

REVIEWER'S REPORT

Manuscript No.: IJAR-55922

Title: NAVIGATING ACADEMIC PRESSURE: THE IMPACT OF PERFORMANCE TASK INTENSIVE LEARNING ENVIRONMENT ON THE STUDENTS' WELL-BEING IN SCHOOL

Recommendation:

Accept as it is

Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality	Excellent			
Clarity	Excellent			
Significance	Excellent			

Reviewer Name: Dr.Sumathi

Detailed Reviewer's Report

1. A performance task is an educational activity that requires students to apply their knowledge and skills to create a product, solve a problem, or demonstrate understanding in a real-world, authentic context, moving beyond simple memorization. Instead of multiple-choice questions, these tasks involve complex actions like writing an essay, conducting an experiment, building a model, or presenting a solution, serving as tangible evidence of deep learning and proficiency.
2. Academic pressure is the chronic stress and anxiety students experience due to high expectations for performance, including intense workloads, fear of failure, and pressure from parents, teachers, or peers to achieve high grades. It manifests through emotional, physical, and behavioral symptoms like burnout, insomnia, and anxiety.
3. Student well-being is a holistic state of a student's overall health, happiness, and ability to thrive, encompassing their physical, mental, emotional, social, and academic health, allowing them to manage stress, build positive relationships, and reach their potential despite life's challenges. It's about balancing academic demands with

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resources, feeling safe and engaged, and developing resilience for personal growth.

4. Psychological well-being is a multidimensional state of functioning effectively and feeling good, encompassing self-acceptance, personal growth, purpose in life, positive relationships, environmental mastery, and autonomy. It goes beyond mere happiness, representing a state of flourishing, resilience, and the ability to manage life's challenges.
5. Social well-being is the ability to form meaningful, healthy relationships, feel a sense of belonging, and actively connect with one's community. It involves effective communication, mutual respect, and having a supportive network that improves overall mental and physical health. Key elements include social integration, belonging, contribution, and acceptance.
6. Physical well-being is the state of your body functioning well, allowing you to perform daily activities without undue fatigue or stress, and involves active habits like balanced nutrition, regular exercise, sufficient sleep, stress management, and responsible health choices, significantly impacting overall quality of life. It's more than just fitness, encompassing how your body feels, its ability to heal, and your awareness of its needs.
7. A learning environment is the complete setting, context, and culture where learning happens, encompassing physical spaces (classrooms, homes, online), psychological atmosphere (safety, emotion, belonging), social dynamics (teacher-student/peer interaction), and instructional methods, all designed to support the acquisition of knowledge and skills. It extends beyond traditional classrooms to include any place or situation where people learn, aiming to be safe, engaging, and conducive to growth.
8. Key words are excellent to understand.
9. Result part is awesome with tables but can be given graphs for tables.
10. Discussion part should be given separate.
11. Summary points, conclusion and recommendations are given together. It should be given in separately.
12. References can be given more with summary points.
13. After those small changes good to publish in your journal.

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