

IMPACT OF STRESS ON STUDENTS ACADEMIC PERFORMANCE

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ABSTRACT

The purpose of this research paper will contain information which will either prove or show no correlation between stress and the student's ability to perform well under these stressful circumstances. The purpose of this report is to provide a discussion on stress and how it can possibly hinder students from doing the best that they can with regards to their educational journey. The literature is supportive of the fact that stress places demands on an individual, and in response to the stress, the body attempts to adapt to the stressful experience to maintain a sense of normalcy (Selye, 1974, (Dziegielewski et al., 2004). A disturbing trend in college student health is the reported increase in student stress nationwide (Sax, 1997). Stressors affecting students can be categorized as academic, financial, time or health related, and self-imposed (Goodman, 1993; LeRoy, 1988). Academic stressors include the student's perception of the extensive knowledge base required and the perception of an inadequate time to develop it (Carveth, Gesse, & Moss, 1996). Students report experiencing academic stress at predictable times each semester with the greatest sources of academic stress resulting from taking and studying for exams, grade competition, and the large amount of content to master in a small amount of time (Abouserie, 1994; Archer & Lamnin, 1985; Britton & Tesser, 1991; Kohn & Frazer, 1986).

KEYWORDS: Academic, University Students, Stress, Performance, job insecurity, financial status.