

ACADEMIC ANXIETY AND MENTAL HEALTH AMONG HIGH SCHOOL STUDENTS IN CUDDALORE DISTRICT

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Received: 18 Jan 2018

Accepted: 24 Jan 2018

Published: 31 Jan 2018

ABSTRACT

Academic anxiety is the anxious state of the students to accomplish a task in academics. It is a construct that understands the students nature of anxiety in their academics. Mental health is the set of mental conditions that make the students to be peaceful in their mind and to be harmonious with self and with others and to have a balanced emotional and social well being with adaptation and emotional set up.

The present study aims to find out the relationship between the academic anxiety and mental health among high school students. 250 students of ninth class formed the sample. Findings indicate that there is significant negative correlation between the academic anxiety and mental health of the students. With respect to background variables periodical study habits influences the academic anxiety of the students.

KEYWORDS: *Academic Anxiety, Mental Health, Study Habits*