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## AN OVERVIEW ON ACADEMIC STRESS

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### ABSTRACT

*Working in a fast-paced environment, solving tough issues, or listening to someone yell at you may all cause stress. It may be caused by disputes, making choices, or generally putting one's skills to the test, or it might occur as a result of many social demands on one's time. Stress and its symptoms, such as anxiety, depression, and burnout, have long been a concern for individuals in many professions and vocations. A basic random sampling method was used to pick the sample. The results of this research show that upper secondary students have a moderate degree of academic stress, despite the fact that sub samples of higher secondary students have a moderate level of academic stress as well. Male students experience more academic stress than female pupils. Academic stress is greater among urban students than among rural students. Academic stress is lower among government school students than among private school students. Academic stress is greater among scientific students than among arts students. Academic stress is greater among kids whose parents are literate than among their peers.*

**KEYWORDS:** *Academic, Anxiety, Student, Stress, School.*

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