



THE EFFECT OF TEST ANXIETY IN IX CLASS STUDENTS

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ABSTRACT

Test anxiety is a Psychological condition that the students face anxiety and stress in test performance. Test performance of the students leads to poor achievement, and phobia related to the examination. The researcher has chosen purposive sampling technique for the study with sample of 100 students (50 males and 50 females) studying IX class. The data collected from the students and t- test formulated for the analysis of data. The results show that significant difference between female and male students on test anxiety.

KEYWORDS : Test anxiety, test performance, IX class students .

INTRODUCTION :

Test anxiety plays a significant role in test performance. Test anxiety interrupts the students performance due to lack of confidence, thinking negative , less motivation, lack of proper planning, poor preparation and propagates students with multi dimensional circumstances, that might hinder cognitive, emotional aspects . Multidimensional aspects can be asses, examined and ranked. The students with test anxiety are subjected to anxious and phobia ,that makes barrier to them advancement in education. Test anxiety makes education of the students inability to think creative, remember the concept and problem solving capability decreases. The teachers, peer groups , psychologists , stake holders should provide a way to students develop good skills , enthusiast thoughts in learning with out test anxiety through good relationship, decrease competitiveness, and maintain fragrance of positive attitude in studies.

Review of related literature:

Dubi lufi (2004) conducted a study on " Test anxiety effect related to the learning disabilities .The study was made on learning disabilities and test anxiety with sample of fifty four 31 men and 23 women . The individuals are implemented with test anxiety inventory of worry and emotional. The results shows significant difference between the individuals with learning disabilities and test anxiety.

Dr. Kerryann walsh (2010) examined on anxiety occurrence among high school students. The study was made in India with sample of 460 adolescents and the results shows boys have more anxiety than girls.

Nishapagaria (2020) studied on the Exam anxiety and conducted research on college students . The researcher had chosen purposive sampling for the study with sample of 120 male 60 and female 60 . The sample was implemented with west side test anxiety scale. The results had shown the significant difference of college students of both gender boys and girls.

OBJECTIVES:

- To study the effect of test anxiety in IX class students.
- To examine effect of test anxiety among boys and girls .

Test anxiety and effects :

Effects of test anxiety are examined in the students during test, they are cognitive, emotional, physical .

Cognitive effect : Cognitive effect are related to the student under goes to anger, fear .

Emotional effect : Emotional effects are tension, concentration reduces, irritation, nightmares.

Physical effect : physical effects are students feel pain in stomach, sweating , heart palpitations , pain in chest, muscle weakness.

METHODOLOGY:

The researcher had selected purposive sampling method for the study with sample of 100 (50 male and 50 female) studying IX class in Nellore district.

Research tool:

The researcher had implemented self- structured Questionnaire with Cognitive effect, physical effect, emotional effect with 3 point scale agree, dis agree , undecided with score 2, 1,0 scores.

Analysis of the data :

	Mean	std	T-value
Boys	58.98	60.4	1.98
Girls	62.34	64.63	

Table shows that Test anxiety among the boys and girls are significant difference , null hypothesis accepted , alternative hypothesis rejected.

The ways for reduction of Test anxiety:

- Exercise
- Sleeping properly before examination
- Focus on optimistic thoughts and hold good breathing capacity
- Be ready for the exam

CONCLUSION :

The study was made on the IX class students. The students experience test anxiety during examination that exams performance was subjected to stress, anxiety. Anxiety is reduced by good preparation, guidance and planning with proper time. The students should be encouraged to complete tasks . The students in the classroom should be promoted with congenial atmosphere and joy that conflict and stress reduced with cooperation. Cooperation among the students enables learning with support, mutual understanding.

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