

**Exploring The Impacts of Academic Pressure to STEM students in Padre Garcia
Integrated National High School**

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EXECUTIVE SUMMARY

Title	:	EXPLORING THE IMPACTS OF ACADEMIC PRESSURE TO STEM STUDENTS IN PADRE GARCIA INTEGRATED NATIONAL HIGH SCHOOL
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Education is crucial in the Philippines as it provides a pathway for upward social mobility. However, the education system puts a lot of pressure on students to meet or exceed academic standards in an effort to make a positive impact on pupils and help them achieve high academic outcomes. Durette (2020) define academic pressure as an experience in which a student is burdened by the demands of time and energy to achieve specific academic goals. This pressure could lead to various undesirable outcomes.

STEM students at Padre Garcia Integrated National High School experience the most pressure as a result of the school's high standards policy. Multiple studies have been conducted in the domain of academic stress and pressures, their impact on mental health, and the well-being of students. This study helps students who are under pressure to raise awareness and understand that being under pressure is not easy.

This study aimed to determine the academic pressure experienced by students in STEM students in Padre Garcia Integrated National High School. It also sought to identify the effects of academic pressure, the issues and challenges they encounter, and how they cope up the challenges

they faced. The descriptive design with the qualitative approach of research was employed in this study. The researcher utilized a semi-structured interview guide containing open-ended questions as the major tool in gathering data. Eight students from STEM department were the participants of the study, obtained through purposive sampling.

Based on the study's findings, Padre Garcia Integrated National High School's STEM students were monitored as they faced academic pressure in the real world. Among these actualized experiences, the participants/respondents demonstrates that academic pressure was very noticeable in terms of academic strain. Regarding their mental health, it had an impact on the participants from the selected students.