

Research Article**Exploring Psychological Maladies Among High School Students****Prof. G. Chenna Reddy**

Principal Investigator, RUSA Project & Professor, Department of English, Acharya Nagarjuna University, Guntur.

Corresponding Author: Prof Ch A Rajendra Prasad

Abstract: Secondary or high school education is very crucial in terms of influencing students' academic and personal growth. Consequently, there are an increasing number of students struggling to meet academic expectations, which has a negative effect on their performance, mental health, and future. These challenges may vary from poor study practices or even lack of motivation to learning barriers, exam pressure, and poor institutions. In this article the author investigates the main academic challenges that high school students may encounter, by thinking of their underlying reasons and offers comprehensive solutions that engage students, teachers, parents and organizations. Dealing with these issues in an effective manner necessitates a teamwork and empathy approach that will ensure that no student is left behind to succeed.**Keywords:** Maladies, Anxiety, Distraction, Aspirations, Well-Being

Introduction

The high school phase is a very important transition phase in a student's life. It not only gets students ready for further education but also works towards shaping their character, aspirations, and the worldview. However, a lot of students have academic struggles during this period thus arresting their progress and triggers emotional trouble. Such issues are usually magnified by the individual, family, and institutional dynamics. Increased academic competition, strict curriculums, and pressure from the society make the matter even more challenging in India and most of the other places in the world. The present article aims at examining those academic problems reason to the psychological maladies that stand before high school students, find their reasons, evaluate their effects and offer the existing remedies for them.

Common Academic Problems

Learning Difficulties: There are some students who suffer because of undiagnosed learning disabilities like dyslexia. Failing to intervene early, these students lack behind in class and in most cases lose interest in studies. Students' content learning is not up to the mark in the lower classes, one of the reasons to follow the content in the present class syllabus.

Bad study habits and time management: Most students are not disciplined in their studies and end up procrastinating. This results in poor exam preparation and assignments. This type of time management leads to cooked up material without self satisfaction. This leads to comparison with active learners in the classroom.

Language Barriers: Particularly in multilingual societies, the students may experience comprehension problems regarding a language different from their mother tongue when learning in that language. Whether the lesson is understood or not many a time the teacher doesn't bother the student with slow learning. Such actions bring the difference between active

learners and slow learners. Average and slow learners are unable to cope with the language taught by their teachers other than their mother tongue.

Exam Stress and Anxiety: The mental health problems that can arise from the pressure of performing well in exams include anxiety, panic attack, and disturbed sleep. Those problems arise with not to up to date the content and writing assignments from time to time.

Technology and Distractions: The excessive use of smartphones and social media hinders concentration and, in most cases, leads to academic productivity.

Irregular Attendance: Poor attendance caused by lack of interest, personal problems or sickness has an impact on continuity in learning and results in academic decline.

Causes of Academic Problems

Lack of self-confidence, emotional instability as well as health issues influence a student's concentration and performance. Students from poor families that are under financial stress, families with no parental support, and families that have conflicts may not have the needed support to succeed in their academics. Negative peer pressure can divert the learners from academic achievements and dissuade the interest in studies. Large classes, old methods of teaching, and proscriptive curricula all contradict individual learning needs. When pupils learn that everything at school is unlike that which is being done in the real world, then they may end up becoming academically disengaged.

Consequences of Academic Problems

The effects of multiple failures or poor grades have to do with the self-confidence of students and the possibility of their further education. Prolonged academic pressure and fear of failure may make one anxious and depressed and even lead to suicidal tendencies among the victims. Most students leave school due to frustration or due to the lack of feeling they could get an education. The academic underperformance of some students tends to deny them competent jobs, rendering them either in unemployment or underemployment.

Recommendations and Solutions

For one to be able to tackle the issues of academic nature among the high school students, a multi-layer approach is essential. Systematic testing and academic guidance need to be affected in the schools to help problematic students. Parents should create a conducive home and follow their progress in terms of studies besides encouraging them and motivating them in all means possible without fathering unwanted pressures on them. Differentiated instruction, interactive method and continuous feedback are practices that need to be employed by teachers to engage all learners. Study programs in time, techniques of learning, handling stress, and self-discipline may enhance academic efficiency. Students should be encouraged to use digital tools in a useful way and avoid the distractions from the non-academic content. The policymakers should try reducing curriculum overload, updating the syllabi so as to make learning relevant and availing resources to the marginalized schools.

Conclusion

Academic concerns among high school students are not easy phenomena- multifactorial. They arise from a synergy of personal inadequacy, family aggravations, peer pressures and in copper institutes. Nevertheless, these issues are not impossible to surpass. With prompt support, inclusive teaching, responsible parenting, and systemic changes, the students can eliminate these barriers and succeed academically. The learning environment that supports emotional well-being and takes into consideration the diversity of students is critical in achieving no one is left behind.

References:

1. Shapiro, Edward S. *Academic Skills and Problems*, Fourth Edition. Guilford Press, 2 May 2011.
2. Dr. Snehalata D. Ghatol. *Academic Stress among School Students*. Allied Publishers, 4 Oct. 2019.
3. National Council of Educational Research and Training (NCERT). "Mental Health and Well-being of School Students." NCERT, 2022, https://ncert.nic.in/pdf/Mental_Health_WSS_A_Survey_new.pdf.
4. Sharma, Kritika. "80% of Middle & Secondary School Students Have Exam Anxieties, 45% Body Image Issues: NCERT Survey." *The Print*, 7 Sept. 2022, <https://theprint.in/health/80-of-middle-secondary-school-students-have-exam-anxieties-45-body-image-issues-ncert-study/1119075/>.
5. UNESCO. *Global Education Monitoring Report 2024/5*. UNESCO, 2024, <https://www.unesco.org/reports/gem-report/en/2024>.
6. Times of India. "Anxiety, Self-Doubt & Academic Burnout: Relentless Tirade Faced by 12th-Graders." *The Times of India*, 15 May 2025, <https://timesofindia.indiatimes.com/city/bhopal/anxiety-self-doubt-academic-burnout-relentless-tirade-faced-by-12th-graders/articleshow/121171139.cms>.

Citation: Prof. G. Chenna Reddy, 2025. "Exploring Psychological Maladies Among High School Students". *International Journal of Academic Research*, 12(2): 23-25.

Copyright: ©2025 Prof. G. Chenna Reddy. This is an open-access article distributed under the terms of the Creative Commons Attribution License (<https://creativecommons.org/licenses/by/4.0/>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.