



A comparative study to assess the level of examination anxiety among the boys and girls of 10th standard in selected High School at Ambikapur (Chhattisgarh) with the view to develop an information booklet

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Abstract

Education is the process through which efforts are made to change the thinking and behavior of an individual in a desirable direction. To find out how much this objective has been achieved, it is measured by conducting tests on students. This process of testing is called an examination. Examination plays a very vital role to assess the abilities of students. Through examination, the teacher can analyze the strengths and weaknesses of students. It is the only tool for the evaluation of different aspects related to the teaching-learning process. It is a source of inspiration for students to do well in examinations and get praised by teachers and parents. Through examination, the effectiveness of the curriculum and the performance of teachers can be judged. "Examination is employed to bring about qualitative improvement in education.

Keywords: Boys and girls (10th standard), level of examination anxiety, view develop information booklet

Introduction

Students with high levels of test anxiety may avoid the situation by not showing up for the exam or panicking so much that they are unable to answer the questions effectively. "Test anxiety is a combination of physiological over-arousal, tension and somatic symptoms, along with worry, dread, fear of failure, and catastrophizing, that occur before or during test situations. It is a physiological condition in which people experience extreme stress, anxiety, and discomfort during and/or before taking a test. This anxiety creates significant barriers to learning and performance. Research suggests that high levels of emotional distress have a rate. Test anxiety can have broader consequences, negatively affecting a student's social, emotional and behavioral development, as well as their feelings about themselves and school. Highly test-anxious students score about 12 percentile points below their low anxiety peers." Examination anxiety is a psychological condition in which people experience extreme stress, anxiety, and discomfort before or during a test or exam. Examination anxiety is a self-demanding factor that negatively affects students and their performances. The student is unable to give maximum productivity and the result would be critical.

Review of Literature

1. Studies related to examination anxiety among boys of 10th standard students.
2. Studies related to examination anxiety among girls of 10th standard students.
3. Studies related to examination anxiety among boys and girls of 10th standard students.

Objectives of the Study

1. To assess the level of examination anxiety among the boys and girls of 10th standard with the view to develop an information booklet in selected high school of Ambikapur C.G.

2. To compare the level of examination anxiety among the boys and girls of 10th standard with the view to develop an information booklet in selected high school of Ambikapur C.G
3. To find out the association between the level of examination anxiety among the boys and girls of 10th standard with the selected demographic variables.

Methodology

An extensive review of literature was undertaken. The conceptual frame work adopted this studies based on Transactional Model of Test Anxiety theory. A qualitative comparative research approach was adopted for the study as the present study aim to assess the level of examination anxiety among the boys and girls of 10th standard with the view to develop an information booklet in selected high school. The research approach used will be quantitative research approach is considered appropriate for the study. In the present study, Qualitative comparative research design was used since it aided in information booklet. The study will be conducted in the selected high school of Ambikapur c.g. The sample of the present study comprised of 60 High school childrens. Non probability purposive sampling technique was used. The to assess the level of examination anxiety among the boys and girls of 10th standard. The tool include socio demographic data, modified health related anxiety assessment scale. The researcher used modified health related quality of life assessment scale, which consists of 7 stages.

The data tool collection is consist of structured anxiety assessment scale is used.

Development & Description of the Tool

Data collection tools are the procedures or instruments used by the researcher to observe or measure the key variables in the research problem (Burns.N, Grove. K, 2002).

After wide reading, the researcher developed the tool as per the following

Section A: Deal with socio demographic variables.

Section B: Structured anxiety assessment scale.

Criteria Measuring Score

This is calculated by assessing scores as GAD-7 total score for these items ranges from 0 to 21.

0-4: Minimal anxiety

5-9: Mild anxiety

10-14: Moderate anxiety

15-21: Severe anxiety

Reliability

The value of r was found to be boys and girls. The reality of the tool was calculated using karl pearson methods and reliable tool was found $r=0.87$ of boys and $r=0.74$ girls. Analysis and interpretation of the data was done using descriptive and inferential statistics. So as a comparison boys and girls level of anxiety is more anxiety of boys as comparison of girls. This indicate the tool is Reliable.

Pilot study

In order to establish the reliability of the tool it was administered to 6 mentally children in out and in patient department of Hospital of Ambikapur Chhattisgarh. The karls pearson method was used to test the reliability of the tool. The reality of the tool was calculated using karl pearson methods and reliable tool was found $r=0.87$ of boys and $r=0.74$ girls. Analysis and interpretation of the data was done using descriptive and inferential statistics. So as a compare to girls boys are having more anxiety level.

Data Collection Procedure

- The investigator will obtain written permission from the hospital authority.
- Formal permission will be obtained from the principal of schools.
- After verifying the records, informed consent will be taken and children who fulfills the inclusion criteria will be selected by using non-random (purposive) sampling technique. The researcher had taken permission from students under study, prior to interview. The investigator first introduces herself to the respondent and explains the purpose of gathering of data. Data collection for the study was carried out from 01/05/2023 to 31/05/2023. At the end of interview 25-30minute were utilized to analysis the anxiety of boys and girls.

Plan for Data Analysis and Interpretation

- Data will be analyzed by using descriptive and inferential statistics.
- Organization of data in master sheet.
- Calculate the frequency and percentage to show the distribution of subjects according to the baseline variables
- Calculate mean, standard deviation of the domains of quality of life and independent z- test for comparison between the two groups.
- Value to compare at p value 0.05 level of significant for corresponding degree of freedom
- Data will be expressed in table and figure for better clarification.

Result

The data shows that the level of anxiety, Boys 24(80%) subjects belong to severe anxiety and the Girls 11(37%) subjects belong to moderate anxiety (%), DF value is 3, chi square is 6.72, and significance value is $p>0.05$ NS.

Conclusion

After the detailed analysis, this study leads to following conclusion that assess the level of anxiety among 10th standard boys and girls with a view to develop information booklet. The boys is severe anxiety as comparison girls.

Recommendations

On the basis of the findings the studies following recommendations have been made:

A similar study can be replicated on a large sample to generalize the findings.

- An experimental study can be under taken with a control group for effective comparison of the result.
- A comparative study can be conducted between rural and urban settings.
- Manuals, information leaflets and self instructional modules may be developed in all dimensions and aspects of mental retardation, their care and family counseling etc.
- A study can be carried out to evaluate the efficiency of various teaching strategies like STP, pamphlets and leaflets on mental retardation and their concerns for the mothers.

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