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A STUDY ON PROBLEM OF ANXIETY AMONG SECONDARY STUDENTS

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ABSTRACT

Secondary school kids' academic performance, social interactions, emotional health, and physical health are all negatively impacted by anxiety, which is a complicated and widespread issue. Anxiety is more common among adolescents because they are at a vulnerable developmental stage and are dealing with a lot of issues, such as scholastic stress and social expectations. Anxiety can have a major negative impact on a student's capacity to learn and succeed in the classroom. If a student is anxious, they may have problems concentrating, forgetting things easily, and not getting their work done. Academic struggles are often made worse by paralyzing fears of failure or making mistakes, which in turn cause avoidance or procrastination. Despite their strengths and ability, students may suffer from poor academic performance, low self-esteem, and poor grades. In addition, secondary school students' social and emotional lives might be impacted by anxiety, which in turn impacts their relationships and general health. Students suffering from social anxiety may find it difficult to engage with their classmates or take part in group activities because they feel too self-conscious. Adolescents need companions and social skills for emotional support and overall development, but when they're alone, it can be hard to break the cycle of loneliness. Mood swings, impatience, restlessness, and sensations of panic or overwhelm are among the emotional manifestations of worry. In addition to interfering with students' ability to go about their daily lives, these emotional challenges add stress and a generalized feeling of pessimism to their already difficult situations. If untreated, chronic anxiety can cause kids to feel hopeless, doubt them, and eventually develop more serious mental health problems like depression or anxiety disorders.