



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS | ISSN: 2320 - 2882

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**EFFECTIVENESS OF STRESS MANAGEMENT PROGRAM FOR SELF EFFICACY AND COPING SKILLS AMONG COLLEGE STUDENTS**

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Volume 8 Issue 9 September 2020 , Date of Publication: 30-September-2020

UGC Approved Journal No: 49023 (18)

PAPER ID : IJCRT2009489

Registration ID : 199306

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