PREFACE

Stress has become an important topic in academic circles as well as in our everyday life also. According to the opinion of many parents, teachers, and students, present day education is highly stressful. The events related to education that cause great anxiety, annoyance, feeling of pressured are called educational stressors and the psychological condition arising due to this stressor is called the educational stress.

The main objective of the study was to find out the effect of stress on academic achievement of undergraduate students of Tripura. There have been some studies regarding stress and academic achievement of undergraduate students in India. But no research work could be found by the present researcher regarding the effect of stress on academic achievement of undergraduate students in Tripura. So this research is considered essential to investigate the effects of stress on academic achievement in Tripura. It is expected that the finding of the study will be helpful to the students of the present day as well as to the teachers, counselors, and educational planners.

Any research work requires more than its writer and the researcher to bring it into final form as most of the authors readily admit in their pages of acknowledgement. This work is no exception. But in fact, no such work can be successfully completed without direct or indirect help. The researcher would like to express his warm gratitude to the people who helped him in the completion of this work.

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