



ROLE OF PARENTAL SUPPORT IN REDUCING ACADEMIC STRESS OF PUPILS IN GREGORIO PARADERO ELEMENTARY SCHOOL: BASIS FOR LEARNING ACTIVITIES

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ABSTRACT

This study explores how parental support helps reduce academic stress of pupils in Gregorio Paradero Elementary School during the school year 2024-2025. It specifically focuses on two key aspects: emotional support and communication between parents and their children. The study involved thirty-seven (37) parents of Grade 4 students, all of whom were female and mostly between the ages of 34-38. The results show that parents strongly agree in the importance of their role in helping their children manage academic stress. Emotional support, such as encouragement, motivation, and reassurance, plays a crucial role in boosting students' confidence and reducing pressure. Open communication between parents and children creates a sense of security, allowing students to share their concerns and challenges more comfortably. This supportive relationship contributes to lower anxiety levels and overall well-being. There is no significant difference between the respondents' ages and their perception of parental support. This suggests that the ability to provide effective support does not depend on age but rather on the parents' willingness to engage with their children. To build on these findings, the researcher developed a set of learning activities aimed at improving pupils' academic performance with parental involvement. These activities encourage interaction between parents and children, reinforcing academic skills while

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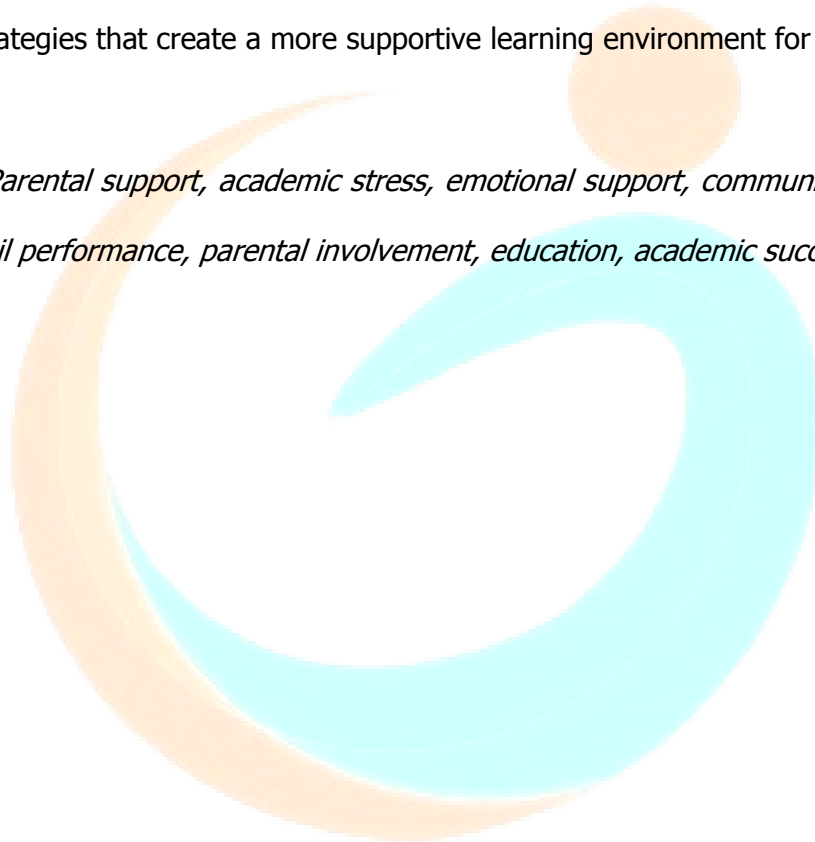
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strengthening their bond. When parents take an active role in their children's education, students become more motivated and confident, which leads to better academic outcomes. this study suggests that schools should actively encourage parental involvement through workshops, seminars, and resources that help parents develop effective support strategies. By continuing to examine the role of parents in education, schools and policymakers can implement strategies that create a more supportive learning environment for students.

Keywords: *Parental support, academic stress, emotional support, communication, learning activities, pupil performance, parental involvement, education, academic success*



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