“ACADEMIC STRESS AND STUDENTS’ PERFORMANCE”

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Students' mental and physical health suffers greatly as a result of academic stress. Their ability to complete their homework is also hampered. Academic activity-related stress has been linked to a variety of undesirable effects. As progress is made on an individual and social level, young people are especially defenseless against the problems associated with academic stress. As a result, it becomes critical to understand the causes and effects of academic stress while keeping in mind the end goal of developing effective intercession systems.

These troubling numbers have been attributed to students' overwhelming amounts of academic pressure. For others, the connection between environmental stresses, assessments, and responses to the same is what causes this stress. As a result, it has evolved into something grave, known as a "lifelong plug." As a result, it serves as a foundational explanation for why people experience stress in the first place.

In situations where a person is under stress and unable to cope with it, this is what is meant by the term "stress". It's no secret that stress has a bad impact on students' ability to achieve their primary aim, whether it's at home or at school. Despite the fact that stress has a negative impact on the health and well-being of students, it positively impacts the school's reputation for academic excellence. Negative aspects of stress include academic strain and students' unwillingness to complete their assignments. The school would get failing grades if productivity and turnover were to decline, and quality of work to deteriorate.

Additionally, they found a link between lower course grades and high levels of academic stress. Tests, assignments, deadlines, grade implications, and student vulnerability all
Publications contribute to a high level of academic stress for students. Simply put, stress has a negative impact on one's academic performance.

Psychologists eventually attempt to focus on the features that pupils possess. Students' academic stress has been reduced as a result of research into good brain research notions such as self-sufficiency and seeing parents as vital. The test includes a study of the literature to identify psychosocial variables that contribute to student stress related to academics.

References: