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EXAM FEAR IN BOARD EXAM APPEARING SCHOOL STUDENTS

Economics

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ABSTRACT

Board exam appearing students feel fear since beginning of academic session. This fear created by teachers, parents and senior students and may helpful to bring awareness regarding exam preparation and performance so that they may take it seriously and prepare for exam. On the other hand it may become a cause of stress and depression that may influence negatively student's academic performance in examination. Present study is focused on finding of exam fear among students of class 10 and class 12.

KEYWORDS

Board Exam, Fear , Students , Physical, symptoms , Cognitive , emotional

Introduction:

Many students tell that the words "test" and "exam" strike terror in their hearts. Today, education isn't characterized by a sense of discovery and exploration. Exam affects almost 40 percent of children, including adolescents. Some students become withdrawn, cranky and irritable and even throw tantrums. Children are unable to vocalize the fact that they are scared of exams. This can also lead to school refusal, an anxiety disorder where the student stops going to school due to emotional distress.

Study shows that the number of students and parents consult psychiatrists by 60-70 percent every year during examination periods. Physical symptoms such as stomach ache, nausea, increased heart breath; excessive sweating and severe headaches are very common. Cognitive and emotional symptoms include the mind going blank, lack of concentration, inability to organize, exam apprehension, fear of failure and low self-esteem. This in turn leads to sadness, anger, depression, severe anxiety and panic attacks. Some students end up falling prey to alcoholism, smoking, drug abuse and excessive use of anti depressants.

Parents these days try to force their own ambitions on their children. They often deny the fact that they are pressurizing their child. The child on the other hand does not want to disappoint their parents. Schools and coaching institutes also pressurize students to perform best so that they can maintain institutional image and cash it for coming students. Students think how they will able to fulfill wishes of all and as a result this feel create exam fear.

A lot of students go through this so one should not feel that they are the only person who has to face it. Family counseling and therapy may use wherein parents and teachers involved ensuring that any pressure that the child is going through eases off. Cognitive behavior therapy along with counseling and medication may use. Students should start preparing for exams well in advance to avoid last minute panic and organize notes and several revisions. Students should practice of things that produce relax and eating of lots of fruits and vegetables, drinking lots of water avoidance of sugary foods and regular exercise. Deep breathing, meditation, yoga and visual imagery techniques are supportive to come out of exam stress. Parents should empathize with children.

Objective:

- Finding of exam fear in male and female students of class 10
- Finding of exam fear in male and female students of class 12

Hypothesis:

1. There is no significant exam fear in male and female students of class 10.
2. There is no significant exam fear in male and female students of class 12.

Methodology

Descriptive survey method was applied for present study. 200 students of class 10 and 200 students of class 12 were randomly selected as sample. 50% male and 50% female 50% rural and 50% urban were accompanied in sample. They were tested for finding of exam fear using self prepared questionnaire. Exam fear was measured at the scale of 0-50 point and categorized as 0-10, 11-20, 21-30, 31-40 and 41-50. Collected data was tabulated and comparatively analyzed using percentile as statistical tool.

Finding and Analysis:

Table-: Status of Exam Fear among Students of Class 10 and 12

Class	Gender / Exam Fear	No. of Students %				
		0-10	11-20	21-30	31-40	41-50
Class-10	Male	8	16	26	29	21
	Female	5	12	28	32	23
Class-12	Male	6	13	28	31	22
	Female	4	9	29	34	24

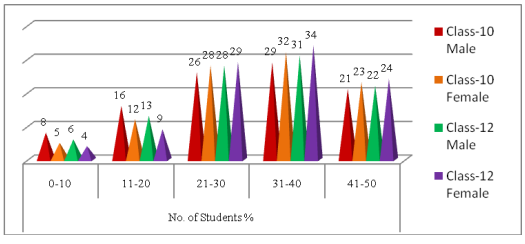

Chart-: Status of Exam Fear among Students of Class 10 and 12

Data table shows that male students of class 10 have fear value 0-10 by 8%, 11-20 by 16%, 21-30 by 26%, 31-40 by 29% and 41-50 by 21%. Among females, 5% found 0-10, 12% have 11-20, 28% have 21-30, 32% got 31-40 and 23% have 41-50 value. No. of students having fear 31-40 is greater. Thus hypothesis 1, there is no significant exam fear in male and female students of class 10 is rejected.

Data related to class 12 also show similar trends. Hence hypothesis 2, there is no significant exam fear in male and female students of class 12 is rejected.

Conclusion:

Female students have higher exam fear value rather than male. Similar trends found for class 10 and class 12 students and value of fear found greater among class 12 students.

Exam related fear leads to pressure and anxiety. To remove the fear & make exam an enjoyable task rather than a scaring one, to focus upon the students in order to make them capable to overcome their fear is necessary. Teachers should focus on practice of solution of test papers and practice of writing whatever they know about the topic. This skill helps them to develop a confidence and they get ability to perform better.

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