



# ACADEMIC PRESSURE AND NEGATIVE IMPACTS ON VIETNAMESE HIGH SCHOOL STUDENTS

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## 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.

## NEGATIVE SYMPTOMS OF AP

### *Physical symptoms:*

- Tired, exhausted from anxiety, but no reason
- Sleep problems
- Eating problems
- Physical impairment, body pain, fatigu
- 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

## 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.

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