

## **The Impact of Perceived Stress of Undergraduates on Academic Performance: A Study with Reference to Faculty of Commerce and Management Studies of University of Kelaniya**

Rajakaksha, R. A. A. K.<sup>1</sup> and De Silva, G. H. B. A.<sup>2</sup>

It is quite evident that the majority of the undergraduates wish to achieve the highest grade point average in their university education. However, some of them cannot make this goal due to several factors. According to past studies, stress is one of the decisive factors that impact on academic performance. The purpose of this study is to identify the impact of perceived stress on the academic performance of undergraduate students with reference to the Faculty of Commerce and Management Studies of the University of Kelaniya. In the study, the researcher examined how perceived stress impacts on academic performance of final year management undergraduates. Among the population (N=541) final year commerce and management studies undergraduates, the sample (n=160) was drawn using the stratified sampling method. The research approach was deductive, quantitative and the survey instrument was a questionnaire. Data analysis was done using descriptive and inferential statistics (correlation, logistic regression and Chi-Square analysis) with SPSS 23. The results of the study revealed that perceived stress has a negative impact on academic performance undergraduate students with reference to the faculty of commerce and management studies. Undergraduates should try to reduce stress while achieving academic performance. All in all, stress management is a critical success factor in university education in the Faculty of Commerce and Management Studies, University of Kelaniya – Sri Lanka.

**Keywords:** *Stress, Academic Performance*

---

<sup>1</sup> Undergraduate, Department of Human Resource Management, Faculty of Commerce and Management Studies, University of Kelaniya, Sri Lanka [amali.raak@gmail.com]

<sup>2</sup> Senior Lecturer, Department of Human Resource Management, Faculty of Commerce and Management Studies, University of Kelaniya, Sri Lanka [arjun@kln.ac.lk]