REFERENCES


Academic Stress is one of the factors that have effects on the mastery of academic curriculum. Stress is the body’s nonspecific response mechanisms towards demands or strains made on it (Meyer, 1959). It is a process by which we perceive and cope with environmental threats and challenges. Academic stress is a common phenomenon faced by university students. Academic stress is often seen in the daily activities of students. A student can be stressed due to different reasons or stressors such as; lecture over-load, heavy workload, difficulty understanding contents, financial problem, relationship Academic stress is a serious issue which affects nearly two-thirds of senior high school students in Kolkata. Potential methods for combating the challenges of academic pressure are suggested. Academic stress involves mental distress regarding anticipated academic challenges or failure or even an awareness of the possibility of academic failure [1]. During the school years, academic stressors may show in any aspect of the child’s environment: home, school, neighbourhood, or friendship [2, 3]. Kouzma and Kennedy reported that school-related situations such as tests, grades, studying, self-imposed need to succeed Anxiety has substantial negative effects on children’s social, emotional and academic success [11]. Early childhood is a critical period in a child’s life that includes ages from conception to five years old. Psychological stress is an inevitable part of life. Human beings can experience stress from an early age. Although stress is a factor for the average human being, it can be a positive or negative molding aspect in a young child’s life. A certain amount of stress is normal and necessary for survival. A few stressors can be manageable for young children; stress can be beneficial by helping