

# Anxiety of Boys & Girls of Standard X During Exams

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## ARTICLE DETAILS

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## ABSTRACT

Everyone feels anxious now and then. It's a normal emotion. We may feel nervous when faced with a problem at work, before taking a test, or before making an important decision. Anxiety during Exam is also a common phenomena that involves feeling of tension or uneasiness that occur before exams, but if a student is too much anxious its harmful for his/her exam. Optimum level of exam anxiety is a requirement for sufficient outcome in the examination. Very low exam anxiety will reflect on low level of achievement and obviously the consequently high level of anxiety will pull down the level of outcome. Hence optimum level of anxiety is needed as an impetus to raise the outcome. Different studies had shown different findings in the gender difference in the exam anxiety. So, the investigators after having a thorough study about these studies felt an interest in finding whether there is a significant difference in the exam anxiety of boys and girls of Standard X. It is inferred from the study that there is significant difference between girls and boys of Standard X in their exam anxiety. It shows that girls have significantly greater exam anxiety than boys.

## 1. Introduction

Exam Anxiety or Test anxiety is a state of un easiness accompanied by dysphoria and somatic signs and symptoms of tension, focused on apprehension of possible failure or misfortune or danger aroused by the event or prospect of taking a test or examination. It is also said as excessive worry about upcoming exams may, fear of being elevated, apprehension about consequences experienced by many students or learners. For the purpose of this study, Exam Anxiety is defined as fairly common phenomenon that involves feeling of tension or uneasiness that occur before, during or after an exam. It is a learned behavior. It is normal to feel some anxiety before a test but too much anxiety is dangerous to exam performance. Some anxiety before and during exam can actually help students to enhance their performance. The extra adrenalin that stress releases can assist them in responding to demanding situations. Sometimes though too much adrenalin is released and they may begin to experience fear and excessive anxiety. When this happens, the anxiety can get in the way of doing the best.

## 2. Symptoms of exam anxiety

The symptoms of test anxiety can vary considerably and range from mild to severe. Some students experience only mild symptoms of test anxiety and are still able to do fairly well in exams. Other students are nearly incapacitated by their anxiety performing dismally on tests or even experiencing panic attacks before or during exams. The following are some of the symptoms.

Physical symptoms:-Headache, tension, nausea, diarrhea, excessivesweating, shortness of breath, rapid heartbeat, dry mouth, light-headedness and feeling faint.

Cognitive Symptoms:- Difficulty in concentrating or organizing thoughts, continual doubt, thinking negatively and comparing oneself to others, indecisive about answers & going blank.

Emotional/Behavioral Symptoms:-Feeling of anger, fear, panic, restlessness, nervousness, helplessness, disappointment, depression, and low self-esteem, outright avoidance of testing situations and even before dropout.

## 3. Causes of exam anxiety

Lack of proper preparation, lack of concentration, poor study habits, poor time management, not studying, waiting till the last minute to study, fear of failure, worrying about the previous poor test performances, the association of marks/grades and personal worth, feeling of lack of control, unhealthy competition with friends, inadequate rest, poor nutrition, fear of being ridiculed by friends for poor performance, insufficient exercise and ill health, over pressure and expectation of teachers and parents.

## 4. Significance of the study

Yasmeen Nilofar Farooqi of Deptt. Of Applied Psychology University of Punjab Lahore Pakistan in her research on "Gender difference in test anxiety & academic performance of medical students" found that female medical students reported significantly highest test anxiety level as compared to the male medical students.

Another study on Performance on the basis of "Anxiety Level Among Boys and Girls" conducted by Fiore M. Angela of West Virginia University (2015) found that there was no overall significant difference between the genders.

The above mentioned studies show different findings in the gender difference in the exam anxiety. So the investigator was really much interested in finding whether there is gender difference in the Anxiety of Boys & Girls of Standard X during Exams in District Anantnag (J&K).

## 5. Statement of the problem

"Anxiety of Boys & Girls of Standard X during Exam in District Anantnag (J&K)"

**6. Objectives**

1. To find the exam anxiety of girls of standard X in Anantnag District(J&K)
2. To find the exam anxiety of boys of standard X in Anantnag District(J&K)
3. To find whether there is significant difference between the girls and boys of standard X in their exam anxiety.

**7. Hypothesis**

There is no significant difference between girls and boys of Standard X in their Exam Anxiety.

**8. Methodology**

The investigator has adopted survey method to find out the Exam Anxiety of Boys and girls of Standard X.

**9. Sample**

The population of the study is Girls & Boys studying in Standard X from Govt. recognized Private Schools in District

	Sample size	X Mean	Standard Deviation	Calculated 't' value	Table 't' Value at 5% level	Remarks
Boys of Standard X	100	44.9	8.75	3.59	1.972	Significant
Girls of Standard X	100	49.3	8.85			

From the above table it is inferred that calculated' value 3.59 is greater than table't' value 1.972 at 0.05 confidence level for degree of freedom 198. Therefore the null hypothesis is rejected. It is also inferred from here that there is a significant difference between girls and boys of Standard X in their Exam Anxiety i.e.; Girls have significantly greater anxiety than boys during Exams.

**12. Findings**

There is significant difference between girls and boys of Standard X in their Exam Anxiety. Therefore from this study we can say that Girls have significantly greater Exam Anxiety than Boys.

**13. Conclusion**

The question here arises that Can exam anxiety be reduced? Yes it can be. It needs cooperative efforts by parents, teachers and the students. Teachers can provide congenial atmosphere and personality development classes and transact the curriculum in an effective manner. Parents should provide peaceful and healthy home atmosphere and should not keep over expectation and give over pressure. They should try to find their talents in them and provide opportunities to them to grow.

**Before the can test students**

- Discuss the content with teachers' and classmates & should try to clear the doubts.
- Use techniques/methods such as recitation, overlearning, whole/part method, and learning by doing,

Anantnag (J&K).A sample of 100 Girls & Boys Students studying in Standard X has been drawn by simple random sampling technique.

**10. Tool used**

A self constructed Exam Anxiety Inventory was used to collect data. The inventory consists of 28 items. The items are distributed in three dimensions such as Exam Anxiety before Exam, Exam Anxiety during Exam & Exam Anxiety after Exam. The students were asked to indicate their response to each item as 'Often' or 'Sometimes' or 'Rarely' as per the instructions given in the tool. Scoring was done as per the scoring key.

't test was employed to find the significance of difference between the two means.

**11. Analysis and interpretation of data**

Below Table showing the't test' for finding the significance of difference in exam anxiety of girls and boys of Standard X.

to learn and recall the material and to find out and follow one's own technique also.

- Adopt effective study habits.
- Periodical revisions should be done a few days before the commencement of the examination.
- Avoid study whole portion in the previous night.
- Keep the mind cool and calm before begin to study and start with prayers to refresh the mind.
- Take a self drill work likewise under exam conditions.
- Get sufficient nutrition and rest.
- Keep the necessary items such as hall ticket, stationary items ready well in advance.

**During the test students can**

- Read the instructions carefully.
- Maintain properly the test time.
- Begin with the answer the known questions.
- Recheck the answers.
- Be calm and comfortable and don't hesitate to ask any difficulty you face to the invigilator.

**After the Exam**

- Students should not repeat the error they have committed in the previous exam.
- Take a break and study for next paper.
- Above all mind is a powerful tool that may work either for us or against us.
- If you think "you can, you can". If you think "you cannot, you cannot". So think positively and reap success.

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