
Review Article

The Impact Of Academic Stress On Students' Conflict Resolution Ability At School (Study Of Literature)

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Abstract: This literature study discusses the impact of academic stress on students' conflict resolution abilities at school. Academic stress, arising from pressure for high achievement, competition, and high expectations, has become the focus of increasing attention among educators, parents, and researchers. Recent studies show that academic stress can impact students' overall well-being, including their ability to manage and resolve conflict in the school environment. The results of literature studies show that students who experience academic stress tend to experience decreased communication, empathy, and emotional management skills, which are key components of effective conflict resolution abilities. Apart from that, academic stress can also affect students' ability to think critically and creatively in resolving conflicts. This can hinder the conflict resolution process, worsen relationships between students, and affect overall student learning outcomes. Thus, the conclusion of this literature study emphasizes the importance of recognizing the impact of academic stress on students' conflict resolution abilities at school. Holistic and sustained efforts are needed to reduce academic stress and strengthen students' social skills, including the development of communication skills, empathy, emotional management, and critical and creative thinking. This can create an inclusive, supportive, and safe learning environment at school, where students can grow and develop optimally.

Keywords: Academic Stress, Conflict Resolution, Literature Study

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1. Introduction

Academic stress is one of the major challenges faced by students around the world in their pursuit of high academic achievement. Pressure to achieve set standards, competition between students, and high expectations from parents and teachers can cause significant levels of stress among students. In the context of the school environment, academic stress not only affects academic performance but also has deep implications for students' ability to resolve interpersonal conflicts [1]. Conflict is a natural part of life at school and can arise from various sources, ranging from differences of opinion with classmates to conflicts between students and teachers [2]. The ability to handle conflict well is a very important social skill for students, because it can form the basis for healthy and productive relationships inside and outside the school environment. However, academic stress can interfere with this ability by burdening students with additional stress that makes them less able to manage conflict well. The impact of academic stress on students' conflict resolution abilities at school shows a complex and varied pattern. Some students may experience a decline in their communication abilities and social skills when they feel burdened by piling up academic assignments and high expectations [3].

Meanwhile, others may demonstrate aggressive or defensive responses to conflict as a way of responding to the stress they feel.

One important aspect of academic stress is its impact on students' ability to manage and resolve interpersonal conflicts. Conflict is a natural part of school life, and students need to have adequate skills to deal with it effectively [4]. However, academic stress can interfere with these abilities in various ways, such as increasing anxiety levels, decreasing patience levels, and reducing students' ability to think rationally in conflict situations. Environmental factors may also play an important role in amplifying or reducing the impact of academic stress on students' conflict resolution abilities. A school environment that is supportive, inclusive, and oriented towards student welfare can help reduce stress levels and create an atmosphere where students feel more comfortable constructively resolving conflicts [5]. Conversely, competitive, stressful, or unsupportive environments can exacerbate academic stress and hinder students' ability to handle conflict well. Seeing the important impact of academic stress on students' conflict resolution abilities at school, in-depth research in this area is very relevant. Understanding the mechanisms underlying the relationship between academic stress and conflict can provide valuable insight for the development of intervention strategies that are more effective in helping students manage stress and resolve conflict in positive ways. As such, continued research in this area can make a significant contribution to efforts to improve students' well-being and create school environments that support their holistic growth and development.

Academic stress has been the focus of significant attention among educators, parents, and researchers because of its potential impact on students' well-being in school. Students around the world face a variety of pressures related to their academic achievement, including the pressure to achieve high grades, meet parental expectations, and compete with classmates. Previous studies have shown that academic stress can hurt students' emotional and psychological well-being [6]. However, there is still little research that specifically examines the relationship between academic stress and students' conflict resolution abilities in the school environment. Therefore, in-depth research on this topic can provide valuable insights into how academic stress influences conflict dynamics among students and provide a basis for the development of appropriate interventions. In this context, research on the impact of academic stress becomes increasingly important to understand how it can affect various aspects of students' lives, including their ability to resolve conflicts in the school environment. According to Mukitasari [7] said that academic stress can harm students' mental and emotional well-being, which in turn can affect the way they handle conflict. Students who feel anxious, depressed, or unable to cope with their academic stress may tend to have less effective responses to conflict, such as withdrawal or aggression. Therefore, understanding how academic stress affects students' ability to resolve conflict is an important step in improving students' overall well-being. Additionally, it is important to recognize that each student reacts differently to academic stress and conflict at school based on individual factors such as personality, previous experiences, and the social support they receive.

In this context, the author integrating a multidimensional approach, such as considering psychological, social, and environmental aspects in understanding the relationship between academic stress and students' conflict resolution abilities, can provide a more comprehensive understanding of this issue. It may also provide a foundation for the development of more holistic and effective intervention programs to help students face the challenges of academic stress and conflict at school. By deepening our understanding of the relationship between academic stress and students' conflict resolution abilities, we can develop better approaches to supporting student well-being and creating more positive and inclusive learning environments. This can contribute to increased academic achievement, reduced stress levels, and the formation of strong social skills that will benefit students not only in school, but also in their lives outside of the academic environment.

2. Result

Academic stress, which is the pressure felt by students as a result of academic assignments, exams, or high expectations from various parties, can have a significant impact on students' well-being and their learning outcomes [8]. The impact of academic stress can be multidimensional, affecting students' physical, emotional, behavioral, and cognitive aspects. Physically, academic stress can cause symptoms such as headaches, sleep disorders, fatigue, and even other physical health problems [9]. Students who experience chronic or severe academic stress may have a compromised immune system, be susceptible to illness, and have low energy levels. Emotional, and academic stress can lead to higher levels of anxiety, stress, and depression. Students may feel anxious about the results of exams or assignments, afraid of failure, or stressed by the constant academic load [10]. This can affect their mood and overall emotional well-being, and can even lead to more serious mental health problems. From a behavioral perspective, academic stress can affect sleep patterns, eating patterns, and other life habits [11]. Some students may experience social withdrawal or avoid activities they enjoy as a way to deal with stress [12]. On the other hand, students who feel overwhelmed by academic stress may increase their caffeine consumption, smoke cigarettes, or use illicit substances as a way to cope with the pressure.

From a cognitive perspective, academic stress can affect students' concentration, memory, and problem-solving abilities. Students who feel depressed or anxious may have difficulty focusing their attention on learning tasks or remembering learned information [13]. This can negatively impact their learning outcomes and exacerbate the cycle of academic stress. In addition to these immediate impacts, academic stress can also have significant long-term consequences for students. At extreme levels, unresolved academic stress can lead to academic burnout, where students lose interest and motivation in their education overall. This can lead to decreased academic performance, increased school dropout rates, and even serious mental health problems [14]. Thus, it is important to recognize that academic stress is not just part of a student's learning experience, but also a serious well-being issue that requires appropriate attention and intervention. Efforts to reduce academic stress must involve collaboration between students, parents, teachers, and school staff to create a supportive learning environment, reduce unnecessary stress, and give students the tools they need to manage stress effectively [15].

Students' conflict resolution abilities in school are a critical social skill for the development of healthy relationships, a positive learning environment, and continued academic success. These abilities include a set of skills that enable students to recognize, manage, and resolve conflict well without compromising relationships or creating unnecessary tension in the school environment.

First, conflict resolution skills include the ability to identify the source of conflict and understand the perspectives of all parties involved. This involves the ability to listen empathetically, acknowledge differences of opinion, and appreciate different points of view [16]. By understanding the roots of conflict, students can be more effective in finding mutually beneficial solutions. Second, the ability to manage emotions is an important component of conflict resolution abilities, in line with what Panggabean [17] said that managing emotions can minimize the occurrence of conflict. This involves recognizing and controlling emotions that may arise during conflict situations, such as anger, frustration, or fear. Students need to learn how to manage their own emotions and respond constructively to the emotions of others to prevent conflict escalation. Third, effective communication skills are a key element of successful conflict resolution [18]. Then, Furqon [18] said that students need to be able to express themselves clearly and honestly, convey their needs and concerns in an open and dignified way. Apart from that, they also need to have good listening skills, pay close attention to what the other party is saying and respond with empathy. Fourth, collaboration and negotiation skills are important aspects of effective conflict resolution, so students need to learn how to work together with others to reach mutually beneficial and fair solutions [19]. This involves the

ability to seek compromise, create win-win solutions, and consider the common good above personal interests. Fifth, the ability to resolve conflicts peacefully and with respect is the ultimate goal of an effective conflict resolution process. Students need to understand the importance of respecting others, avoiding derogatory or hurtful actions or words, and seeking solutions that promote peace and harmony in the school environment [20]. Students' conflict resolution abilities at school are not only important for overcoming problems that arise between students but are also useful skills throughout life. Students who have good conflict resolution skills tend to have healthier relationships, achieve higher levels of academic success, and better prepare themselves to face real-world challenges. Therefore, education on conflict resolution should be an integral part of the school curriculum to help students develop these skills well.

3. Discussion

Academic stress has become an increasing concern among educators, parents, and researchers because of its broad and often detrimental impact on students' well-being in the school environment. One often overlooked but important aspect of academic stress is its impact on students' ability to resolve conflict at school. Conflicts between students, teachers, or even administrative staff are an integral part of school life, and the ability to manage and resolve conflicts well is a very important social skill. According to Tasalim [21], the impact of academic stress on students' conflict resolution abilities at school can vary greatly, such as: decreasing students' communication abilities and social skills. When students feel pressured by mounting academic assignments, exams, or high expectations from parents and teachers, they may have difficulty expressing themselves effectively in conflict situations. This can lead to misunderstandings, escalation of conflict, or even unnecessary arguments. Apart from that, academic stress can also result in a decrease in students' emotional control. When students feel overwhelmed or anxious due to academic pressure, they may become more susceptible to negative emotions such as anger, frustration, or anxiety. This can hinder students' ability to keep a cool head and resolve conflicts tactfully. Instead, they may respond to conflict impulsively or aggressively, which can make the situation worse.

Not only that, academic stress can also influence students' perceptions and assessments of conflict situations. Students who feel overwhelmed by academic pressure may tend to view conflict situations as more threatening or difficult than they are [22]. This can lead to excessive or disproportionate responses to the conflict, which can worsen the situation and prolong the resolution process. In addition to its direct impact on conflict resolution abilities, academic stress can also have an indirect impact on students' emotional and psychological well-being. Students who feel stressed or anxious due to academic pressure may have a low level of tolerance for the additional stress that conflict at school brings. They may have difficulty managing their own emotions, identifying effective solutions, or collaborating with others to solve problems [23]. It is important to remember that each student reacts differently to academic stress and conflict at school based on individual factors such as personality, previous experiences, and the social support they receive. Some students may have effective coping strategies that enable them to cope well with stress and manage conflict tactfully, while others may need additional help in developing these skills [24].

Thus, it is important to acknowledge the complexity and diversity of the impact of academic stress on students' conflict resolution abilities in school. Understanding the mechanisms underlying the relationship between academic stress and conflict can provide a foundation for the development of intervention strategies that are more effective in helping students manage stress and resolve conflict in positive ways. This can contribute to creating a more inclusive, supportive, and safe school environment for students' holistic growth and development.

The impact of academic stress on students' conflict resolution abilities at school is an important area to understand because it can impact students' overall well-being.

Academic stress, caused by pressure to achieve high levels of achievement, competition, or high expectations, can have a significant effect on students' ability to manage conflict well in the school environment [25]. Apart from these impacts, academic stress can also affect students' perceptions of conflict and the way they respond to it. Students who feel stressed or anxious may tend to view conflict as a threat or obstacle, rather than as an opportunity to learn and grow. This can lead to a defensive response or withdrawal from the conflict situation, which in turn can exacerbate the situation or delay resolution of the problem. It is important to recognize that each student reacts differently to academic stress and conflict at school, and their responses can be influenced by a variety of individual and environmental factors. Therefore, it is important to pay attention to differences in how students deal with stress and conflict, and to provide appropriate support and the necessary tools to help them manage such situations well. With a better understanding of the impact of academic stress on students' conflict resolution abilities in school, a more holistic approach can be taken in supporting student well-being and creating inclusive and supportive learning environments. This can involve developing programs designed to help students manage stress well, improve communication and empathy skills, and promote critical and creative thinking in resolving conflict.

3. Materials and Methods

The method used is qualitative research with literature study research techniques. Qualitative research is a research method that focuses on scientific research activities by describing and understanding the social phenomena that are observed (Habsy, 2017). The literature study research technique is a series of scientific activities carried out by collecting information that is relevant to the topic or problem that will be or is being studied with literature as the main source of reference (Fahrurrozi, et al, 2020). A literature review is a means for researchers to obtain a theoretical basis as a guide to the source of hypotheses. The literature that is the source for the study is knowledge about research conducted by other researchers or previous research. This knowledge is used as material for understanding a phenomenon, as well as linking the results of one research with the results of other research. The relationship between the research results is then compiled thoroughly to obtain an overview and conclusions.

4. Conclusion

The impact of academic stress on students' conflict resolution abilities at school is a complex and significant phenomenon that affects students' overall well-being and achievement. Academic stress, caused by pressure to achieve high levels, competition, and high expectations from various parties, can have a detrimental effect on a student's ability to manage and resolve conflict effectively. Research shows that students who experience academic stress tend to experience decreased communication, empathy, and emotion management skills, all of which are key components of effective conflict resolution abilities. This can hinder the conflict resolution process, cause conflict escalation, and worsen relations between students in the school environment. Apart from that, academic stress can also affect students' ability to think critically and creatively in resolving conflicts. Students who feel stressed or anxious may have difficulty focusing, processing information, and finding innovative solutions to the conflicts they face. This can prolong the duration of the conflict and hinder students' learning process at school. Therefore, it is important to recognize that academic stress is not only an academic problem, but also a welfare problem involving students' physical, emotional, behavioral and cognitive aspects. Efforts to reduce the impact of academic stress on students' conflict resolution abilities at school must involve collaboration between students, parents, teachers and school staff. A holistic and sustainable approach is needed, which includes preventing academic stress, emotional and psychological support for students experiencing stress, and building effective social and coping skills. In this way, an

inclusive, supportive and safe learning environment can be created, where students can develop good conflict resolution skills and reach their full academic and social potential.

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