

CRITICAL ANALYSIS OF ACADEMIC ANXIETY AND ITS IMPACT ON MENTAL HEALTH OF STUDENTS

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ABSTRACT

The current study was a preliminary attempt to investigate Academic Anxiety in Relation to Mental Health from Corporation higher secondary school students in District Chennai. A descriptive survey was done on a sample of 100 higher secondary students for this research. The Educational Anxiety Inventory by Dr. Vishal Sood and Dr. Arti Anand and the Mental Health Battery by Arun Kumar Singh and Alpana Sen Gupta were used to assess the sample's worth. The study's goal was to determine the link between academic anxiety and mental health in higher secondary students. Using descriptive and inferential statistics, the collected data were quantitatively examined. Academic anxiety and mental health of adolescent boys and girls in higher secondary schools have a significant association at 0.01 and 0.05 levels of significance, and they are adversely correlated, according to the data. It is concluded that academic anxiety has an impact on adolescents' mental health and, if not addressed appropriately, can lead to disorder. As a result, teachers and parents should provide quality time to teenagers in order for them to improve their mental health.

KEYWORDS: *Mental health, Higher Secondary Students, Anxiety*