

**PSYCHOLOGICAL STRESS AND ITS IMPACT ON
ACADEMIC PERFORMANCE OF UNIVERSITY STUDENTS:
(A STUDY OF MEDICAL FACULTY STUDENTS AT THE
UNIVERSITY OF JAYEWARDENEPURA)**

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This research investigates the impact of stress on the academic performance of medical students at the University of Sri Jayewardenepura, recognizing their particular vulnerability due to demanding studies and high expectations. Stress is a common experience for university students, and it can have a significant effect on their academic performance. The main objective was to examine the relationship between stress and academic performance. Eighty medical students participated. The study also aimed to identify common stressors and effective coping mechanisms to inform interventions for stress management and academic improvement. Data was collected using a two-part questionnaire, validated stress scales, and interviews.

Findings revealed that students face stressors such as academic workload, difficult examinations, competitiveness, fear of failure, and financial burden. Correlation analysis demonstrated a significant relationship between stress and academic performance. Specifically, unexpected stress, lack of control, and anxiety were identified as significant factors.

The study concludes that stress is a multifaceted challenge in medical education and enhances the understanding of its relationship with academic performance. Recommendations are provided for addressing stressful situations, promoting effective coping, and fostering a sensitive, supportive learning environment to aid student success and preparation for future roles. Research ethics ensured participant confidentiality.

Keywords: *Academic performance, medical students, stress, psychological impact, coping mechanism*