

THE IMPACT OF FAMILY DYNAMICS ON ACADEMIC STRESS AMONG UNDERGRADUATES IN SRI LANKA, WITH SPECIAL REFERENCE TO RAJARATA UNIVERSITY OF SRI LANKA.

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ABSTRACT

This study explored the impact of family dynamics on academic stress among undergraduates at Rajarata University of Sri Lanka. The culturally unique context of the university provides an ideal setting for examining the interplay between family relationships, financial stability, and parental involvement in shaping students' academic stress. A structured online survey was administered to 367 undergraduates, and the collected data were analyzed using descriptive and inferential statistics in SPSS. Demographic analysis showed a balanced representation across gender, faculties, and academic years in the sample, while validity and reliability assessments confirmed the robustness of the research tools. The findings revealed significant correlations: Positive family relationships and financial stability were linked to lower levels of academic stress, with parental involvement playing a key role in reducing pressure. Parental involvement strongly correlated with stress reduction ($r = 0.532$, $p < 0.00$). Regression analysis further demonstrated that family dynamics significantly predicted academic stress. All the hypotheses regarding the influence of family relationships, financial background, and parental involvement were supported, highlighting their crucial role in shaping academic stress among students. These results emphasize the importance of fostering supportive family environments, ensuring financial security, and encouraging active parental engagement to alleviate academic stress. This study offers valuable insights for educators, policymakers, and families, stressing the need for integrated support systems to enhance student well-being. Future strategies and interventions should consider the multifaceted effects of family dynamics on students' academic experience in Sri Lanka.

Keywords: Academic stress, family dynamics, financial background, parental involvement, Rajarata University