

## A REVIEW ON RELATIONSHIP BETWEEN ACADEMIC STRESS AND STUDY HABITS

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**Abstract:** *Present era is full of competition. Each and every student is feeling various types of stresses to prove themselves. Academic stress is one of them. Because, in general, future of the students depends upon their academic achievements. Parent expectations also put students under the pressure and stress. Each student has its own learning style. Study habits of the students support them for better understanding and learning of the subjects. Students face challenges to perform at their best each time in the academics. So, academic stress plays a vital role in the study habits of the learners. Researchers have been trying to explore the linkages between academic stress and study habits. In the present paper researcher tried to explore the relation between academic stress and study habits of the students based upon previously done researches. Conducted researches proved at many times that there is reciprocal relation between academic stress and study habits.*

### INTRODUCTION

Stress has become a frequent symptom of the present-day man, therefore, attracted the eyes of academicians, social worker, physicians, parents, psychologists, and a range of people. Quick ever-changing social constructions that are turning into a lot of sophisticated day by day. These problems build man progressively nerve-racking prone. Stress is one in all the foremost necessary issue in trendy psychological space. The idea of stress enjoys central position within the theories of human conduct and temperament and is viewed as a elementary circumstance of human existence by several thinkers. Now-a-days, stress isn't restrained to adults alone however conjointly influences kids and adolescents. There are so many stipulations in instructional field, which are stress to the kid like terrible penalties of failures, future life, an excessive amount of masses school assignment, cut throat competition etc. Tutorial stress increase day by day as a result of varied things and condition in colleges and schools are influence numerous factors like anxiety, time management, leisure satisfaction, study habit etc. Academic stress and study habits have terribly advanced interrelatedness. Escorted by these circumstances, a strive has been created during this note paper to spot the connection of educational strain and study habits thus projected study aims to check the connection of educational stress and study habits.

**KEY WORDS:** Stress, Academic Stress, Study Habit

## **STRESS**

All are familiar with word 'stress'. Stress is when you are worried about obtaining paid off your job or concerned regarding having enough cash to pay your payments or involved regarding your mother once the medical doctor says she may want an operation. In truth, to most people, stress is substitutable with worry. If there's something that produced you are worried, then it's stress.

## **ACADEMIC STRESS**

In existing era, the phenomena of stress don't seem to be restricted to adults alone however to boot impacts youth and adolescents. There are several things in tutorial space that area unit nerve-racking to the kid like terrible penalties of failures, future life, too masses exertions, cut throat competition etc. Academic stress is popping into Associate in nursing increasing range of common and large amongst youth. Shakespeare's description of the nestling 'Creeping like snails unwilling to school' reminds of the stresses that exist within the device and therefore the neurotogenic bother at educational places. As a brief expedient instructional stress is crucial for task completion but if it's not terminated in time, the implications area unit fatal. Consequences of academic stress are faded faces, sunken assessments and matted hour, psychological results are still a lot of serious in nature. They include anxiety, aggression, apathy dissatisfaction, depression, fatigue, frustrations, guild, shame, low self-worth, nervousness and loneliness, tutorial stress leaves the loaded down students last less and infrequently feeling unsafe.

## **STUDY HABITS**

According to Sorenson 'study habit essentially consists of effective ways of study.' in keeping with the Armstrong, 'study is that the total of all the habits, set functions and implemented practices that the person or lady uses so as to find out. In fast it will be explicit that the mixed countless tutorial aspiration, resolve regarding habits and mind-set within the direction of college represent the index of educational motivation. An individual evaluation excessive or further than one sigma character distance on top of the mean score are going to be remarked as exceptionally academically motivated and these who ratings sigma distance below are going to be thought to be having negative tutorial motivation.

## **RELATION BETWEEN ACADEMIC STRESS AND STUDY HABITS**

Now-a-days, everyone seems to be quite conversant in stress. They're aware of it, and it's no surprise to listen young people planning what quantity they need it'd depart. Looking back upon your highschool and middle school years, one in all the primary belongings you keep in mind is all the educational stress you knowledgeable. We tend to use the term 'academic' as a result of society's pressure for young people to attain in school/increases every year. As a result, students stress out regarding their instructional careers hugely, and it's been going for years. A number of researchers have ventured to co-relate tutorial stress with alternative psychological variables, like study habits, tutorial performance of the college students.

Present era is full of competition. In this era learners face so many problems. These problems create stress like examination stress as well as academic stress. Learners always being afraid

about fulfillment of their aim and expectations of life, and afraid if they get low scores in academics they were ridiculed by their classmates as reported (Bataineh, 2013). In current period parents and teachers' expectations with the child are very high, they want that child should expert in every field. Parents expectations arise high level stress and anxiety among students founded (Jayanthi, 2014). Whereas (Rabbani, 2014) also describes bad relationship between parental attachment and academic stress. Bavishkar(2014) found uncertainty related future goals, previous tutorial performance low self-esteem may additionally be all contributing to high range of sadness anxiety and stress. The ongoing stress demonstrated poor effect on student learning capacity, tutorial education and employment attainment as reported (Micheala C. Pascoe, Sarah E. Hetrick and Alexander G. Parker, 2019). While (Karel Fromel, Micheal Safar, Lucas Jacubi, Dorota Groffik and Redim Zátka, 2020) discovered the association between educational stress of adolescents. Prabhu (2015) had found female students were more stressful in comparison of boys. Academic stress also contributes to mental problems, Mental health of private school students and government school students are notably different. Stress label of private school students was higher than government school students reported by (Razia, 2016) while (Reddy, 2018) found stream-based stress among higher secondary students and reveals that science stream students were more stressful in comparison of art students and suggested some solutions to get rid off from this situation and handle stress. Yoga, meditation, feedback, life style training, and group psychotherapy have been found useful deal with the stress. Study habits of the learners mostly influenced by stress both are negatively correlated (Ergene, 2011). Various ways and techniques used by students for learning regularly known as study habit and termed as habitual practices. Without proper study habits learner cannot perform effectively. Regular reading habit of learner engages them and enhances their study skills and performance as suggested by Issa (2012). Gender difference also effects academic achievement and study habits. Singh (2011) reported significant difference had found in the study habits of girl and boy students and their academic achievement. Girls used good study habits and learning strategies in comparison of boys found by Fazal (2012). On the other side Bhan and Gupta (2010) founded that study habits and academic performance not influenced by gender differences. If we want to enhance our performance study habits need a substantial attention potential as suggested by Evans Atsiaya, Siah and Julius K. Maiyo (2015). Now-a-days students are mostly influenced by internet. Internet Addiction is the main cause of bad study habits and increase more academic stress. Damandeep Kaur Gulati (2020) found that there is a negative relationship between the internet addiction and study habits of science students.

## DISCUSSION

In these literature reviews researcher found that study habits and educational stress are negatively related. Ineffective learning habits are the measure cause of test anxiety and stress. If students show poor study habits its mean they are extremely in stressful condition. Ergene (2011) found that the tutorial stress and study habits are negatively co- connected. The Findings of the study reveals that there is such a big amount of causes of academic stress like high expectations of academic performance (Bataineh, 2013), parent's expectations (Jayanthi et. al, 2014). Further goals and achievements fear stated by Bavishker et. al (2014). This finding supports the findings of Micheala C. Pascoe, Sarah E. Hetrick and Alexander G. Parker (2019). Girls have smart study habits compared to boys discovered by Singh (2011). This finding supports the finding of Fazal et.al (2012). Researcher additionally reveals that internet addiction is the major source of

academic stress, it affects mental and physical health of student, increase additional stress and impact study habits badly(Damandeep Kaur Gulati, 2020).

## CONCLUSION

This description of the reviews highlights that to boost the standard of education we need to develop innovative ways which are able to enhance the tutorial standards. In addition to this scholar's aspect should be added. There should be some necessary steps taken that support the idea for his or her tutorial achievement. Students tutorial achievement and their excellence in studies depends primarily on two factors like their study habits and their anxiety. For this matter, it's the responsibility of lecturers to develop smart study habits among students. If we tend to develop the effective study habits among the scholars their anxiety will be diminished automatically. This study could help to spot the study connected issues particularly anxiety that blocks the tutorial achievements and advancements. If the scholars follow correct study habits then they will overcome their anxiety and score better. Studies suggests that if anxiety is reduced it certainly facilitate to scale back dropouts, wastage and stagnation in learning process. Proper time organization and anxiety reduction regarding leisure activities could also be efficient techniques for reducing tutorial anxiety in school students. Students ought to have the aspiration/expectation concerning their study, not on the far side their capacities and talents, students want additionally correct counseling whereas choosing their courses at higher secondary level. Parental behavior, additionally a significant issue, influencing study habit and student's achievement. Therefore, major share of responsibilities for glorious study habits of scholars at each level of study rests with parents. Thus, it's necessary for parents to produce a positive atmosphere reception. There are some additional variables are quite important and relevant, which can be associated with the tutorial stress of the scholars. These variables are socio-economic status, self-concept, mother or father education, body effectiveness, home atmosphere, health adjustment, emotional intelligence, profession of parents, nature of family etc.

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