

ABSTRACT

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Key Words: FEAR, ANXIETY, STUDENTS, CURRICULUM

Name: RESHMI SACHDEV

Independent Study Title: A STUDY OF FEAR AND ANXIETY MANAGEMENT
INTEGRATED INTO THE PRIMARY CURRICULUM
OF AN INTERNATIONAL SCHOOL IN BANGKOK

Independent Study Advisor: ASST. PROF. DR. RICHARD LYNCH

This study aims at helping students at an international school in Bangkok cope with their fears through activities that are personalized to help students face their fears and anxieties. Fears are not easily controllable. When faced with fears, most people, for that moment, lose control of their physical, emotional and mental state. Exposure to fear and anxiety causes negative responses like anger, irritation and rage which may lead to stress and health problems. Eventually, causing harm to one self and affecting others around. These problems occur because people do not know how to face and cope with their fears and anxieties. In this study, the students of the international school from grade four to six will respond to a questionnaire to identify their fears and anxieties experienced at school. Activities will be planned out according to the results of the survey. A few activities will be selected for trial implementation with the students to help determine the effectiveness and potential to reduce fear and anxiety in students.

Field of Study: Curriculum and Instruction **Student's signature**.....

Graduate School of Education **Advisor's signature**

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