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Academic Stress: A Review Article

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Abstract:

Academic stress is a significant psychological concern among students across school and higher education settings. It arises from academic demands that exceed an individual's adaptive capabilities and is influenced by factors such as examinations, workload, parental expectations, peer competition, and time pressure. Persistent academic stress is associated with anxiety, depression, sleep disturbances, poor academic performance, and reduced well-being. This review summarizes the concept, causes, theoretical perspectives, effects, and management strategies of academic stress. Early identification and supportive interventions are essential to promote students' mental health and academic success.

Keywords: Academic stress, anxiety, depressing.

INTRODUCTION:

The academic stress is the term that is used to describe the psychological and emotional pressure under the influence of the academic tasks and requirements. It is mostly common among youth and college students, as they are both going through developmental struggles in addition to academic demands. The right amount of stress can stimulate motivation, but severe stress or stress as a constant condition has the opposite (psychological and physical) health consequences (Pascoe et al., 2020).

According to the transactional model of stress, Lazarus and Folkman (1984) argue that stress is a consequence of how an individual perceives the demand of the environment and how they are able to cope with the demand. The stress comes about when academic requirements seem to be too demanding or the individual student feels unable to cope with the pressure exerted. On the same note, the Yerkes - Dodson law indicates that moderate levels of stress contribute to performance, but an excessive level of stress diminishes performance.

CAUSES OF ACADEMIC STRESS

Academic stress is common to the following sources:

- Stress pressure and anxiety of failure.
- There is overload of curriculum and work.
- Having problems with time management.
- Parental and teacher high expectations.
- Peer competition
- Lack of knowledge regarding future opportunities in a career.

The problem of environmental factors online learning and social support may add stress levels further (Deb et al., 2015).

IMPACT OF ACADEMIC STRESS

- Students are subjected to academic stress on psychological, physical and behavioral issues:
- Psychologic consequences: Anxiety, depression, irritability, low esteem.
- Physical: Headaches, exhaustion, problems with sleep, gastroenterological disorders.
- Behavioral consequences: Lack of concentration, absenteeism, drug use, academic burnout.
- Stress can have chronic effects that negatively impact the cognitive functioning of memory and attention, thus affecting the academic success (Pascoe et al., 2020).

MANAGEMENT AND PREVENTION

Such effective interventions as management of academic stress are:

This will include time management and planning of studies.

- Physical exercise and relaxation.
- Mindfulness and cognitive-behavioral interventions.
- Peer support and counseling programs.

Parental and institutional support systems. Schools are also of critical importance in the application of stress management programs as well as the creation of a conducive learning atmosphere.

CONCLUSION

Academic stress is an increasing problem among the students and has serious consequences on the mental health and academic performance. Although a moderate level of stress is a positive factor, extreme stress brings about negative psychological and physical consequences. It is necessary to identify or prevent academic stress at a young age, develop coping skills, and support the well-being of students in institutions.

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