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## Depression's Impact On Students' Academic Work Ethics

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# Depression's Impact On Students' Academic Work Ethics

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## Abstract

The effects of successful academic work ethics are diminishing as adolescent burnout rises. This research focuses on high school students grades 9-12. It is critical to comprehend why school burnout is on the rise so that we can learn how to effectively help teenagers be successful at work and in school. Academic related burnout is due to a variety of factors, including despair and a sense of academic overburden. According to scholarly studies, school-related depression has a negative impact on a teen's work ethic, as well as increasing burnout and a lack of interest in the curriculum. Academic depression must be addressed since it has an unintended detrimental impact on students' grades and undermines their self-confidence. Students are disinterested in college and must investigate other options to increase interest.

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## Conclusion

Through research it is evident that high school burnout does impact students' academic work ethics, mental health, and increase lack of interest in the current school curriculum. Since depression can unknowingly impact adolescents, as a community, it is important to try and accommodate our youth's needs academically as well as emotionally. Which includes being more empathetic to one another. It is important to be strategic about how empathy is applied when working with teens so that their voice is the center of focus to help identify student needs for preventing burnout. As well as enabling access to new productive outlets and learning styles to ensure that they are as equipped as possible to pursue their future careers.

## KeyPoints

- Copious amounts of stress can often lead to burnout. Considering the recent epidemic, COVID 19 from 2020-2022, it has become one of the most stated reasons for seeking professional mental help.
- Adolescents who aim for high academic achievements have higher levels of burnout that those aiming to learn a subject
- Elevated levels of empathic concern may be linked to a higher vulnerability to school-related emotional stresses, such as feeling overwhelmed by one's homework or unable to cope with the school's various expectations

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