with statistics from our surveys were displayed in our final documentary. The purpose of the interviews are to provide a first hand insight to the stress faced by students in Hwa Chong, and tell students who are also facing copious amounts of stress that they are certainly not alone. We hope that through our documentary, Hwa Chongians would be able to understand and cope with stress better.

*Link to Documentary:*

[https://drive.google.com/file/d/1qhZf1g5sk5\\_7bIZiFy8Inb944fVF6fXa/view](https://drive.google.com/file/d/1qhZf1g5sk5_7bIZiFy8Inb944fVF6fXa/view)

## 1.5 Tailored Contents (Uniquely Hwa Chong)

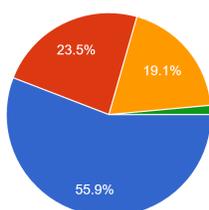
Project Aegle had a unique aim, to tailor our contents and resources, catering to the needs of Hwa Chongians. This was done by collecting first hand data and opinions from Hwa Chongians, of different backgrounds (different classes, CCAs, etc), via survey questions and multiple interviews. As such, we were able to create relevant resources based on the information collected, such as the causes, impacts and solutions for stress, that our respondents felt were most apparent in HCI. These resources would be much more relevant to Hwa Chong's context than generic resources found online, allowing Hwa Chongians to relate to these resources much more.

These are some methods we used to obtain information unique to Hwa Chong:

- **Interviews**
  - The interviews are largely used for our Documentary purposes, allowing Hwa Chongians to see through the perspective of other HCI students, on the issue of stress. In addition, we used some of their suggestions/opinions on our website, infographics and instagram posts.
- **Surveys**
  - The needs analysis' main aim was to find out the relevancy and usefulness of our project. In addition to that, we did further surveys on Hwa Chongians, to find out which causes and impacts were most relevant in the HCI context, and which solutions they felt were most useful. We also collected additional suggestions, if they had any. These statistics were displayed across all our resources, and allows Hwa Chongians to understand which causes and impacts are most apparent in HCI, and which solutions they can try out when feeling stressed.
  - Below are examples of the questions and results we gathered:

Which of the factors below causes you the most stress in Hwa Chong?

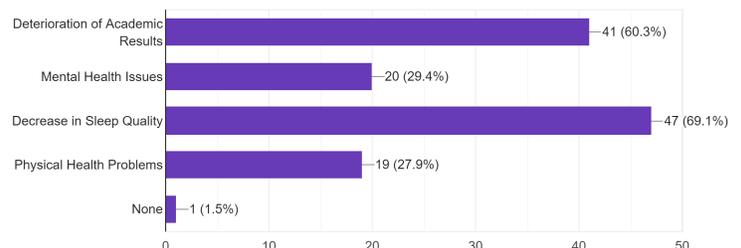
68 responses



- General Academics (Tests, Results)
- CCA (Competitions, Trainings)
- Leadership (Consortium Councils, High School Council)
- Other programmes (Special programmes, Olympiad trainings)

Here are some problems/effects we have identified. Do any of these problems/effects affect you when you are under stress?

68 responses



## 2 REVIEW

There are various websites on causes of stress, and how to help cope with stress, however, they are all over the place and Hwa Chongians, who are already normally short on time, would be unable to do proper research on stress. Besides, most students may not believe that stress is a problem, and do not pay much attention to their unhealthy amount of stress. The proposed causes and methods provided by online websites may also not be effective for Hwa Chongians as they may be too general. Thus, Hwa Chongians may feel lost and do not know how to properly cope and manage their stress.

## 3 METHODOLOGY

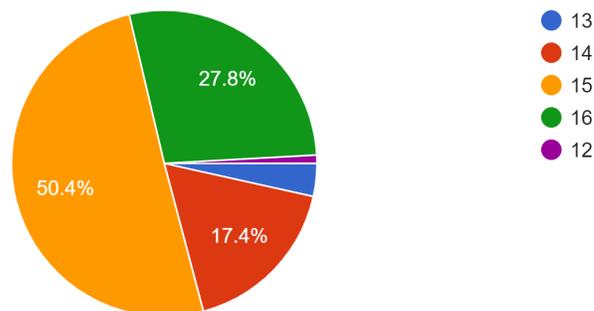
### 3.1 Needs Analysis

A needs analysis was conducted to ascertain the relevance of such a project. We created a google form to find out if Hwa Chongians feel stressed and if our proposed resources would be useful. We received over a hundred responses, and according to our needs analysis, all of the Hwa Chongians that responded have felt or are feeling a significant amount of stress. Some feel that it is due to the competitive nature of the school, the academic workload and Co-Curricular Activities. Thus, we felt that there is an urgent need to develop a resource package to raise awareness about stress in Hwa Chong Institution and how to cope with stress.

### 3.2 Survey results

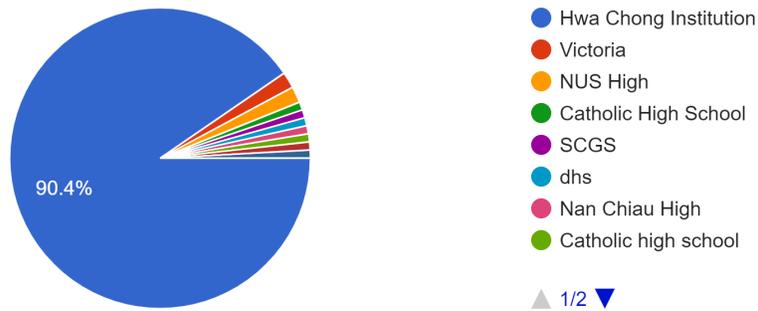
Your Age?

115 responses



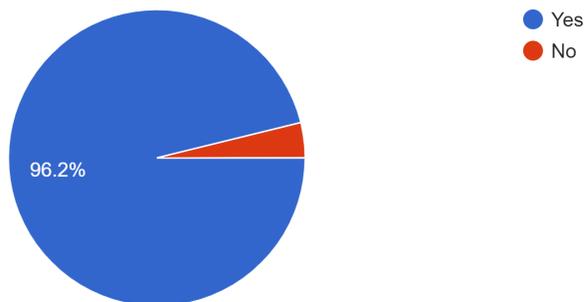
### Your School?

115 responses



### Do you think that a documentary on "Stress in Hwa Chong" would be useful?

104 responses



Do you feel significant amount of stress in Hwa Chong? And if yes, what are certain aspects that you feel has brought significant amounts of stress? (eg. our school cultures, various school curriculums, other responsibilities, etc.)

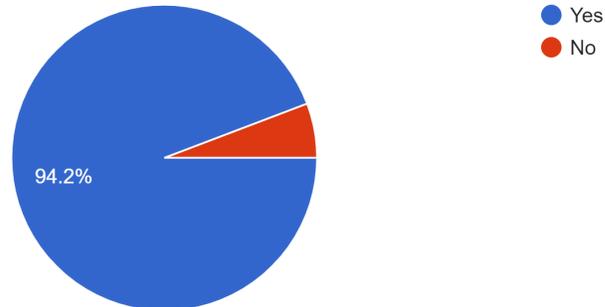
104 responses

Identified Reasons/Aspects	Number of Respondents that agree	Percentage of respondents that agree
Academics (Examinations)	43	41%
Co-Curricular Activities	19	18%
Leadership Roles	16	15%
School Culture	12	12%
Academics (Homework Load)	9	8%

Others (Project Work)	5	4%
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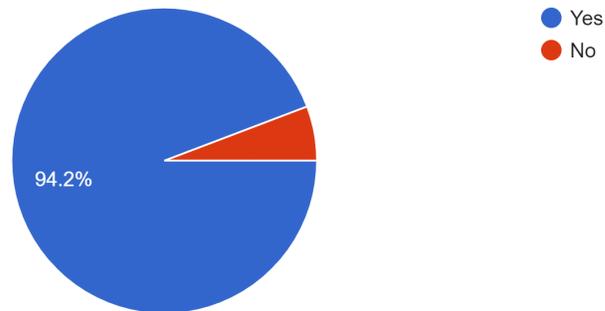
Do you think that our seniors' advice and sharings would be helpful to you?

104 responses



Do you think that our teachers' advice and input would be helpful to you?

104 responses



What other resources would you like us to create? (e.g. Website, Videos etc)

104 responses

Resources	Number of Respondents that agree	Percentage of respondents that agree
Website	26	25.0%
Instagram Post	22	21.1%
Infographics	17	16.3%
Videos	39	37.5%

Therefore, we can conclude that Hwa Chongians are under huge amounts of stress due to various reasons. This may be because they do not know how to properly cope and manage their stress levels.

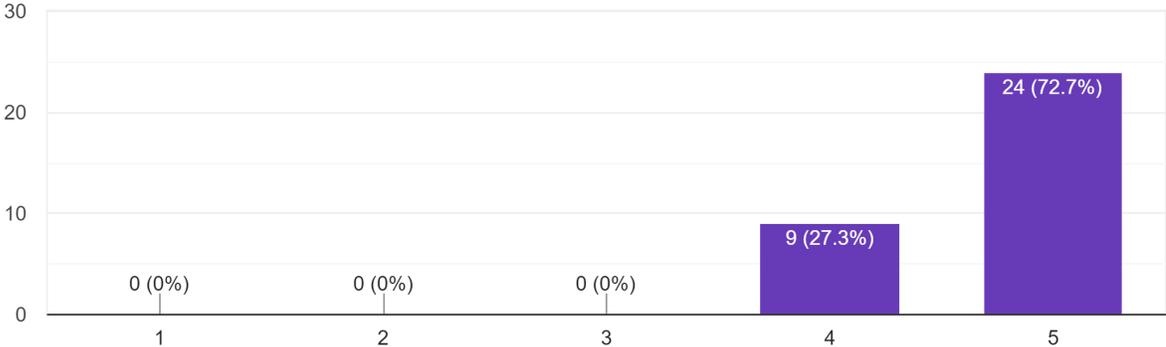
### **3.3 Development of resources**

We collated resources from a variety of resources, combining general information with statistics and opinions from Hwa Chongians, after multiple interviews and surveys. We created a website, that is easily accessible for Hwa Chongians, that contains the various information that we have researched and found. We have also created infographics and instagram posts, to make this information much more appealing to read. We have also created a documentary, which gives an insight to a Hwa Chongian's life and the various stresses that they face.

### 3.4 Pilot test

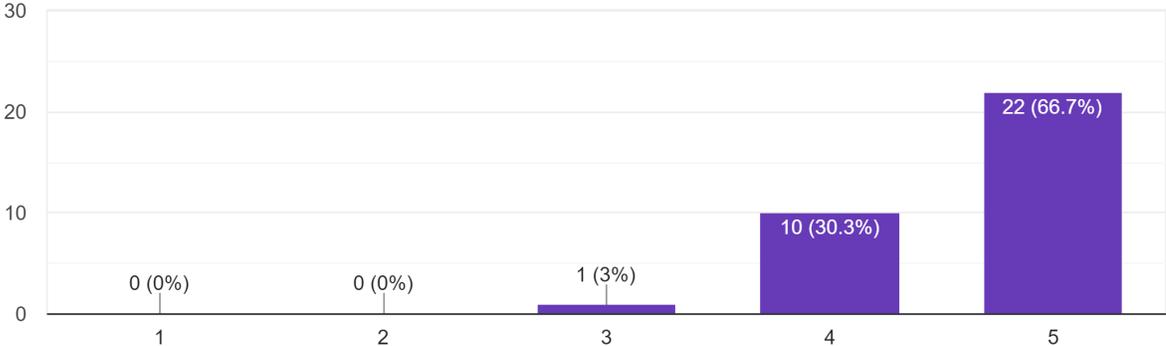
#### Rate our Instagram Fun Facts!

33 responses



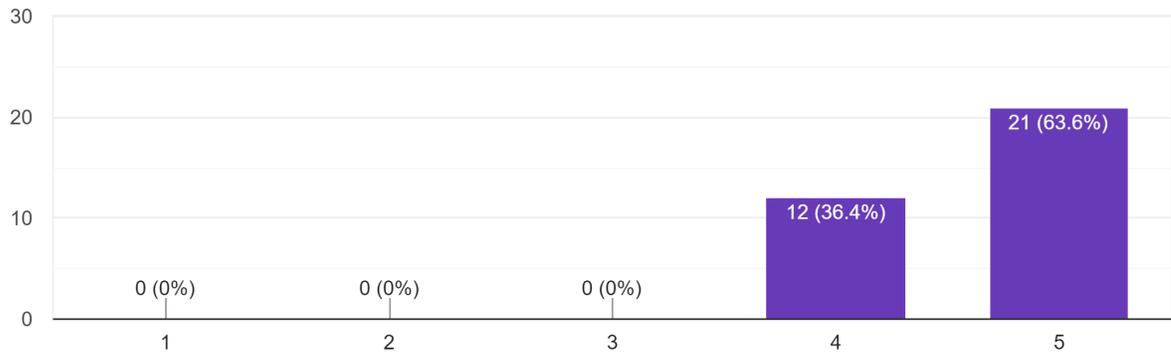
#### Rate our Infographics!

33 responses



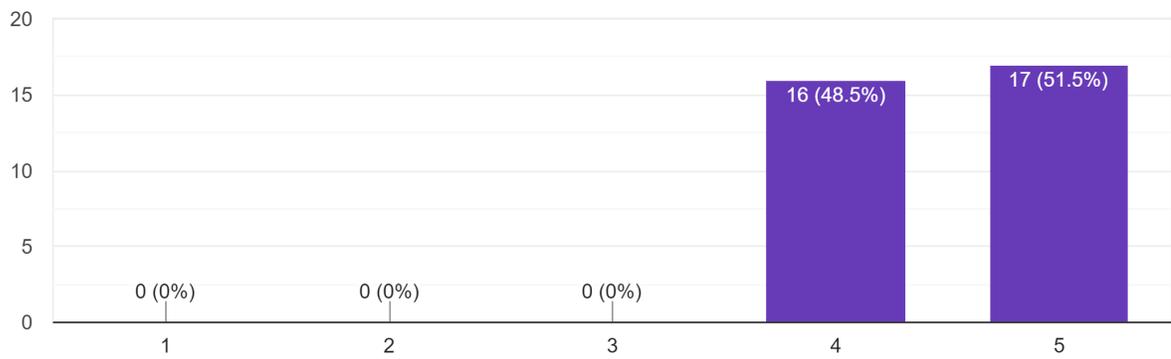
### Rate our Website!

33 responses



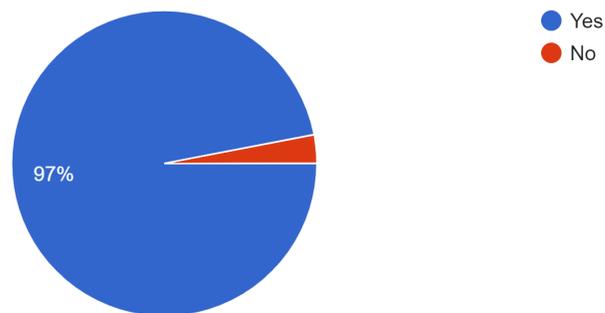
### Rate our Documentary!

33 responses



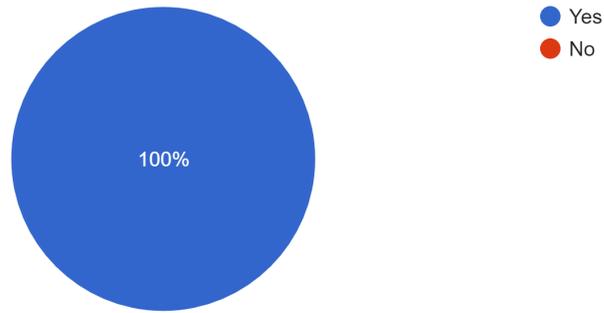
### Have our resources allowed you to learn more about the causes of stress?

33 responses



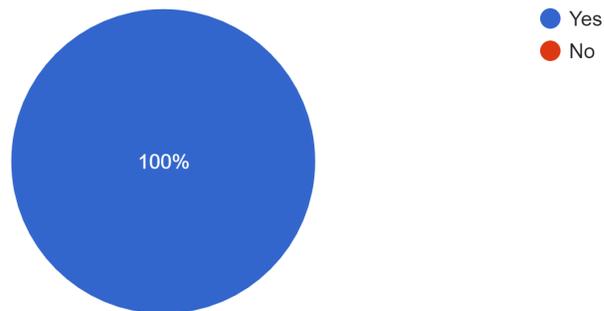
Have our resources allowed you to learn more about the impacts of stress?

33 responses



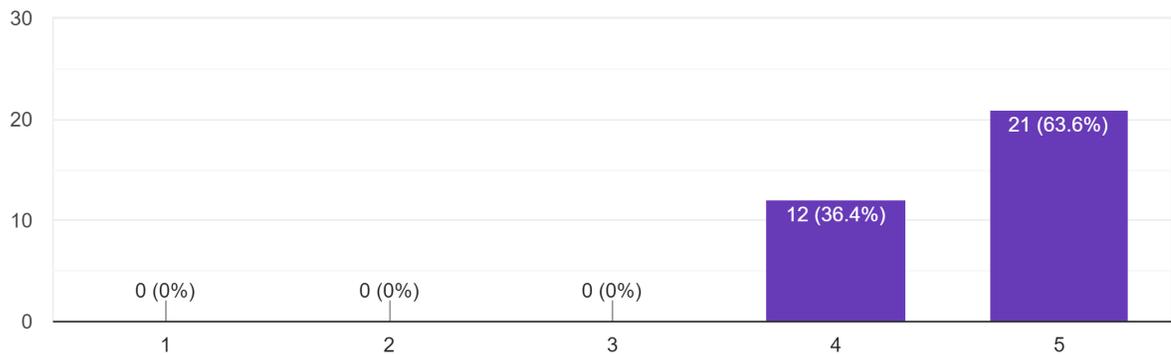
Have our resources helped you in coping with stress?

33 responses



To what extent did our resources provided more insights and understanding of stress to you?

33 responses



As seen above, the various resources created had raised significant awareness on the causes and impacts of stress in Hwa Chong, as well as helped students cope with stress, to a large extent.

#### **4 Outcome and discussion**

We believe that we have succeeded, as from our pilot test, a majority of Hwa Chongians have learned more about stress in Hwa Chong, the impacts of stress, and some ways to help cope with stress. Thus, we believe that we have created resources that can effectively raise awareness of student stress in Hwa Chong Institution, achieving our intended outcomes. However, there were definitely limitations, one being COVID-19, which has resulted in us being unable to carry out a physical pilot test and other collection of results. In addition, COVID-19 has also affected the production of our documentary, limiting all interviews with various Hwa Chongians to online interviews.

#### **5 Conclusion**

Project Aegle was definitely a challenging project to undertake as it required a lot of researching and gathering of information from a variety of sources. It was also a challenge to reach out to various students from different levels and co-curricular activities and interview them on their personal experiences with stress. Besides that, we had to edit a documentary, which was definitely a huge challenge, pushing us out of our comfort zones to attempt to video edit.

Despite the many hours of rigorous work, the whole project journey allowed the group to develop many soft skills, such as perseverance, creativity, time management and cooperation, and hard skills such as website creation and video editing. We had to rack our brains to think of suitable resources that would truly help Hwa Chongians. On top of that, we had to constantly collect data, to ensure our content was relevant and relatable. Throughout our project journey, there were also many deadlines, thus we had to schedule a project timeline to ensure that we are on track with our project progress. Despite facing many adversities, we persevered through the difficulties, to come up with the resource package we have today, which we truly hope would positively impact Hwa Chongians, and allow them to understand stress better and cope with stress better.

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