

YOUTH'S PRESSURE TO EXCEL ACADEMICALLY

Abstract

Academic achievement is frequently viewed as an essential consideration for future chances and personal satisfaction, resulting in considerable stress on youngsters. There are numerous sources of academic pressure, which involves expectations from parents, education systems, friend comparisons, own goals.

Introduction

Many societies across the world place high expectations on young people to excel academically. These prospects are thought to be critical in securing future opportunities and opening doors to success in professional jobs. Individualised expectations for perfection, as well as parental goals and institutional standards, are common stressors among today's youth. The current academic scenario is extremely stressful for young pupils who must excel academically in a highly competitive environment. The stressors come from a variety of sources, and neglecting them could have serious consequences for their mental health and overall well-being.

Significance Of Study

The objectives of this study are to investigate the factor of academic pressure on youth's academic performance, mental health, and well-being, importance of academic results among youth and the solution for failing to excel academically.

Methodology

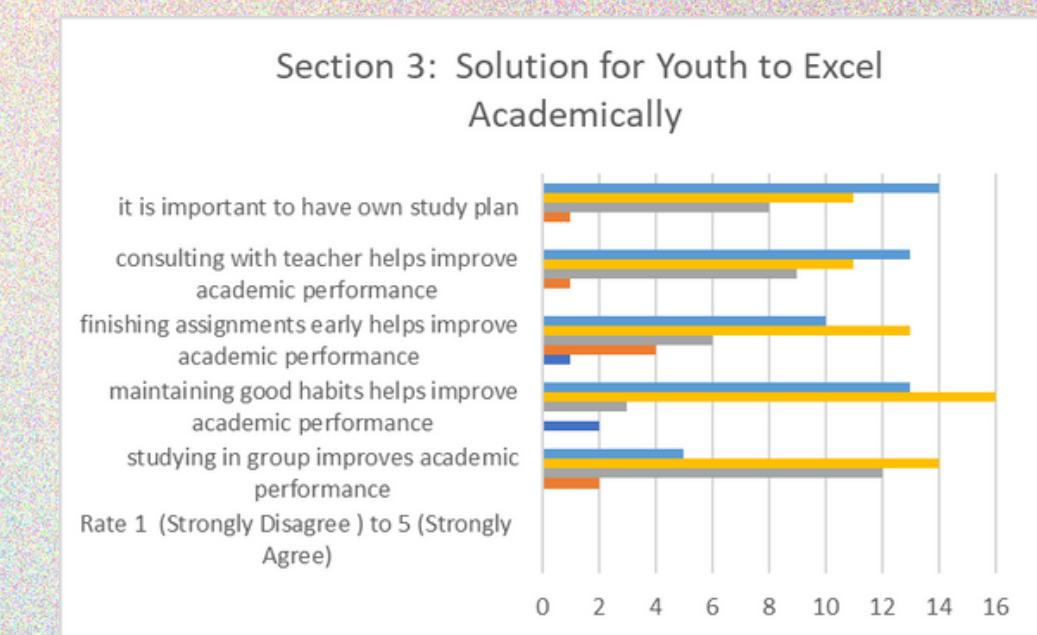
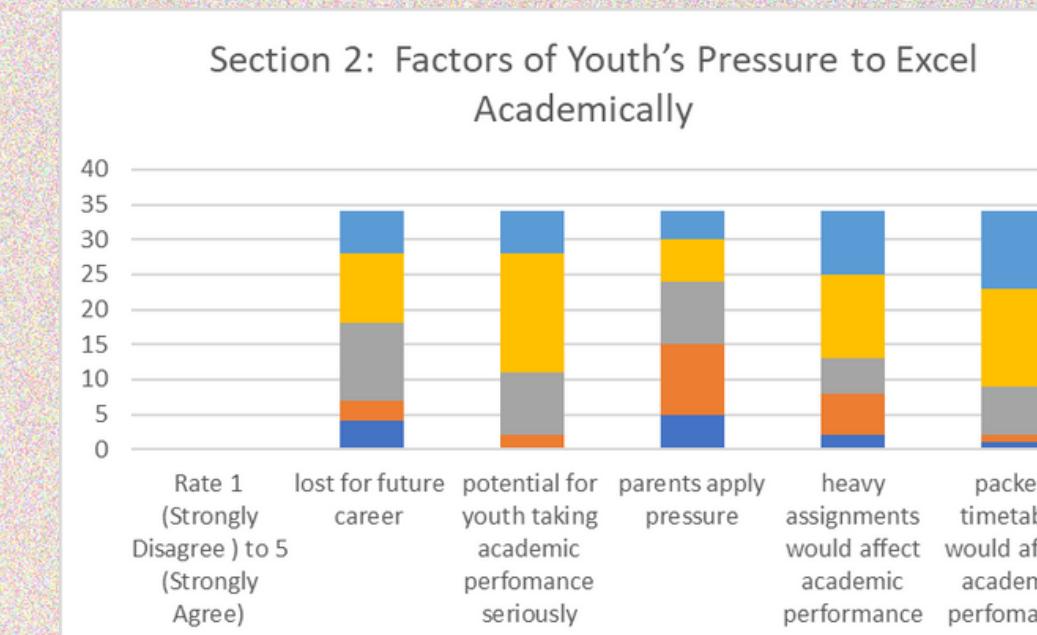
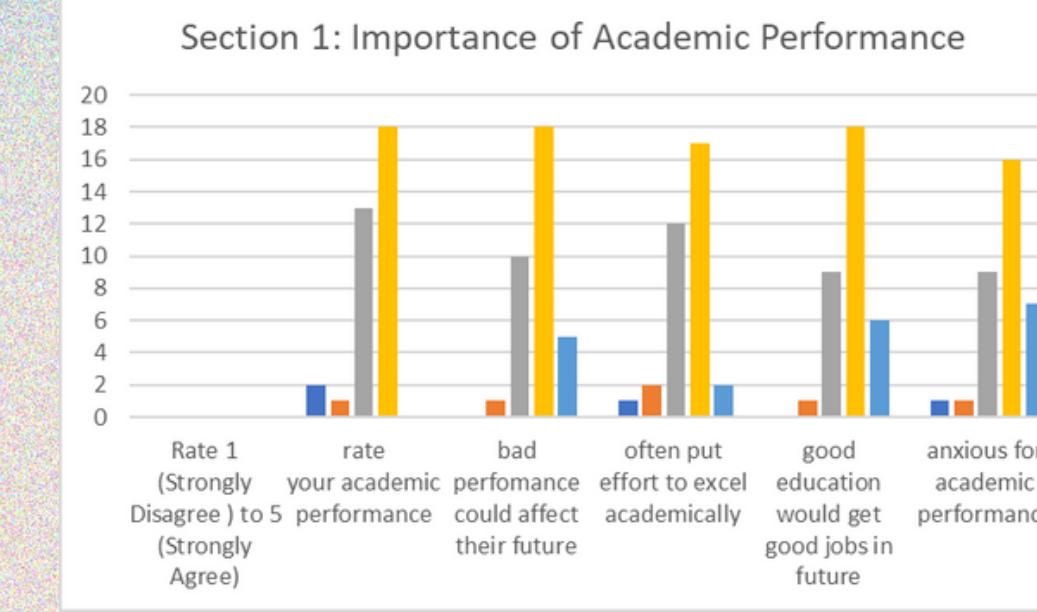
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Recommendations

- 1. Solutions for students to excel academically
- 1. Consider improvement and start practicing
- 2. Set precise objectives
- 3. Plan a study time
- 4. Request for assistance when having trouble.
- 5. Organize study groups

Findings

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Conclusion

In summary, we investigated that youths nowadays have the pressure to excel academically as they treat academic results very seriously. The pressure would lead them to feel anxious about their future career, having potential pressure. The results of this study show that it is essential to connect the external environment and internal performance such as: Studying with a study group, maintaining good habits, having own study plan, finishing assignment early and consulting with teacher will help students to improve their studies and reduce the pressure of excelling academically.

It can be shown that most youths strongly agree that academic performance is important which is displayed in yellow color bar in Figure 1.

Figure 2 shows that most youths strongly agree and agree on the factors that make them feel pressured which is displayed in a yellow color bar.

Figure 3 shows that youths strongly agree and agree on the solution for them to excel academically. The yellow and blue bar displays the number of youths strongly agree and agree.