

Stress Management and Problems in Correlation Mathematics and English along with Academic Achievement

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Abstract: *According to Edworthy (2000) Stress can result both physical and mental ill health and loss of sense of achievement. These changes by their very nature will impair the quality of that individual life. One may wonder that stress can adversely affect the students' achievement as it is proved in researches. Students feel difficult in school subjects. This study requires special ability and intelligence. Some students will select mathematics and English forcibly, to meet the demands on them. As a result they develop phobia towards mathematics and English as it decides ones career. Unlike the past, comparatively more number of students are completing higher secondary stage and selecting mathematics and English at higher levels. They concentrate totally on their studies by giving less importance to other activities for better results. All these factors are responsible for stress among students.*

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