

Academic Stress Level – Summary Report

1. Dataset Description

The dataset focuses on understanding how different factors like peer pressure, home pressure, study environment, and coping strategies affect students' academic stress.

It contains 140 student responses, including details such as academic stage, stress index (1–5 scale), and habits or lifestyle choices.

2. Observed Insights & Hidden Facts

- Most students experience **moderate to high stress** (average stress index ≈ 3.7).
- **Peer pressure** and **home pressure** both increase stress levels.
- A **quiet study environment** is linked to **lower stress**, while a disturbing one raises it.
- Students with **bad habits** (like smoking or drinking) tend to have **higher stress**.
- **Coping strategies** like exercise, music, and talking to friends reduce stress effectively.
- **High academic competition** strongly correlates with higher stress.
- The data shows that **peer influence** can impact stress even more than family pressure for some students.

3. Recommendations

- Schools and colleges should **organize counseling programs** and promote **stress management workshops**.
- **Parents** should reduce unnecessary academic pressure and offer emotional support.
- Students should practice **healthy coping methods** like meditation, sports, and social interaction instead of harmful habits.
- Promote a **supportive learning environment** instead of a competitive one.

4. Conclusion

Overall, academic stress is mainly caused by **peer and home pressure, competition, and poor coping methods**.

Encouraging healthy habits, supportive teaching, and emotional awareness can help students manage stress more effectively.