INTRODUCTION
- This study discusses the academic pressure on Vietnamese high school students, especially with regards to the preparation of high school students for the national examination.
- Exploring a number of possible causes for this situation of students.
- Focusing on the negative impacts of academic pressure on Vietnamese high school students as a warning sign of increased status in schools.
- Proposing some solutions to reduce the academic pressure for high school students in Vietnam.

AIMS OF THIS STUDY
- Studying the situation and causes of academic pressure in high school students.
- Proposing solutions to reduce learning pressure for high school students.

METHOD
We use questionnaires for high school students, teachers, and parents to identify negative symptoms of academic pressure, the cause of this situation and its consequences.
- Quantitative research was conducted on 720 high school students, 90 teachers and 120 parents of students.
- Qualitative research was conducted from 18 high school students.

THE ROOFS OF AP
- Pressure from parents
- Pressure from school
- Pressure from society
- Pressure from students themselves

THE CONSEQUENCES OF AP
- Physical
- Psychological (stress, anxiety, depression, suicide, ...)

FUTURE PLANS
- Determining situation and causes of academic pressure in high school students.
- Proposing solutions to reduce academic pressure for high school students in Vietnam.
- Publish a book on academic pressure.

NEGATIVE SYMPTOMS OF AP

Physical symptoms:
- Tired, exhausted from anxiety, but no reason
- Sleep problems
- Eating problems
- Physical impairment, body pain, fatigue
- Accidentally make mistakes
- Sad without a clear reason
- Distracted when other people are talking to you
- Nervous, or startled by something unknown

Cognitive symptoms:
- Failure to complete tasks or not performing tasks
- No concentration, reduced memory, reduced learning results
- Thinking wildly, often having negative thoughts
- Worrying about the past and the future

Behavioural symptoms:
- Do not want to communicate
- Using stimulants
- Don't want to study / Want to hide from school
- Playing games / watching movies / using internet

Emotional symptoms:
- Crying without reason
- Easy to be hot / irritable, frustrated / irritable / difficult to control the mood
- Worried but didn't know what to do
- There is no belief in life, in the future
- Depressed, indifferent to everything / feel everything is meaningless / want to surrender
- Self-deprecation / obsession with the obscure future

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