Background of the Study:  
  
 Although stress is undoubtedly a huge word with a bigger impact, we may manage it by making little adjustments to our daily routine. Today, stress is most common among students but also affects managers, financiers, government officials, administrators, politicians, and housewives. To manage stress, it is crucial to determine what is causing it. Interventions can be described with precision and effectiveness. A person's analysis and response to a hazardous occurrence are both included in the subjective process of stress, which is always viewed as a process. Depression, anxiety, and numerous other dangerous disorders are all caused by stress. The rise of stress-related instances during the past few decades is indicated by the increase in workshops being held for stress management, numerous papers being published, research reports, etc. This study examines the core concepts of stress, the factors that contribute to student stress, how academic pressure puts stress on students, and how it affects them. Additionally, an overview of previous researches is included.  
  
Preliminary Literature Review:  
  
 Stress can be defined as any type of change that causes physical, emotional or psychological strain. Stress is your body's response to anything that requires attention or action. Everyone experiences stress to some degree. The way you respond to stress, however, makes a big difference to your overall well-being. (https://www.who.int/news-room/questions-and-answers/item/stress). While persistent stress can cause serious health problems, it can also be beneficial occasionally. Depending on how a person reacts to a scenario, stress levels can vary. Some folks simply don't give a damn and don't feel worried; they view stress as a minor inconvenience and carry on with their regular lives. Others concern themselves more than what is necessary, which negatively impacts their health. When a person tries to adjust to or give ground to challenges, stress is thought of as a negative, behavioral, and physiological process (Bernstein et al. 2008). Stressors are situations that interfere with, or provide a threat of interfering with, a person's normal functioning and force them to change (Auerbach and Grambling,1998). Stress, according to Malach, Pines, and Keinan (2007), is the awareness of an imbalance between a person's capacity to handle environmental demands (or stressors) and those demands. According to Auerbach & Grambling (1998), stress can be caused by any circumstance that raises a threat to one's safety or health.   
  
 Academic pressure has been a major societal problem that has plagued households around the world for centuries. The overwhelming pressure parents place on their children in the belief that they are the key to escaping poverty crushes children's hopes. The students are under intense pressure from both their parents and teachers to achieve high grades. Expectations like these make the children work day and night relentlessly, and losing sleep, just to meet those unrealistic expectations create more stress. A child's personality and outlook on the future are strongly affected during puberty and high school. Another phrase you'll frequently hear teenagers use is "peer pressure.". Peer pressure is one of the many reasons why students learn how to smoke, drink, cheat on tests, lie etc., the list goes on and on. Peer pressure is both dangerous and powerful. For introverted students, it can positively assist molding personalities or it can be a barrier and cause stress. To influence the majority of peer pressure to be positive, it is crucial for students to be wise and to surround themselves with good individuals.  
  
 Pressure from parents for their children to do well in school involvement in extracurricular activities is astonishingly high. One of the biggest sources of stress, failure, and breakdown is the compelling urge to perform well in school. This need is frequently abused, which harms morale. In the competition among parents to demonstrate how well-rounded their child is, they wind up being victims rather than winners. Lack of support and interaction with parents and teachers contribute to any uncertainties and confusion a child may have, which can lead to stress. Lack of support is one of the main causes of stress among students. A child is expected to achieve a lot, but due to lack of proper support, they are left confused and left directionless.   
  
  
 It can be hard to have a large academic workload and to feel like you are always rushing to meet deadlines, and as we know, these can lead to stress. Excessive levels of academic stress can result in an increased prevalence of psychological and physical problems like depression, anxiety, nervousness, and stress related disorders, which in turn can affect their academic performance. (<https://medium.com/one-future/academic-stress-in-students-498c34f064d7>). According to Anoushka Thakkar (2018), anxiety as a disorder is seen in about 8% of adolescents and children worldwide. Stress and anxiety seriously affects a person's ability to succeed in school, emotionally, and socially. Today, depression is the most frequent mental health issue experienced by college students. Additionally, it is a reflection of a person's academic strain, academic conflict, academic anxiety, and academic frustration. Academic dissatisfaction, academic disputes, academic anxiety, and academic pressures are the four elements of academic stress that may typically be identified in a student.  
  
 Academic pressure can develop massive unwanted effects on a student’s life like obsession with grades, anxiety, extreme competitiveness, changes in appetite, sleeping difficulty, social isolation etc. (https://pacificteentreatment.com/mental-health/what-are-the-effects-of-academic-pressure/). A teenager may exhibit emotional and/or physical signs of stress as a result of academic pressure. One example of a student being a victim of academic pressure set by parents, is a 16-year-old boy from Hanoi, Vietnam. The 16-year-old boy jumped from the 28th floor of their apartment, in front of his father, resulting in a quick death. The reason why the boy jumped is because of academic pressure. (<https://tuoitrenews.vn/news/society/20220402/teen-boy-dies-after-fall-from-highrise-apartment-in-hanoi/66451.html>). Before committing suicide, the male student and his father talked back and forth. After a while, this young man opened the door and went out to the balcony, telling his father to read the letter left on the table. While the father was reading, suddenly the son stood up and rushed outside. Witnessing that moment, the father panicked and ran out, helplessly shouting his son’s name. This incident is just one out of many examples on the effects of academic pressure students are being burdened with. Putting high expectations on our children, expecting them to be perfect and achieve high grades in school is not always a good idea. Children should be allowed to be free and not burdened with expectations from their peers.  
  
 The relationship between student mental health and academic stress was identified by Subramani and Kadhiravan (2017). He agreed that students are constrained by the academic system and that there is a link between academic stress and mental health. The pressure that parents and schools put on their children to get better grades is way too high, which demoralizes the children. In addition, there isn't nearly enough help from parents and schools in terms of advice. When they participate in the academic forums in a positive way, the students are in good mental health. They also suggested that because private school students receive more homework and other academic-related responsibilities than children at government schools, they are under more pressure. There was a noticeable disparity between the mental health of children in private and public schools. He claimed that government school pupils, who come from a low socioeconomic background and lack of experience, receive less caring and exposure than their private school counterparts. This is one of the factors contributing to the rise in stress.  
  
 Khan and Kausar (2013) came to the conclusion that stress had a negative impact on academic performance even though there was no discernible gender difference. The distinction between junior and senior students was clear. Stress undoubtedly has an impact on time management and the capacity for effective learning. Regular study time is crucial since it lowers academic strain and aids in goal achievement.   
  
Conclusion:  
  
 The lack of sufficient support is the main cause of stress for students. There is a set assessment system that does not allow pupils enough room to experiment and challenge themselves in order to succeed. Students that experience stress often do so due to a variety of personal and social issues. Lack of direction and the absence of the proper career counselors result in directionless ambitions, and even after graduating, students are unsure of their careers and uncertain about finding employment. Academic pressure, extracurricular activity pressure, assignment pressure, and other forms of study pressure have all increased significantly. In order to raise their own social status in society, parents expect their children to participate in the rat race and outperform their rivals.  
  
 In this age of fierce competition, numbers define a person’s creativity and intellect – a sad but terrifying truth. Every child is unique, therefore it's crucial for parents to teach their kids the value of identifying their strengths and to support them in choosing a profession that plays to their skills. It's crucial to either love what you do or do what you love. Effective time management and making sure to engage in at least one physical activity each day will help reduce stress, increase attention span, and boost academic productivity.  
  
  
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