

**ACADEMIC STRESS AND ACADEMIC PERFORMANCE AMONG ADOLESCENTS**

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**Abstract**

Recently the impact of stress has been tremendously increasing and has been posing a great threat to the health and wellbeing of individuals across the world. Stress affects almost each and every person irrespective of age, class, sex, race, caste, religion, country etc. Although it varies in quantity and quality of the stress, it is very effectual in affecting people in all their walks of life. Stressors can differ: it can be about a simple thing such as drawing an image on the board to larger things such as succeeding in a surgery and saving someone's life. In adults, the stress may be regarding family issues, marital issues, financial issues, work pressure, emotional dysfunction, health issues, personality development, spiritual development, social life and striking a balance between all these. (Karin Schrawl, 2012). In children, the different stressors they may experience can vary from doing their homework, winning in a game/competition, making new friends, getting attention from people whom they love, writing their examination and coming up with flying colours, having their needs and desires met, peer pressure, doing what they like, social aspects, illness, death of a loved one, or broken marriage of their parents... etc., (Alam, 2016)

**Introduction**

According to Taylor, 2002, "Stress is our responses to events that disrupt, or threaten to disrupt, our physical or psychological functioning." (Robert A. Baron, 2006). Many of us break down when the going gets tough. (Glady Naukalema, 2013) Under overwhelming stress, even a previously stable individual may develop temporary psychological problems. That is, the individuals may develop/experience a lowering or breakdown of integral, adaptive functioning. The impact of stress depends not only on its severity, but on an individual's pre-existing vulnerabilities as well. (Robert C. Carson, 1992)

The term stress is used to refer to both to the adjustive demands placed on us and to our internal biological and psychological responses to such demands. Therefore the adjustive demand is the stressor and the effect they create within an organism is stress. (Robert C. Carson, 1992) It has been described as both specific and non specific response to danger with little evidence to support one another contention. However it appears to be a fundamental component of adjustment and adaptation to environmental change and as such it has assumed a critical role in theories of human evolution. (Jiandong Sun, 2012). In other words, it's an omnipresent part of life. A stressful event can trigger the "fight-or-flight" response, causing hormones such as adrenaline and cortisol to surge through the body. (Ghaderi A.R, 2009) A little bit of stress, known as "acute stress," can be exciting it keeps us active and alert. But long-term, or "chronic stress," can have detrimental effects on health. You may not be able to control the stressors in your world, but you can alter your reaction to them. Our effort to deal with stress is our coping strategies. (Robert C. Carson, 1992)

**Categories of stressors:**

Stressors stem for a number of sources

A. **Frustration:** It is when a person's progress toward