

A Study to Assess the Level of Exam Anxiety Among Higher Secondary School Childrens, Poonamalee



Medical Science

KEYWORDS : Exam anxiety, school childrens.

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ABSTRACT

BACKGROUND: Anxiety is an emotional and behavioural disorder caused by the activation of sympathetic nervous system. In the domain of education, high level of anxiety is often experienced by students during performance related activities such as exams. **AIM:** The aim of the study is to assess the level of exam anxiety among higher secondary school childrens. **OBJECTIVE:** Is to assess the level of exam anxiety among selected higher secondary school children, Chennai. And to associate the level of exam anxiety with the selected demographic variables among students. **METHODOLOGY:** A total of thirty students were selected by probability sampling technique and students were made to fill the exam anxiety inventory scale to assess their exam anxiety level. Data were analysed by using descriptive and inferential statistics. **RESULT:** out of thirty samples 9(30%) were mild exam anxiety, 15(50%) were moderate exam anxiety and 6(20%) were severe exam anxiety. The mean value is 49.6 with 7.42 S.D. The association of selected demographic variables with the level of exam anxiety among higher secondary school childrens was not statistically significant at the level of $P < 0.05$.

INTRODUCTION:

The educational standards of school childrens in India are primarily evaluated based on written examination. Every year, the Indian government conduct board exams, otherwise referred to as public exams, at the end of the 10th (secondary education) and 12th (higher secondary education) grades. Tamil Nadu is one of the states in India and the Tamil Nadu. State board of school examination is responsible for the 10th and 12th board examination within the state. The scores obtained in the 10th board exams are necessary not only to get admission in good higher secondary schools but also to choose the preferred main stream of higher secondary education. Since the number of seats in high quality schools is limited compared to the number of students passing out of the 10th grade completion to get higher secondary admission is always fierce students clearing up 12th board exams leave school and enter University education.

Due to guaranteed white color job prospects, medicine, engineering and management have been the most preferred choice of higher education by the students and/or their parents. Although there are several colleges in Tamil Nadu only few of them are preferred by students, Making the admission process very competitive. Thus, Higher education being a pre requisite for successful future, the board exams have been the source of stress and anxiety for several students. In addition to the struggle to meet their own set values, today's students also have to satisfy the demand of their parents and the society which adds further stress and anxiety.

Anxiety is an emotional and behavioural disorder caused by the activation of sympathetic nervous system. In the domain of education, high level of anxiety is often experienced by students during performance related activities such as exams. In fact, academic examinations and school of adolescent's life. Intelligent study, height during study before exams, back of review\ revision of study material, emotional factors, and negative/irrational thinking about exams are some of the cause of exam anxiety. Although some level of anxiety among students is essential to achieve success in exams, too much of it can have adverse effect on their performances. Importantly in students, high level of anxiety could have an impact on working memory, resolving ability, self-esteem, academic performance and achievement. Anxiety in students can affect their physical and psychological characteristic causing panic attacks, which makes them go blank during exams, feel helpless/cold/nervous/have sweaty palms/fast breath/palpation and could even cause stomach upset.

Sometimes anxiety can have extreme consequences such as tendency to attempt. Suicide unfortunately, India has one of the highest teenage suicide rates in the world and the number of students attempting suicide because of exam fear and presence is increasing, particularly, Tamil Nadu extreme manifestation of distress, suggesting that, for every reported suicide, it is likely that many mental illness go undiagnosed. Considering the seriousness of students anxiety/stress in Tamil Nadu.

MATERIAL AND METHODS:

The research approach used in the study was quantitative approach. The study was conducted at the selected school with thirty samples, the samples were selected by probability sampling technique. The tool used for the study was exam anxiety inventory scale to collect the data. Explained the study to samples and data collection were started. The data was analysed by using descriptive and inferential statistics.

RESULT: out of thirty samples 9(30%) were mild exam anxiety, 15(50%) were moderate exam anxiety and 6(20%) were severe exam anxiety. The mean value is 49.6 with 7.42 S.D. The association of selected demographic variables with the level of exam anxiety among higher secondary school childrens was not statistically significant at the level of $P < 0.05$

DISCUSSION:

The aim of the study was to assess the level of exam anxiety among Hr. Sec School children, Chennai.

The first objective of the study was to assess the level of exam anxiety among selected Hr. Sec School children, Chennai.

The distribution of level of exam anxiety among Hr. Sec School children in which 9 (30%) of them were mild exam anxiety, 15 (50%) of students have moderate exam anxiety and 6 (20%) students were severe exam anxiety.

Siddique and akthar studies the relationship between anxiety and academic achievement results indicates students performed poorly.

La cross found that test anxiety may be major contributing factor to overall poor scholastic performance of students of grade one through eight.

The second objective of the study was to associate the level of exam anxiety with the selected demographic variables among students.

The association of age, gender, type of family, monthly income, marks secured in last academic, techniques used for reducing fear, previous experience and educational status of the parents with the level of exam anxiety among higher secondary school children was not statistically significant at the level of $P < 0.05$

Nottelmann, et., al. examined the association between test anxiety with selected demographic variables. The association of the demographic variables with the level of test anxiety was not statistically significant.

IMPLICATION IN NURSING: NURSING PRACTICE:

School health nurse should educate the students regarding examination anxiety and teach the tips for effective handling of examination stress and anxiety. So the students can improve coping for examination anxiety. Participation in the regular school health programme for counseling can help the students in reducing the examination anxiety.

Health is complete state of multidimensions which includes physical, mental, social, spiritual dimensions. New trends in nursing is nurses are adopting holistic approach in the care, which states that apart from physical health, mental health also very important to each in every person. So in order to practice in taking care of mental health of the person nurses must know the psychological therapies which relieves stress, tension, anxiety, etc. Recent trends are pupils approaching non pharmacological methods in relieving stress compare than pharmacological treatments. Mostly there are using yoga, meditation, relaxation therapies, dieting etc. so the knowledge about the tips which are helpful in relieving the examination anxiety

NURSING EDUCATION:

The ability to cope with exam anxiety is important to the students. Therefore, the nurse educator can assist each students to reduce examination stress by teaching tips for prevention.

As an educator, the community nurse can visit the schools and can teach and demonstrate the techniques how to prevent and overcome from examination anxiety.

NURSING ADMINISTRATION:

Appointments of school health nurse in all the schools are useful to concentrate on the mental health care of children. Mental health services should include individual counseling, personal guidance programme, periodical screening of vision, hearing capacity and speech of school children.

NURSING RESEARCH:

Is essential to identify the examination anxiety among school children as their improvement. So extensive research must be conducted in this area and to identify the present causes for the exam anxiety. Hence strategies for educating and counseling the students helpful, to handle the exam stress. Finding of this study will provide a base line data for the future studies.

CONCLUSION:

The present study was to examine the exam anxiety among higher secondary school childrens, poonamalee. Two specific objectives were formulated. The first objective was to assess the level of exam anxiety among selected higher secondary school childrens, the second one is to associate the level of exam anxiety with the selected demographic variables among students.

The level of exam anxiety among selected school was 9(30%) of them were mild exam anxiety, 15(50%) were moderate exam

anxiety, and 6(20%) were severe exam anxiety. The association of selected demographic variables variables with the level of exam anxiety among higher secondary school childrens was not statistically significant at the level of $P < 0.05$

ACKNOWLEDGEMENT:

- Ø Dr. P. MANGALAGOWRI, Ph.D., Principal, Saveetha College of Nursing, Saveetha University, Chennai- 602105
- Ø Dr. SHABANATHUL MISSIRIYA, Ph.D., HOD of Department of Community Health Nursing, Saveetha College of Nursing, Saveetha University, Chennai-602105.
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TABLES:

TABLE-1 FREQUENCY AND PERCENTAGE DISTRIBUTION LEVEL OF EXAM ANXIETY AMONG Hr.Sec SCHOOL CHILDREN.

S.NO	LEVEL OF EXAM ANXIETY	FREQUENCY (n)	PERCENTAGE %
1.	Mild exam anxiety	9	30
2.	Moderate exam anxiety.	15	50
3.	Severe exam anxiety	6	20

Table 1 reveals the frequency and percentage distribution of level of exam anxiety among Hr.Sec school. 9(30%) of them were mild exam anxiety, 15(50%) of students have moderate exam anxiety and 6(20%) students have severe exam anxiety.

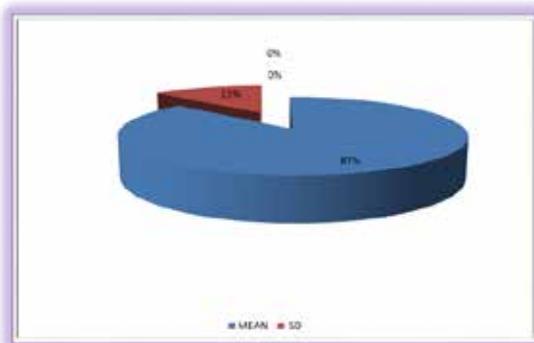
TABLE 2: MEAN AND STANDARD DEVIATION OF LEVEL OF EXAM ANXIETY AMONG HR. SEC SCHOOL CHILDREN .

S.NO	MEAN	STANDARD DEVIATION
1.	49.6	7.42

TABLE-2 reveals the mean and standard deviation of level of exam anxiety among higher secondary school children. The mean value 49.6 and the standard deviation was 7.42

FIGURES:

TABLE 2: Mean and standard deviation of level of exam anxiety among higher secondary school students.



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