THE IMPACT OF ACADEMIC STRESS ON THE CLASS THE STANDING OF GRADE 11 STUDENTS

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Academic stress is clearly defined as a mental disorder like trauma, anxiety and depression. Here are the some of the various factors that contribute to academic stress are as follows: home, learning environment, neighbourhood, or circle of friends. Kousma and Kennedy reported that school related situations such as test, grades, studying, self-imposed need to succeed, as well as that induced by others are the main source of stress for high school students.

Grade 11 students, Frecious Ortega and Salve Regina Paguio experienced both academic stress the researchers asked them to state their opinions about it. According to Frecious Ortega, academic stress is being challenged in her study and experiencing it urges her to study well or more. According to Salve Paguio, academic stress is being pressured by her parents to study more and experiencing also it makes her become conscious of her grades. In regards to this, there is still a lack of information about the involvement or perception of students towards academic pressure or stress in the said school.

In different countries suicide has been a major problem among them this includes in no particular order: South Korea, Ukraine, Lithuania, Russia, Kazakhstan, Guyana, etc. The numbers of population involved into this kind of incident are vast, mostly ranging from teens to adults. According to the World Health Organization, suicide one of the three main causes of death ranging from ages 15-44, nearly 800,000 people die every year and one person dies every 40 seconds.
The Philippines is now among these countries facing this pandemic. Various regions reported suicide cases and involving this are younger generations, specifically students. Different news platforms reported numerous cases of students that was a victim of suicide: from Manila Times (2020) report on an 18-year old student from Polytechnic University of the Philippines (PUP), CNN Philippines (2019) reported a senior high school student that died from jumping at the top floor of the SM mall in Quezon. This is just some of the cases and from here numbers are increasing regarding this issue.

The researchers grab this opportunity to impart knowledge regarding the problem and focuses on some of the root causes of it. Academic stress has been one of the reasons of some students to commit suicide. The researchers would like to inform and persuade others to seek other preventive measures or interventions on hope to cope with this kind of issue.

This research study shows the various factors that contribute to Academic Stress. This will serve as a reliable sourced of data. This research investigation helps to assess some students who are also experiencing this kind of problem. The school should provide an intervention program to avoid suicidal incidents and to meditate the root cause of it through the use of guidance counselling treatment.

References:

https://www.researchgate.net/publication/327280770_Effect_of_Perceived_Academic_Stress_on_Students'_Performance