



Academic Stressors among Adolescent Students: A Review

J.Sudha

Ph.D. Research Scholar, Department of Management Studies,
School of Management Studies, Bharathiar University, Coimbatore 641 046, TN - India

Dr.P.Karthikeyan

Assistant Professor (Sr. Grade), Department of Management Studies
School of Management Studies, Kongu Engineering College, Perundurai, Erode 638 052.TN - India

ABSTRACT

The word "**stress**" can generally be used when someone feel that they are overloaded and wonder whether they can really cope with the pressures placed upon them. People experience in situations that they possess a challenge or threat to their well being is stress. Stress is the feeling we have when under pressure whereas the circumstances that cause stress are called stressors. Stressors vary in severity and duration. Adolescents of today's world are living in a world of competition. The academic achievement plays the most important role in an adolescent's growing up. This literature identifies the various aspects such as test anxiety, assignments, attention of continuous classes, finding difficulty in understanding some of the topics, competition with peers in context with the Academic related stressors. The sources referred include various journals, books, internet sites etc. and has been reflected as references at the end.

Keyword : Stress, Stressors, Adolescents, Academic, Students.