

A study to Assess the Student's Anxiety Level about Examination During Lock Down in Selected Colleges of Pune City

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Abstract

While whole world is facing the outbreak of COVID-19, universities are crucially affected at their core: The students. For them, the period is undoubtedly very stressful: classes are moved online, semesters abroad are postponed, examinations and how they are conducted remain uncertain. As universities have gone virtual within a matter of days, how have these affected students? For the students the stress and anxiety level is very high due to lock down. ¹

Due to COVID-19 student's anxiety level about examination has become very serious issue now days. College students are experiencing very serve anxiety level due to the lock down. . When stress is perceived negatively or becomes excessive, it leads to anxiety before and during examinations and ultimately affects their academic achievement. As due to the pandemic situation many classes were conducted online mode of teaching but as the

COVID -19situation is not yet under control students anxiety level is increasing day by day about their examination². The present study was conducted to know the examinations anxiety felt by college students due to lock down. The sample consisted of 60 college students drawn using Non Probability convenience sampling method from selected colleges of city studying in Professional Courses (Including first year, Second year, Third year and Fourth year respectively) . A questionnaire was developed by the researcher to access examination anxiety among college students. The result shows correlation between examination and anxiety of college students due to lock down. **Design** - The present study is a descriptive research. The data was collected from the primary sources. **Results**- Non Probability convenience sampling technique used to collect information from 60 participants studying in colleges of Pune city. And found that out of 60 participants who participated in the current study the results were 50% students have very severe anxiety level, 20% have severe anxiety, 20% moderate level of anxiety and 5% have Mild anxiety and reaming 5% no anxiety level about their upcoming examinations **Conclusion**- This study was mainly conducted to assess the students anxiety level about examination during lock down .and it is understood that students are suffering with anxiety level. .

Keywords – Examination, Anxiety, College students, COVID-19, lock down

Introduction

In response to the COVID-19 pandemic facing the world it is affecting more on students. When we left, there was not so much fright about COVID-19, as it had just started. It started sinking in gradually.³ But now, there is a lot of anxiety among students about their examination. As how examination will go on. **Universities** and schools across the country have been

closed and exams postponed since March 16, 2020 when the Centre announced a countrywide classroom lock down as one of the measures to contain the COVID-19 outbreak. Later, a nationwide lockdown was announced on March 24, 2020 which has now been extended till 31st June 2020, The COVID situation is not in control and examination schedule is not clear for students ⁴.Exactly this is creating lot of anxiety among the students.⁵ As students left for their native places before the lock

down announced and if university will make sudden announcements for examination leaving them no time to prepare for examination as well many students have left their books at hostels left hurry at their native places and many students are staying at very remote place where they cannot rely completely on online mode of study.^{6,7} This all creating many more anxieties among the students. As well many students are worried about as the syllabus is not complete and assignments are yet and how the mode of examination will be there, ?

As COVID -19 cases are higher day by day and there is no clear about examination schedule this all have impact on students psychology. There is lot of disturbances to the mental health due to this lock down. As well many students facing that without library and other resources it is impossible to study

This Lock down is having great impact on students' academic performance.

Objectives of The Study

1. To assess the anxiety level of students on examination during lock down.

Methodology

The non-experimental descriptive survey study was conducted in the various cities where youth were participated through non probability convenience sampling technique. The self-administered structured questionnaires and check list were used. The collected data were analyzed by using descriptive and inferential statistics

Analysis and Interpretation

Description of subject characteristics

A total sample of 60 college students was selected by using non Stratified random sampling technique. The professional college going students have participated in the study (Including first year, second ,third year fourth year and other respectively) out of which the from first year 5%, second year 10% ,third year 14% ,fourth year 11% and other 20%) accordingly

Male participants were least in numbers i.e. 12% as compare to female participant's i.e.48% Out of 60 participants selected for the study majority the age group was 21 -22 years of age that is 25% , 18-19 years of age

was 3% , 19-20 years of age was 8% and 20-21 years of age 10% and remaining were from other that is 14% have participated in the study.

Discussion

The study was conducted to check the student's anxiety on examination during lock down. ". Total 60 participants have participated in the study. Out of which five age group was selected from 18-19yrs, 19-20, 20-21years and 21-22 years and others yes and 20-21 years the majority of the participants were from the age group of 21-22 yrs. and majority of female participants have participated in the study.

The **HAMILTON ANXIETY** scale was used to assess the data. After obtaining the data the result was found that And found that out of 60 participants who participated in the current study the results were 50% students have very severe anxiety level, 20% have severe anxiety, 20% moderate level of anxiety and 5% have mild anxiety and remaining 5% no anxiety level

The research found that. The same study was conducted with the title "EXAMINATION STRESS AND ANXIETY: A STUDY OF COLLEGE STUDENTS" shows that the correlation between examination stress and anxiety is highly significant so the, states that there is no relationship between examination stress and anxiety among college students. Students of college feel stress before examination and it leads to anxiety. High aspirations, poor study habits, more study problems, change in medium of instructions and low socio economic conditions, test anxiety, fear of failure, competition for grades, excessive academic load and concentration and memory are the factors responsible for examination.

Conclusion

This study was mainly conducted to assess the "student's anxiety on examination during lock down" The present study highlights the perceived stress by college students who already lead a hectic routine and lifestyle.. We believe that providing students psychological support and assurance can help the students to overcome the anxiety in the lockdown and perform better in their studies. As well we should provide periodic counselling to the students and encourage them to study on daily basis during lock down .Hence the students will have

less fear for upcoming examination. As well be should help the students to check various coping strategies which they can adopt to come out of this anxiety level and this will help them to concentrate their studies and have better academic performance .

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Ethical Clearance-Institutional Research committee

Source of Funding- Self

Conflict of Interest – Nil

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