

Anxiety Level of Young Boys and Girls Before Examination

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ABSTRACT

The present study was to compare the Examination Anxiety among students in relation to their Gender and Type of College. Total sample of 120 College Students were selected by applying random method sampling. The data were collected using Examination Anxiety Test by Dr. Subhash Sarkar (2015). Statistical analysis Mean and 'F-test' used. The results that significant difference is found in the Examination Anxiety of Government & Private Students of College. It means the Private College Students found high Anxiety than Government college students.

Keywords: Exam Stress, Boys & Girls

Exam anxiety is one of the most important problems among low average and moderate students. In the time of examination, many parents and students approach counselors and psychologist. Which show the existence of the severity of this problem, It prompted the researcher to make an in depth study of this subject. Besides examination anxiety students are facing problems like Physical changes, Loneliness, Emotional problems, Learning disabilities, rebellious behaviors, Peer group pressures, etc. Here comes the role of a school counselor.

According to Hall (1966), Anxiety is one of the most important concepts in psychoanalytic theory and plays an important role in the development of personality as well as in the dynamics of personality functioning.

The American Psychological Association (1952) defines it as "a danger signal felt and perceived by the conscious portion of the personality. It is produced by a threat from within the personality with or without stimulation from external situations"

Exam Anxiety

The exam period is a time when stress levels are higher than usual. Stress can be positive; helping you to stay motivated and focused. However, too much stress can be unhelpful; it can make you feel confused, exhausted; overwhelmed, and edgy.

Exam anxiety can be viewed in two different ways:

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- A strong emotional reaction of fear that interferes with thinking clearly DURING the exam.
- Ineffective coping with the inevitable stress of an exam BEFORE the exam and/or.

The most commonly reported symptoms are:- Memory blocks or “blinking out on things that you have studied, Physical symptoms such as rapid heart rate, shortness of breath, Fear of failing before the exam is even written; sweating, etc. Lower reading comprehension and Poor attention and inability to concentrate.

Exam Anxiety Tips Be Prepared Early:- The most common cause of exam anxiety is lack of preparation for the exam. Set up a study schedule at least Four weeks before your first exam. You may find that you actually need to start studying very early due to other commitments. Planning ahead also assists you to negate cramming which can be a major cause of exam anxiety.

Sleep Well:- Regular good sleep is one of the best ways to control stress. Getting up and going to bed each day at the same times ensures that your brain and body are getting the rest they need for optimal functioning. Students who follow a regular good sleeping pattern have been shown to perform 50% better than students who stay up late or get up early to study.

Don't Study the Night Before:- Studying the night before an exam causes your anxiety level to increase. Unfortunately it doesn't decrease when you go to sleep. Reduce anxiety by taking the evening off to relax, listening music, watch TV, read a novel, walking etc.

Learned Relaxed Breathing:- When you display any symptoms of anxiety during studying or during the exam, use relaxed breathing to calm yourself. Take a few slow breaths and take your attention away from the task. Say to yourself, relaxed and calm as you exhale. Practice relaxed breathing before exams.

Same Caffeine & Sugar Intake:- Keep caffeine and sugar intake the same during exam time. Don't increase or decrease the amount of tea, coffee, milk, energy drinks, or cola that you normally drink as your brain and body are accustomed to getting a certain amount.

Review Main Themes:- If it causes you anxiety NOT to study the night before an exam, review the main themes of the course earlier in the day. Of course, that implies that you should have already studied well.

Have a Plan before the Exam:- As part of your studying, think about how you will approach the exam and what you will do when you run into trouble. Having a plan in place will assist you to worry less about failing and help you to concentrate more on passing. A plan may include; budget your time according to the questions, read and understand the instructions before you start the exam, write something for every question even when stuck, review and make corrections and stay until the end.

Find out Exactly What is Going to be on the Exam:- A good class syllabus will identify that for you check it out and note the readings that go along with the exam topics. Gather all pertinent materials and information.

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Aim to Do Your Best:- Often, students start thinking negatively when things aren't going well on an exam. This can lead to lower self-confidence and increased self-doubt. Focus on the task instead of on yourself. Recognize and turn off your negative internal dialogue. Do not try for perfection aim to do your very best.

Look After Yourself:- Regular a healthy diet (plenty of fruit and vegetables) and exercise reduces your stress levels and improve concentration. Time you invest in these activities will result in better quality study.

METHODOLOGY

Objective

- To assess exam anxiety between Boys and Girls college students.
- To assess exam anxiety between Private college and Government college student.

Hypothesis

- There will be no significant difference between Boys and Girls college students with regards to exam anxiety.
- There will be no significant difference between Government College and Private College student with regards to exam anxiety.

Participants

The present study sample 120 was selected from College Students. The effective sample consisted of 120 subjects out of which 60 Government College (30 Boys & 30 Girls) and 60 Private College (30 Boys & 30 Girls). Stratified Purposive sampling method was used to select the unit of sample.

Variables

Independent Variables:

Gender: Boys & Girls

Types of College: Government College & Private College

Dependent Variables:

The scores of the College Student on Examination Anxiety Scale.

Tools

In present research following tools were used for data collection,

Examination anxiety scale by Dr. Subhash Sarkar (2015): The examination scale was developed to measure individual differences in examination as a situation-specific personality trait (Spielberger, 1972; Spielberger et. al., 1978). The EAS includes 50 statements and space for recording responses. The respondents are asked to report frequently experience specific symptoms of anxiety before, during and after examinations. This scale reliability was 0.01

Data Collection & Procedure

The researcher has visited different Government and Private College of Ahmadabad and Gandhinagar. Permission was taken from all the subjects while collecting the data from them, proper instructions were given for filling the questionnaire and rapport was established properly. Scoring was done as per the manual and the results were statistically analyzed.

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Statistical Analysis

In the present study to find out the significant difference various groups of College Students. The Data was collected, scored as per the manual and analyzed. The collected was interpreted using the Statistical method 'F-test'. Level of Significant checked 0.05 and 0.01 levels.

RESULTS & DISCUSSION

Table No. 1 Showing Results of 'F-test' Examination anxiety of various group of college students

Sum of Variance	df	SS	MSS	F-Value	Sing Level
SSA	1	33465.70	33465.70	62.43	0.01
SSB	1	39747.60	39747.60	74.16	0.01
SSA*B	1	780.40	780.40	1.46	NS
SS Error	116	62168.500	535.935	-	-
SS Total	119	-	-	-	-

A=Gender

A1= Boys

A2= Girls

B = Types of College

B1=Government College

B2= Privet College

Table No. 2 The Mean Score of Examination Anxiety among College Students Boys and Girls.

	A (Gender)		F-Value	Sign
	A1(Boys)	A2(Girls)		
M	206.54	235.94	62.44	0.01
N	60	60		

Table No. 2. Shows the results of gender Types of college students on exam anxiety. The mean scores of male and female college students on exam anxiety are respectively 206.54 and 235.94. The F-Value of both groups of students on exam anxiety is 62.44. This is significant at 0.01 level. It indicated that female school students have more exam anxiety than male college students.

This might be due to the male dominant culture in Indian Society. Here the Male child is given more preference than female child. Male child is given more freedom than the girl child hence there is more Exam Anxiety found among the Male Students.

Table No. 3 The Mean Score of Examination Anxiety among level of Types of Colleges (Government College & Private College)

	B College types		F-Value	Sign
	B1(Government College)	B2 (Privet College)		
M	205.03	241.43	74.14	0.01
N	60	60		

Table No. 3 Shows the results of type of college students on examination anxiety. The mean scores of Governments and Privet college students on exam anxiety are respectively 205.3 and 241.43. The F-Value of both groups of students on examination anxiety is 74.14. This is

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significant at 0.01 levels. Therefore, the Privet college students have more examination anxiety than Government college students.

CONCLUSION

1. There is significant difference in the mean score of the examination anxiety among the boy and girl students.
2. There is significant difference in the mean score of the examination anxiety among Government College and Privet College students.

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Acknowledgement

Research is a continuous process undertaken by an individual or team of persons probing into the never ending, newer avenues of science. Many people known and unknown have contributed to the strength of the Research. In the first place I would like to record my gratitude to all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Khandivar P.S. (2022). Anxiety Level of Young Boys and Girls Before Examination. *International Journal of Indian Psychology*, 10(1), 1372-1376. DIP:18.01.139.20221001, DOI:10.25215/1001.139