

Academic Stress on Secondary School Students of Mumbai

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Abstract: *In today's highly competitive world, students face various academic problems including exam stress, disinterest in attending classes and inability to understand the subject. Academic stress is the feeling of anxiety or apprehension over one's performance in academic activities. It can lead to students being unable to perform to the best of their abilities in examinations. Stress is viewed as a negative emotional, cognitive, behavioral and physiological process that occurs as a person tries to adjust to or deal with stressors. Stressors are defined as circumstances that disrupt, or threaten to disrupt, individuals' daily functioning and cause people to make adjustments. Catastrophic events, major life changes, and daily hassles are regarded as major categories of stressors that create demands to which people must adjust. Stress is being observed and it should be resolved through guidance by educators or by parents*

Keywords: Stress, Cognitive

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