

Academic anxiety in students due to covid-19 pandemic

Kalyani Kenneth

MSSW, Chennai, India

Abstract

Since the occurrence of the COVID 19 the style of education transferred from offline to online which led to intensification of academic anxiety among students. . With online education and unexpected escalation in the screen time of students due to sequential classes and incongruous break timings has led to damaging influence on their ophthalmic health. Students are incapable to obtain the appropriate social support which is obstructing with their overall progress. Due to the pandemic, and

uncertainty students are affected constantly with academic anxiety. In this presentation, the expert is going to share about academic anxiety, and physical symptoms, intellectual and emotional symptoms, recent reviews and finally the recommendations to reduce academic anxiety.

Biography

Kalyani Kenneth is working as an assistant professor at the MSSW, Chennai, India.