

A Study to Assess the Level of Test Anxiety among Senior Secondary School Students in Selected School of Haldwani, Uttarakhand

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Abstract

Introduction: Test anxiety is a combination of physiological over arousal tension and somatic symptoms along with worry, fear of failure and catastrophizing that occur before and during test situation this anxiety creates significant barrier to learning and performance. Researcher suggest that between 25-40% of student experience test anxiety. Directly or indirectly test anxiety affects the academic performance of student. Highly test-anxious score about 12 percentile points below their low anxiety peers. Test anxiety is prevalent amongst the student population of the world. Test anxiety prevalence has been reported as 10-41% in school age children. There are several different estimates for the prevalence of test anxiety with number ranging from 10-30% among high school and university students. The main objective of the study is to assess the level of test anxiety as measured by test anxiety scale among senior secondary school students.

Material and Methods : In the present study quantitative approach with non-experimental, “descriptive study design” was used. The study was done at selected school of Haldwani, Uttarakhand on 110 participants. The participants were selected through the random sampling technique. The researcher used test anxiety scale comprises of 25 statement with 4-point Likert scale, to assess the level of test anxiety among senior secondary school students

Result : The findings of the study show that 72 % of the participants having moderate test anxiety, 28% having severe test anxiety and no participants have mild test anxiety, when measured through the structured tool for assessing the level of test anxiety. And there was one significant association between test anxiety and one selected demographic variable i.e. occupation of father, whereas there is no significant association between other selected demographic variable.

Conclusion : The investigator observed that the level of test anxiety among senior secondary school students in selected school of haldwani, where 28% have severe anxiety and 72% have moderate anxiety.

Keywords: test anxiety, worry, high school students, senior secondary school students, academic performance.

Introduction

Everyone is afraid of something. Perhaps it's public speaking that quickens your heart rate, or walking home alone late at night. We've all felt anxious at one point or another. Yet, having an anxiety disorder is different¹. Teens and college students can easily feel anxious trying to juggle school, work, friends, and family while trying to figure out the rest of your life. Most of us bounce back. But frequent, intense, and uncontrollable anxiety

that interferes with your daily routines may be a sign of an anxiety disorder².

Anxiety disorders occur when anxiety interferes with your daily life, halting your ability to function, and causing an immense amount of stress and fear.³ Anxiety Disorders are one of the most common emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior such as packing back and forth, somatic complaints.⁴ Anxiety among school going student interfere with social, occupational

and other area of functioning. It can also negatively affect physical health of children. Student can do worry and make themselves sick. Anxiety among school going student interfere with social, occupational and other area of functioning. It can also negatively affect physical health of children. Student can do worry and make themselves sick.⁵

It has been studied formally since the early 1950s beginning with researcher George Mandler and Seymour Sarason, Lrwin G. Sarason then contributed to early investigation of test anxiety clarifying the relationship between the focused effect of test anxiety other focused form of anxiety and generalized anxiety. Researcher suggest that between 25-40% of student experience test anxiety⁶. Student with disabilities and student in gifted education classes tend to experience high rate of test anxiety.⁷ Test anxiety prevalence has been reported as 10-41% in school age children.^{8,9} There are several different estimates for the prevalence of test anxiety with number ranging from 10-30% among high school and university student.¹⁰ Damer and Melendres found that 29.1% of undergraduate university fresher reported feeling heavily burdened by their school demands and this increasingly pressure a student may have an impact on test anxiety.¹¹

This study therefore investigated the relative and combined influences of test anxiety and motivation for examination among selected junior secondary school student.

Statement of the Problem

A study to assess the level of test anxiety among senior secondary school students in selected school of haldwani, uttarakhand.

Objectives

Table A: showing Percentage distribution of samples according to their demographic characteristics n =110

Sn	Variable	Category	Frequency	Percentage
1.	Age	a) 12 -14	07	6%
2.		b) 14- 16	10	9%
3.		c) 16-18	93	85%
4.		d) Above 18	00	0%

- 1) To assess the level if test anxiety among senior secondary school students
- 2) To find the association between level of test anxiety in selected demographical variable.

Material and Method

In this present study the investigator has selected quantitative approach with non-experimental, “descriptive study design”. The investigator has collected the data after obtaining necessary permission from authority. the participants were informed about the purpose of study and written consent was obtained from the participants.110 participants were selected randomly. Participants who were not studying in class 10th was excluded from the study at the time of data collection. The objective of the study was explained to the school students. The time taken for data collection was 1 day.

Part 1: consist of socio demographic variable

Part 2 : unstructured tool (test anxiety scale)

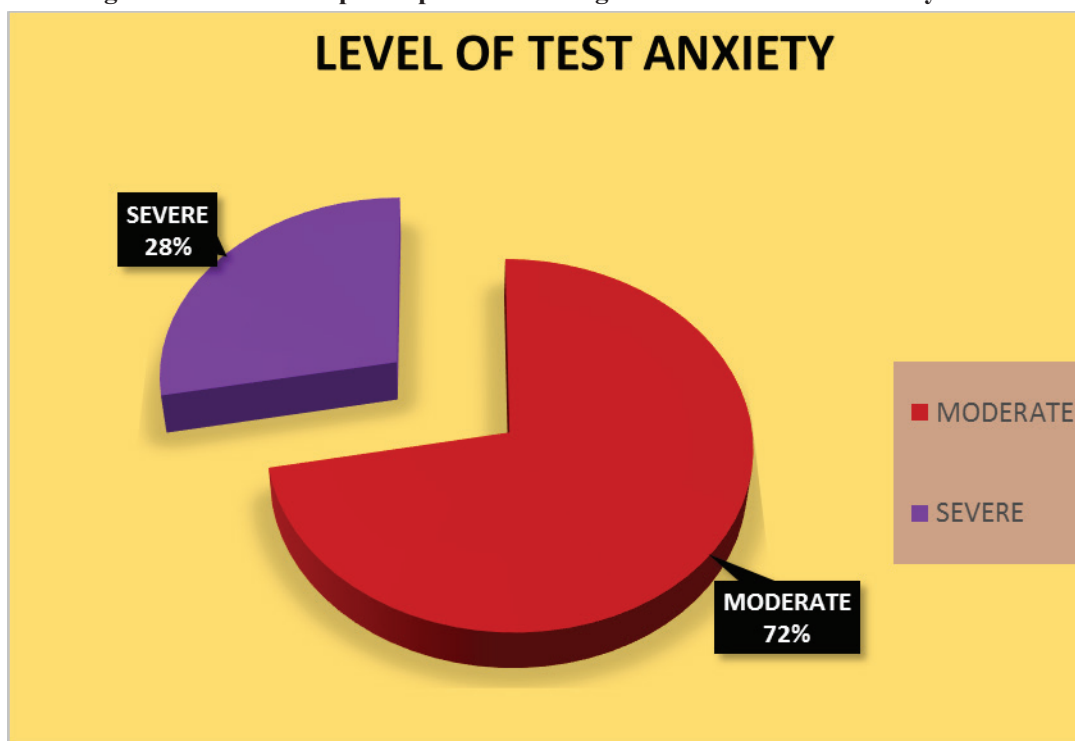
- The level of test anxiety was measured by assessment of test anxiety scale.
- It was 4-point Likert scale, containing 25 statements, for each statement there was response varying from mild to severe, and the score varying from 1- 4 respectively .
- Total score less than 30 indicate mild test anxiety, score 31 to 60 indicate moderate test anxiety, score more than 61 indicate severe test anxiety.

The study was conducted in May 2019. subsequent with coding the data, it was analysed and interpret accordance with objectives of study.

5.	Religion	a) Hindu	109	99%
6.		b) Muslim	00	0%
7.		c) Christian	00	0%
8.		d) Others	01	1%
9.	Occupation of father	a) Govt Employee	32	29%
10.		b) Private employee	50	45%
11.		c) Businessman	10	9%
12.		d) Daily wages	13	12%
a.		e) No job	05	5%
13.	Family income	a) Less than 5,000	15	14%
14.		b) 5,000- 10,000	26	24%
15.		c) 10,000- 15,000	38	35%
16.		d) More than 15,000	31	28%
17.	Types of family	a) Joint family	69	63%
18.		b) Nuclear family	41	37%
19.		c) Extended family	08	7%
20.		d) Others	02	2%
21.	Number of siblings	a) None	02	2%
22.		b) One	29	26%
23.		c) Two	45	41%
24.		d) More than two	34	31%
25.	Previously Failed	a) Yes	10	9%
		b) No	100	91%
26.	Medium of education	a) Hindi	50	45%
a)		b) English	60	55%

In view of selected demographic variables revealed that majority of high school students 93(85%) were from the age group 15-16, 109 (99%) was Hindu and the father of majority of students 50(45%) were private employee, family income is more than 15,000 for 38

(34%) of students, majority of 45(41%) students were having two siblings and 100(91%) of students were not having any history of being failed in previous exams and majority of them 60 (55%) were from English medium.

Fig 1: Distribution of participants according to their level of test anxiety n=110**Diagram showing level of test anxiety among senior secondary school students.**

above figure represent that majority of school students (72%) has reported moderate test anxiety, whereas rest 28% of the students has severe test anxiety , there was no students report with mild test anxiety.

Discussion

1. To assess the level of test anxiety as measured by test anxiety scale among senior secondary school students.

Based on the responses of the students over test anxiety scale , the level of test anxiety was calculated and categorized according to scores as mild, moderate and severe level. The findings of the study reveal that none of the senior secondary school students reported mild anxiety whereas 72% have reported majority of moderate test anxiety, and 28% were having severe test anxiety.

2. To find association between the level of test anxiety in selected demographical variable.

The association between level of test anxiety was calculated with the help of chi-square test , after calculating all the findings ,the Occupation of father

was significantly associated with level of test anxiety, somewhat similar result was found in a study which was conducted by Palermo (1959) and Durrett (1965) which included of 200 students (100 males and 100 females) studying in class 10 in different schools and their age range between 15 to 16 year. The subject was classified into 2 group in terms of economic status example 100 high and 100 low economic group subjects whose parent's income was from 2000-10,000 per month and Rs 40,000 and above was placed into the category of low and high. The conclusion was that children of low economic status have a more exam anxiety¹².

Conclusion and Suggestions

The result of the study is suggestive assessment of level of test anxiety among senior secondary school students of Uttarakhand. Data is indicative that test anxiety is a type of anxiety that affects the performance of student. It was concluded that the ability of an individual to appropriately and successfully respond to different anxiety but this anxiety makes students nervous at the main point.

It may be required to give priority to this matter to conduct more studies and evaluate for the level of test anxiety among school students. So that we can improve the mental status of students and make them more confident, powerful and bold.

Conflict of Interest:

Source of Funding – Self Funded

Ethical Clearance: No Ethical Issue

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