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IMPACT OF ANXIETY ON ACADEMIC PERFORMANCE

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ABSTRACT

Anxiety is a common mental health issue that affects millions of people worldwide, including a significant number of students. It has profound implications for various aspects of life, particularly academic performance. The relationship between anxiety and academic success is complex and multifaceted, involving various psychological, physiological, and social factors. Understanding how anxiety impacts students' academic performance is crucial for developing effective strategies to support them and improve educational outcomes. Academic performance is often a primary concern for students, parents, and educators alike. High levels of anxiety can severely impair a student's ability to perform well academically. One of the most direct impacts of anxiety on academic performance is the difficulty in concentrating. Anxiety often causes students to worry excessively about their academic tasks and outcomes, which can disrupt their focus during lessons, study sessions, and exams. This distraction makes it challenging to absorb new information and retain what they have learned, leading to poorer academic results. Moreover, anxiety can affect memory, which is a critical component of learning and academic success. Students experiencing anxiety may find it hard to encode new information effectively, which means that they struggle to remember what they have studied. This problem is particularly acute during exams, where the pressure to perform well can exacerbate anxiety, causing memory lapses and a failure to recall important information. This can lead to lower test scores and a diminished overall academic performance.