

Promoting Supportive Classroom Environments is Vital for Academic Pressure and Its Impact on Students' Mental Health

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Abstract

This study was conducted to better understand the relationship between academic pressure and its impact on students' mental health. This study investigates the various dimensions of academic pressure and its implications for student well-being, emphasizing the effects on mental health in the classroom and advocating for a supportive learning environment that encourages academic risk-taking. There is evidence that levels of academic pressure have risen among adolescents over a similar time period to the increases in depression, anxiety, self-harm, and suicide. Excessive academic pressure is bound to lead to emotional changes in teenagers, which will easily lead to mental illnesses such as anxiety, depression, and burnout. The hindrances in the study including institutional practices, and societal and parental expectations. Incorporating Social Emotional Learning (SEL) into education strengthens academic performance while understanding the many sources of academic pressure will help educators to support students effectively. As a future teacher, prioritizing creating a supportive classroom environment that values imperfection is vital. The rising pressure on students is causing significant harm, starting early and worsening over time. Increased academic expectations push students beyond their limits, leading to lasting mental health issues and harming relationships with peers, family, and teachers. Educators must recognize students' limits and prioritize mental health alongside academic achievement to ensure overall well-being and success. However, such constraints include family dynamics, socioeconomic status, peer relationships, and individual differences. Educators must recognize students' limits and prioritize mental health alongside academic achievement to ensure overall well-being and success.

Keywords: Academic pressure, mental health, Emotional, student, learning environment, dimensions