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The Effect of School Psychological Support on the Level of Anxiety, Academic Performance and Behavioral Discipline Among Tenth Grade Students with Learning Disabilities

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Abstract

This study investigates the impact of psychological support on anxiety levels, behavioral discipline, and academic performance among tenth-grade students with learning disabilities. Employing a qualitative case study approach and a procedural research design, the research was conducted in a single secondary school. The sample consisted of six teachers and eight students (four male and four female) identified as having learning disabilities based on evaluations by teachers and psychologists. These students participated in structured psychological support sessions over a four-month period during the second and third semesters of the 2024–2025 academic year.

Data collection tools included individual interviews with the eight students and six teachers, behavioral data logs, school reports, and academic achievement scores recorded before and after the intervention. The findings underscore the significance of a supportive school environment and its role in reducing anxiety and behavioral issues while enhancing academic performance and classroom engagement. Students who received systematic psychological support demonstrated improved relationships with peers and teachers, a stronger sense of classroom belonging, and increased social participation in both classroom and extracurricular activities.

Teachers reported noticeable improvements in students' impulse control and a reduction in behavioral incidents, contributing to a more positive classroom atmosphere and reflected in higher academic achievement. The study recommends the continued provision of regular psychological support—both individual and group sessions—tailored to the needs of students with learning disabilities. It also emphasizes the critical role of therapists and educators in fostering a safe and motivating environment that enables students to overcome emotional and educational challenges and promotes their academic and social success.

Keywords: School Psychological Support, Anxiety, Academic Performance, Behavioral Discipline, Students with Learning Disabilities.