

ACADEMIC STRESS IN RELATION WITH ACADEMIC ACHIEVEMENT AMONG SECONDARY SCHOOL STUDENTS

S. Abraham Wesley¹ & Dr. M. Esther Suneela²

¹Research Scholar, Acharya Nagarjuna University, Guntur, Andhra Pradesh, India

²Research Guide, Principal, A. L. College of Education, Guntur & Dean, Faculty of Education, Acharya Nagarjuna University, Guntur, Andhra Pradesh, India

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ABSTRACT

The depth and breadth of education are equal to those of life itself. It has an impact on all aspects of our lives and influences every thought, emotion, and action we have. According to the examination of derived meaning, education is a process of internal growth. Education is defined as a force that we can use to affect desired changes in our activity and behavior. With a clear aim or goal in mind, we used to educate and develop ourselves. The goal of becoming a contributing member of society is related to success. The age is competitive right now. There is rivalry for pupils in every field. Due to growing rivalry in the sphere of education, students are under more mental pressure as a result of this act. The reasons for academic performance can vary. These include both positive and negative elements that have an impact on the student's academic success. The most crucial aspects of a student's academic performance are their physical and mental condition. Students today experience more mental stress than ever before. Thus, learning with delight reduces happiness.

The present study aims to measure levels of academic stress and academic achievement of secondary school students. Additionally, it looks into the correlation between secondary school student's academic stress and academic achievement. The participants in the current study are of IX standard, in the Guntur district of the state of Andhra Pradesh, 1000 secondary school students are enrolled in government, aided, and private schools in various locations. Descriptive, correlation, and regression analyses were performed on the data. The results of the correlation study revealed a substantial positive association between secondary school student's academic stress and academic achievement.

KEYWORDS: *Academic Stress, Pressure to Perform, Exam Fear and Academic Achievement*