

The Psychological Toll of Academic Expectations on Youth (A Case Study of Lucknow City, Uttar Pradesh)

Siddharth Singh*¹, Dr. Pawan Kumar Singh²

¹Scholar, Department of Geography & Remote sensing GIS, National P.G College, Lucknow, Uttar Pradesh, India

²Professor and Head of Department, Department of Geography & Remote Sensing GIS, National P.G College, Lucknow, Uttar Pradesh, India

ABSTRACT

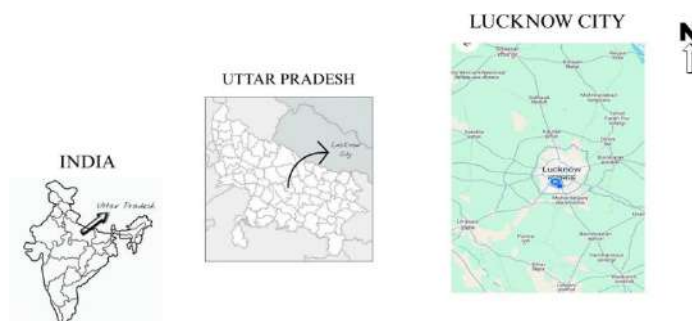
The increasing pressure of academic expectations on youth has emerged as a critical concern, particularly in urban settings like Lucknow City, Uttar Pradesh. This Research Paper examines ‘The Psychological Toll Of Academic Expectations On Youth’ in the Lucknow City, Uttar Pradesh, highlighting the interplay between societal pressures and individual mental health. By conducting a case study in Lucknow, the research aims to uncover the specific factors that intensify these psychological challenges, including competitive academic environments and the role of parental expectations. Utilizing a mixed-method approach, the study includes quantitative surveys assessing stress levels among high school and college students, alongside qualitative interviews that explore personal narratives and coping mechanisms. Ultimately, this work advocates for a balanced approach to education that fosters resilience and mental health awareness, contributing to healthier academic environments and improved life outcomes for youth in the region

Keywords: Academic Expectation, Parental Expectation, Societal Expectation, Individual Supposition, Mental Health, Anxiety, Depression, Self Esteem and others

INTRODUCTION

The increasing pressure of academic expectations on youth has emerged as a critical concern, particularly in urban settings like Lucknow City, Uttar Pradesh. This research paper explores the psychological toll that these expectations impose on students, examining how societal, familial, and educational pressures contribute to mental health issues such as anxiety, depression, and stress. By conducting a case study in Lucknow, the research aims to uncover the specific factors that intensify these psychological challenges,

including competitive academic environments and the role of parental expectations. Through qualitative and quantitative methods, this study seeks to provide a comprehensive understanding of the mental health landscape among students, highlighting the urgent need for supportive measures and interventions. The findings will contribute to the broader discourse on youth well-being and inform stakeholders about the importance of fostering a healthier academic culture that prioritizes emotional and psychological resilience.



STUDY AREA:

Relevant conflicts of interest/financial disclosures: The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

The study area focuses on Lucknow City, Uttar Pradesh, examining the psychological impact of academic expectations on Youth. Lucknow City, the capital of Uttar Pradesh, is situated in northern India. It lies on the banks of the Gomti River, around 500 kilometers east of New Delhi. For the disciplined and sequential study of the factors that are responsible, regions from all the directions will be considered.

AIMS AND OBJECTIVES:

The Prime Aim of the research is to understand the relationship between Academic Expectations and Mental Health of the Youth in Lucknow City, Uttar Pradesh. The specific objectives include:

- Identifying common academic expectations faced by the Youth.
- Investigation of gender difference in experiencing and coping with academic stress.

- The Key Role of Parents, Society and Individual in shaping academic distress.

METHODOLOGY:

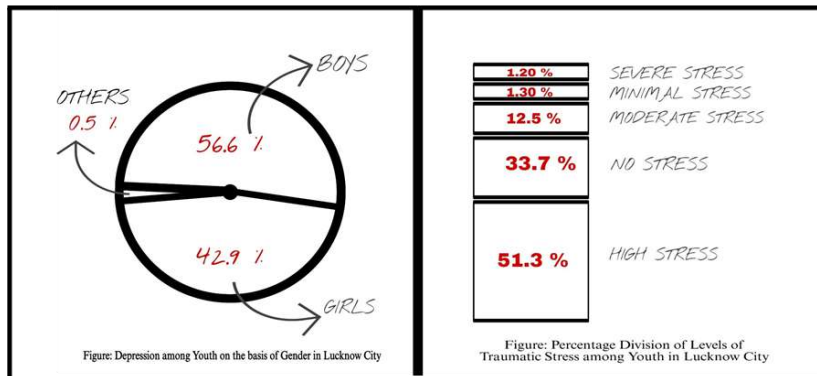
The methodology includes the ensuing steps:

Design (Use of mixed-methods approach, combining quantitative and qualitative methods to gain a comprehensive understanding of academic expectations among youth).

Population and Sample (Stratified random sampling to ensure representation across different demographics like age, gender, socio-economic status).

Data Collection (Collection of Quantitative Data through surveys and administration while that of Qualitative has been through Interviews).

Ethical Considerations (Ensuring the confidentiality as well as anonymity of the participants).



FINDINGS:

The in-depth analysis provides various details regarding the causes of academic expectations from the youth. Findings indicate that excessive pressure from Parents and Society leads to heightened distress, anxiety and depression. Some of the participants reported feeling of inadequacy and burnout, stemming from the fear of failure and the societal comparisons.

The study found that nearly 70% of participants expressed a sense of burnout, characterized by emotional exhaustion and diminished interest in studies. Parents often impose rigorous expectations, driven by the cultural norms and educational landscape. The research underscores the urgent need for integrated mental health support within academic settings.

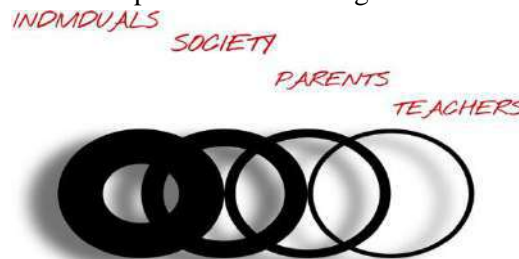


Figure: Source of Academic Expectations from the youth of Lucknow City

RESULT DISCUSSION:

The findings underscore the influence of academic expectations from parents as well as society on the

Youth. Considering success in academics the only measure for successful life is the key cause of anxiety and stress among the youths. Along with this, the findings describe the inability to acknowledge the

difference between the levels of education as the chief root of mental distress. The study also highlights the role of teachers and professors in overcoming the problem of psychological toll in the youths.

CONCLUSION:

In conclusion, this research provides valuable insights into the causes and effects of Academic Expectations on the Youth of the Modern Generation. Also, the research reveals a significant correlation between the pressure to perform and mental health issues. The findings no doubt

bring out the need for greater awareness and support within educational institutions as well as the families. Addressing these challenges is crucial for fostering healthier academic environments that prioritize well-being over mere achievement, ultimately promoting a balanced approach to education that nurtures both academic success and mental health among students

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