

Examination Stress and Anxiety : A Study of Under Graduate Students in Purulia District

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Abstract : *The present study investigates the examination stress and anxiety of college students in Purulia district, West Bengal. In this era our life is full of stress for rapid advancement. Even students are not free from stress; they also feel examination stress and anxiety before commencement of examination and during the examination. Stress is the force behind much learning. This study has been conducted over 150 college level students in purulia district, West Bengal, to know their examination stress and anxiety. The data has been collected by standardized questionnaire from the students. Statistical techniques such as Mean, Standard Deviation and t-test were applied for analysis of the data. It has been found that the male students have comparatively higher examination anxiety than the female students, the rural students have comparatively higher examination anxiety than the urban students and also the arts students have comparatively higher examination anxiety than the science students. In this paper few more results have been discussed.*

Key Words : examination stress, anxiety, college students.

Introduction : Examination anxiety is one of the vital problems among the moderate and low average students in this present time. Generally, before examination, everyone can experience more or less tension or nervousness. A little tension or nervousness can sometimes help the students to focus on their studies. But often there is a situation where a student has practiced sufficiently but whenever the exam day comes or the student enters the examination hall,

then that the students forgets everything or start feeling so nervous that the student cannot answer any of the test questions. When such a situation arises, one has to understand that the student has Test anxiety or symptoms are showing. Test anxiety is one kind of performance anxiety, which affects a person's body and mind. When a student is under stress, adrenaline hormone is released from our brain. As a result, sweat is emitted from various organs of the body, increased heartbeat, frequent exhalation etc. In this situation more and more people look at the betting aspects of their life and the amount of anxiety gradually increases and gradually his situation tends to go awry and exacerbates the tendency to produce bad results in exams. There are also many components for which test anxieties are produced, which are lack of proper preparation for the exam, bad time management, remaining awakened at night before the exam, bad results etc. There are some ways to manage this test and that is to never think anytime negative about the test, not to study at night and not to spend time with those who create stress etc.

Review of Related Literature :

Smita Sharma (2016) found that most of adolescents have moderate level of stress.

Prima Vitasari and et. al. (2010) found that there was significant correlation of high level anxiety and low academic performance among engineering students.

Archana Kumari and Jagrati Jain (2014) found that there was no significant difference found in the stress and anxiety level of UG and PG students.

Partha Das (2016) found that the rate of prevalence of anxiety among the maximum number of University level students that 64.44% found to be ranged from potentially and Moderate level of Anxiety.

Khabirul Alam and Dr. Ujjwal Kumar Halder (2018) found that there is significant negative correlation between test anxiety and adjustment of the secondary students and also there is significant negative correlation between test anxiety and adjustment of the male and female students and there is significant negative correlation between test anxiety and adjustment of the urban and rural students of secondary education with some exceptions.

Dr. Deepa Bisht and I.S. Sudha (2017) found that the examination stress level of higher secondary school students was found to be moderate and also there was a moderate negative significant relationship between the examination stress & the academic achievement of the higher secondary school students.

Statement of The Problem :

The problem of the present study was specified and state as, **“Examination stress and anxiety: A study of under graduate students in Purulia district.”**

Objectives of The Study :

1. To know the significant difference in examination anxiety between male and female students.
2. To know the significant differences in examination anxiety between rural and urban students.
3. To know the significant difference in examination anxiety between science and arts students.
4. To know the significant difference in examination anxiety between general, OBC, SC and ST students.

Hypothesis of The Study :

H₀1: There is no significant difference between male and female students in relation to the examination anxiety.

H₀2: There is no significant difference between urban and rural students in relation to the examination anxiety.

H₀3: There is no significant difference between science and arts students in relation to the examination anxiety.

H₀4: There is no significant difference between urban male and rural male students in relation to the examination anxiety.

H₀5: There is no significant difference between urban female and rural female students in relation to the examination anxiety.

H₀6: There is no significant difference between general and OBC students in relation to the examination anxiety.

H₀7: There is no significant difference between general and SC students in relation to the examination anxiety.

H₀8: There is no significant difference between general and ST students in relation to the examination anxiety.

H₀9: There is no significant difference between OBC and SC students in relation to the examination anxiety.

H₀10: There is no significant difference between OBC and ST students in relation to the examination anxiety.

H₀11: There is no significant difference between SC and ST students in relation to the examination anxiety.

Methodology :

- **Method of the study:** In the present study the descriptive survey method was found to be the most appropriate one as the examination stress and anxiety of under graduate students.
- **Population of the study:** All the under graduate level students of Purulia district, West Bengal, are constituted as the target population for the present study. Further it was decided to take a representative sample of the population.
- **Sample of the study:** The sample is chosen from the population and is used to represent the population. Sample of 150 under graduate level students were randomly selected of Purulia district, West Bengal.

Table No. 1. Sample Profile

	Urban	Rural	Total
Male	21	63	84
Female	41	25	66
Total	62	88	150

Table No. 2. Sample Profile

	Male	Female	Total
Science	39	30	69
Arts	45	36	81
Total	84	66	150

Table No. 3. Sample Profile

	Urban	Rural	Total
Science	36	33	69
Arts	26	55	81
Total	62	88	150

• **Tools of the study:** In this study, researcher has used The Fried-Ben Test Anxiety Scale, was constructed and standardized by Friedman and Benadas – Jacob (1997). This inventory consists 23 items dispersed in three dimensions namely Social derogation, Cognitive obstruction and Tenseness, which measure examination stress and anxiety on a five point Likert scale. Five responses categorized as Strong Agree, Agree, Neutral, Disagree and Strong Disagree.

- (i) Social Derogation – 1 to 8 items
- (ii) Cognitive Obstruction – 9 to 17 items
- (iii) Tenseness – 18 to 23

Statistical Techniques : The statistical Techniques are:

- Mean
- Standard Deviation (SD)
- t- test

Analysis and Interpretation of Data :

Testing of hypotheses:

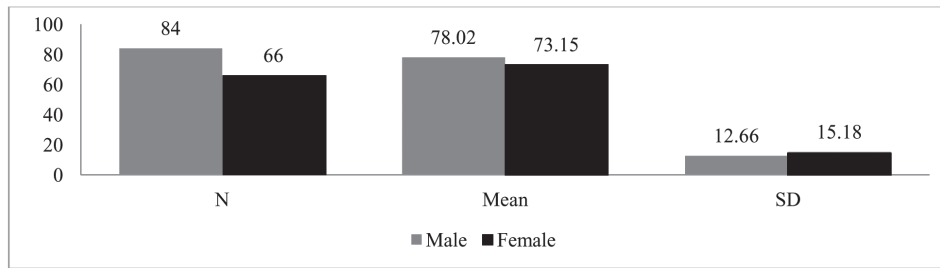
- H_0 1: There is nosignificant difference between Male and Female students in relation to the examination anxiety.

Pair	N	Mean	SD	Mean Difference	Df	t- value (Calculated)	Table t- value	Remark
Male	84	78.02	12.66	4.87	148	2.13	1.96 (0.05)	Significant in 0.05 level and Not Significant in 0.01 level
Female	66	73.15	15.18				2.57 (0.01)	

Table No.4: Mean, Standard deviation and t-value of 84 Male and 66 Female students in relation to the examination anxiety.

Figure No. - 1

Graphical Representation of Number, Mean & SD of the Male and Female students in relation to the examination anxiety



The above table and figure show that the Mean Score of the Male and Female students in relation to the examination anxiety are 78.02 and 73.15 respectively and SD are 12.66 and 15.18 respectively. It indicates that the Mean Score on examination anxiety of the Male students are comparatively higher than that of the Female students. Therefore, it can be said that the Male students have comparatively high examination anxiety than the Female students of Colleges in the district of Purulia on the basis of their obtained Mean score.

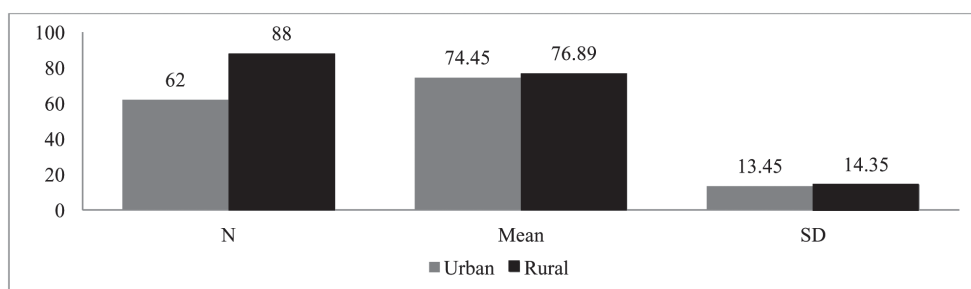
▪ **H₀2:** There is no significant difference between Urban and Rural students in relation to the examination anxiety.

Pair	N	Mean	SD	Mean Difference	Df	t- value (Calculated)	Table t- value	Remark
Urban	62	74.45	13.45	2.43	148	1.04	1.96 (0.05)	Not Significant in both level
Rural	88	76.89	14.35				2.57 (0.01)	

Table No.5: Mean, Standard deviation and t-value of 62 Urban and 88 Rural students in relation to the examination anxiety.

Figure No. - 2

Graphical Representation of Number, Mean & SD of the Urban and Rural students in relation to the examination anxiety



The above table and figure show that the Mean Score of the Urban and Rural students in relation to the examination anxiety are 74.45 and 76.89 respectively and SD are 13.45 and 14.35 respectively. It indicates that the Mean Score on examination anxiety of the Rural students are comparatively higher than that of the Urban students. Therefore, it can be said that the Rural students have comparatively high examination anxiety than the Urban students of Colleges in the district of Purulia on the basis of their obtained Mean score.

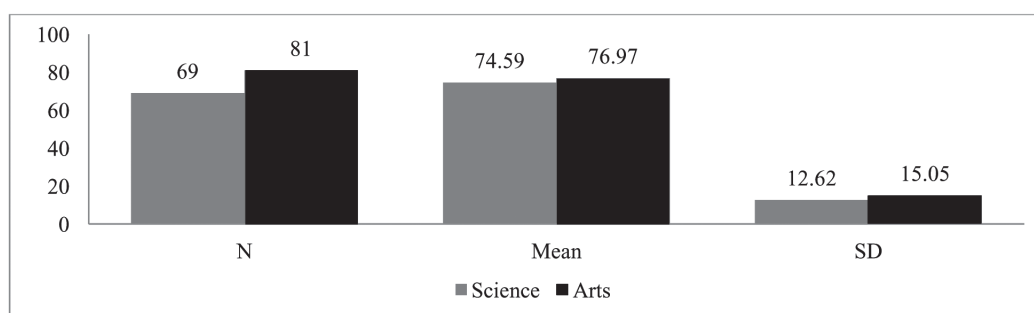
▪ **H₀3:** There is no significant difference between Science and Arts students in relation to the examination anxiety.

Pair	N	Mean	SD	Mean Difference	Df	t- value (Calculated)	Table t- value	Remark
Science	69	74.59	12.62	2.38	148	1.03	1.96 (0.05)	Not Significant in both level
Arts	81	76.97	15.05				2.57 (0.01)	

Table No.6: Mean, Standard deviation and t-value of 69 Science and 81 Arts students in relation to the examination anxiety.

Figure No. - 3

Graphical Representation of Number, Mean & SD of the Science and Arts students in relation to the examination anxiety



The above table and figure show that the Mean Score of the Science and Arts students in relation to the examination anxiety are 74.59 and 76.97 respectively and SD are 12.62 and 15.05 respectively. It indicates that the Mean Score on examination anxiety of the Arts students are comparatively higher than that of the Science students. Therefore, it can be said that the Arts students have comparatively high examination anxiety than the Science students of Colleges in the district of Purulia on the basis of their obtained Mean score.

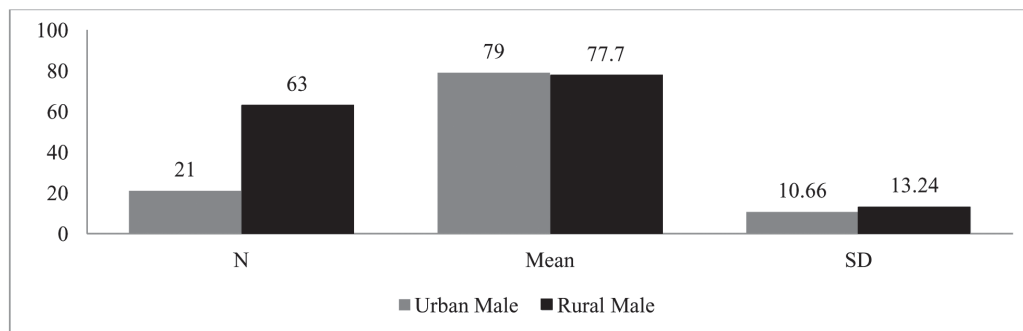
▪ **H₀4:** There is no significant difference between Urban male and Rural male students in relation to the examination anxiety.

Pair	N	Mean	SD	Mean Difference	Df	t- value (Calculated)	Table t- value	Remark
Urban Male	21	79	10.66	1.30	82	0.40	1.99 (0.05)	Not Significant in both level
Rural Male	63	77.70	13.24				2.63 (0.01)	

Table No.7: Mean, Standard deviation and t-value of 21 Urban male and 63 Rural male students in relation to the examination anxiety.

Figure No. - 4

Graphical Representation of Number, Mean & SD of the Urban male and Rural male students in relation to the examination anxiety



The above table and figure show that the Mean Score of the Urban male and Rural male students in relation to the examination anxiety are 79 and 77.70 respectively and SD are 10.66 and 13.24 respectively. It indicates that the Mean Score on examination anxiety of the Urban male students are comparatively higher than that of the Rural male students. Therefore, it can be said that the Urban male students have comparatively high examination anxiety than the Rural male students of Colleges in the district of Purulia on the basis of their obtained Mean score.

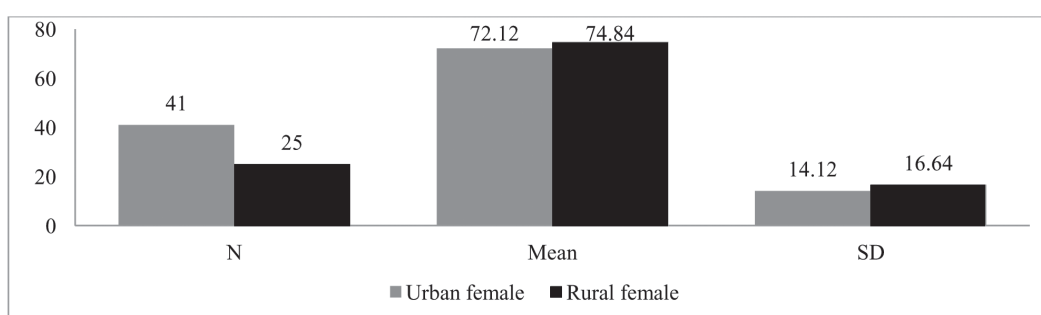
▪ **H₀5:** There is no significant difference between Urban female and Rural female students in relation to the examination anxiety.

Pair	N	Mean	SD	Mean Difference	Df	t- value (Calculated)	Table t- value	Remark
Urban Female	41	72.12	14.12	2.72	64	0.70	2.00 (0.05)	Not Significant in both level
Rural Female	25	74.84	16.64				2.66 (0.01)	

Table No.8: Mean, Standard deviation and t-value of 41 Urban female and 25 Rural female students in relation to the examination anxiety.

Figure No. - 5

Graphical Representation of Number, Mean & SD of the Urban female and Rural female students in relation to the examination anxiety



The above table and figure show that the Mean Score of the Urban female and Rural female students in relation to the examination anxiety are 72.12 and 74.84 respectively and SD are 14.12 and 16.64 respectively. It indicates that the Mean Score on examination anxiety of the Rural female students are comparatively higher than that of the Urban female students. Therefore, it can be said that the Rural female students have comparatively high examination anxiety than the Urban female students of Colleges in the district of Purulia on the basis of their obtained Mean score.

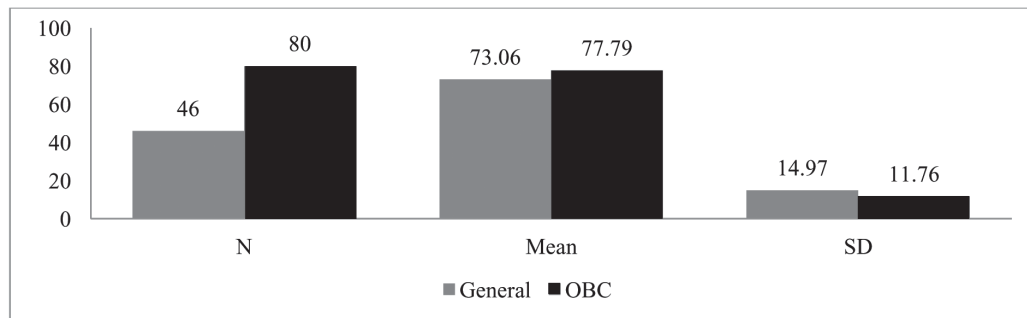
▪ **H₀6:** There is no significant difference between General and OBC students in relation to the examination anxiety.

Pair	N	Mean	SD	Mean Difference	Df	t- value (Calculated)	Table t- value	Remark
General	46	73.06	14.97	4.72	124	1.94	1.98 (0.05)	Not Significant in both level
OBC	80	77.79	11.76				2.61 (0.01)	

Table No.9: Mean, Standard deviation and t-value of 46 General and 80 OBC students in relation to the examination anxiety.

Figure No. - 6

Graphical Representation of Number, Mean & SD of the General and OBC students in relation to the examination anxiety



The above table and figure show that the Mean Score of the General and OBC students in relation to the examination anxiety are 73.06 and 77.79 respectively and SD are 14.97 and 11.76 respectively. It indicates that the Mean Score on examination anxiety of the OBC students are comparatively higher than that of the General students. Therefore, it can be said that the OBC students have comparatively high examination anxiety than the General students of Colleges in the district of Purulia on the basis of their obtained Mean score.

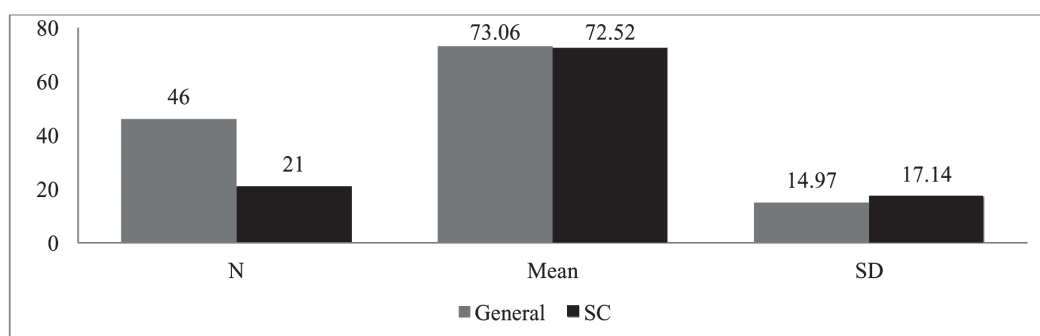
▪ **H₀7:** There is no significant difference between General and SC students in relation to the examination anxiety.

Pair	N	Mean	SD	Mean Difference	Df	t- value (Calculated)	Table t- value	Remark
General	46	73.06	14.97	0.54	65	0.13	2.00 (0.05)	Not Significant in both level
SC	21	72.52	17.14				2.66 (0.01)	

Table No.10: Mean, Standard deviation and t-value of 46 General and 21 SC students in relation to the examination anxiety.

Figure No. - 7

Graphical Representation of Number, Mean & SD of the General and SC students in relation to the examination anxiety



The above table and figure show that the Mean Score of the General and SC students in relation to the examination anxiety are 73.06 and 72.52 respectively and SD are 14.97 and 17.14 respectively. It indicates that the Mean Score on examination anxiety of the General students are comparatively higher than that of the SC students. Therefore, it can be said that the General students have comparatively high examination anxiety than the SC students of Colleges in the district of Purulia on the basis of their obtained Mean score.

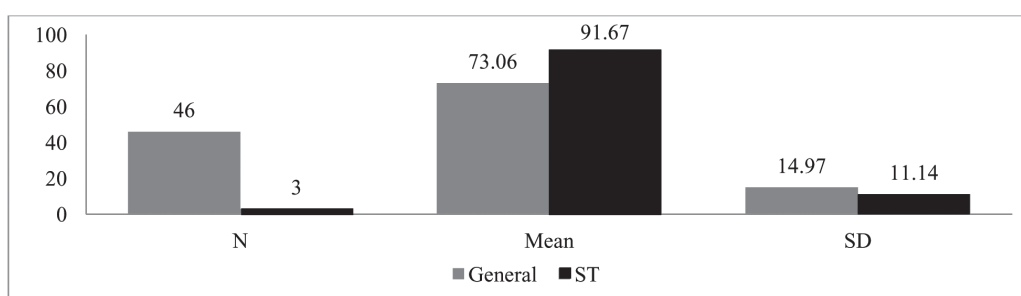
▪ **H₀8:** There is no significant difference between General and ST students in relation to the examination anxiety.

Pair	N	Mean	SD	Mean Difference	Df	t- value (Calculated)	Table t- value	Remark
General	46	73.06	14.97	18.60	47	2.07	2.01 (0.05)	Significant in 0.05 level and Not Significant in 0.01 level
ST	03	91.67	11.14				2.69 (0.01)	

Table No.11: Mean, Standard deviation and t-value of 46 General and 03 ST students in relation to the examination anxiety.

Figure No. - 8

Graphical Representation of Number, Mean & SD of the General and ST students in relation to the examination anxiety



The above table and figure show that the Mean Score of the General and ST students in relation to the examination anxiety are 73.06 and 91.67 respectively and SD are 14.97 and 11.14 respectively. It indicates that the Mean Score on examination anxiety of the ST students are comparatively higher than that of the General students. Therefore, it can be said that the ST students have comparatively high examination anxiety than the General students of Colleges in the district of Purulia on the basis of their obtained Mean score.

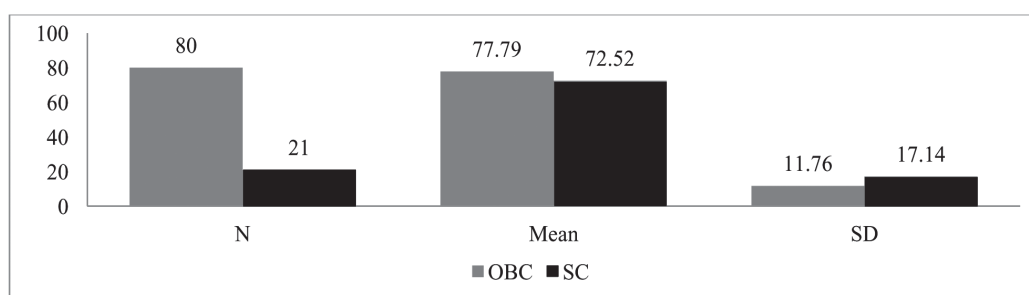
▪ **H₀9:** There is no significant difference between OBC and SC students in relation to the examination anxiety.

Pair	N	Mean	SD	Mean Difference	Df	t- value (Calculated)	Table t- value	Remark
OBC	80	77.79	11.76	5.26	99	1.63	1.99 (0.05)	Not Significant in both level
SC	21	72.52	17.14				2.63 (0.01)	

Table No.12: Mean, Standard deviation and t-value of 80 OBC and 21 SC students in relation to the examination anxiety.

Figure No. - 9

Graphical Representation of Number, Mean & SD of the OBC and SC students in relation to the examination anxiety



The above table and figure show that the Mean Score of the OBC and SC students in relation to the examination anxiety are 77.79 and 72.52 respectively and SD are 11.76 and 17.14 respectively. It indicates that the Mean Score on examination anxiety of the OBC students are comparatively higher than that of the SC students. Therefore, it can be said that the OBC students have comparatively high examination anxiety than the SC students of Colleges in the district of Purulia on the basis of their obtained Mean score.

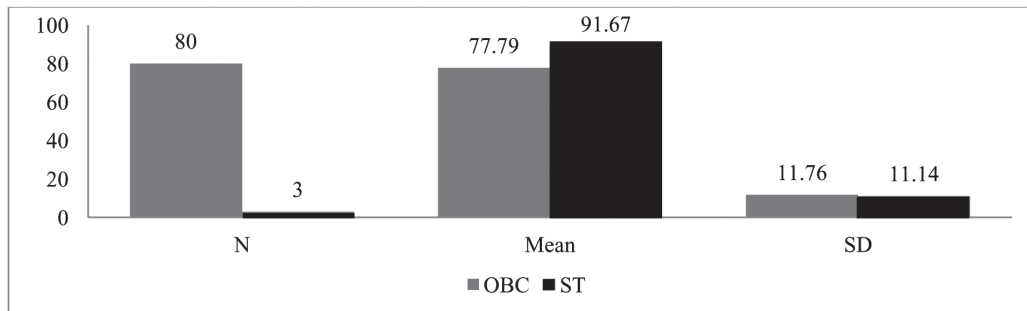
▪ **H₀10:** There is no significant difference between OBC and ST students in relation to the examination anxiety.

Pair	N	Mean	SD	Mean Difference	Df	t- value (Calculated)	Table t- value	Remark
OBC	80	77.79	11.76	13.88	81	1.99	1.99 (0.05)	Not Significant in both level
ST	03	91.67	11.14				2.63 (0.01)	

Table No.13: Mean, Standard deviation and t-value of 80 OBC and 03 ST students in relation to the examination anxiety.

Figure No. - 10

Graphical Representation of Number, Mean & SD of the OBC and ST students in relation to the examination anxiety



The above table and figure show that the Mean Score of the OBC and ST students in relation to the examination anxiety are 77.79 and 91.67 respectively and SD are 11.76 and 11.14 respectively. It indicates that the Mean Score on examination anxiety of the ST students are comparatively higher than that of the OBC students. Therefore, it can be said that the ST students have comparatively high examination anxiety than the OBC students of Colleges in the district of Purulia on the basis of their obtained Mean score.

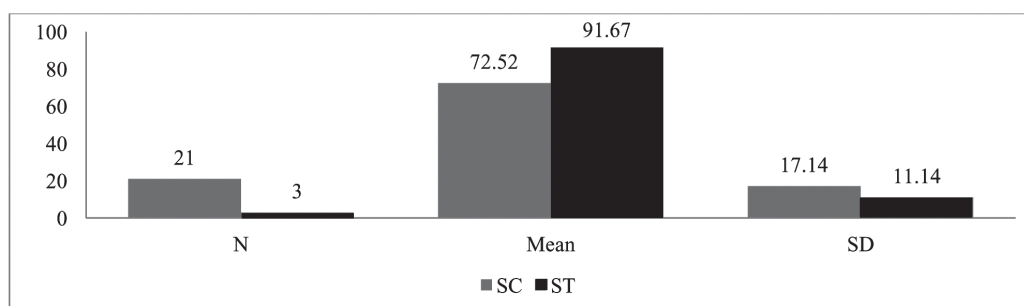
▪ **H₀11:** There is no significant difference between SC and ST students in relation to the examination anxiety.

Pair	N	Mean	SD	Mean Difference	Df	t- value (Calculated)	Table t- value	Remark
SC	21	72.52	17.14	19.14	22	1.80	2.07 (0.05)	Not Significant in both level
ST	03	91.67	11.14				2.81 (0.01)	

Table No.14: Mean, Standard deviation and t-value of 21 SC and 03 ST students in relation to the examination anxiety.

Figure No. - 11

Graphical Representation of Number, Mean & SD of the SC and ST students in relation to the examination anxiety



The above table and figure show that the Mean Score of the SC and ST students in relation to the examination anxiety are 72.52 and 91.67 respectively and SD are 17.14 and 11.14 respectively. It indicates that the Mean Score on examination anxiety of the ST students are comparatively higher than that of the SC students. Therefore, it can be said that the ST students have comparatively high examination anxiety than the SC students of Colleges in the district of Purulia on the basis of their obtained Mean score.

Findings :

1. It is found that the male students have comparatively higher examination anxiety than the female students of Colleges in the district of Purulia on the basis of their obtained Mean score.
2. It is found that the rural students have comparatively higher examination anxiety than the urban students of Colleges in the district of Purulia on the basis of their obtained Mean score.
3. It is found that the arts students have comparatively higher examination anxiety than the science students of Colleges in the district of Purulia on the basis of their obtained Mean score.
4. It is found that the urban male students have comparatively higher examination anxiety than the rural male students of Colleges in the district of Purulia on the basis of their obtained Mean score.

5. It is found that the rural female students have comparatively higher examination anxiety than the urban female students of Colleges in the district of Purulia on the basis of their obtained Mean score.
6. It is found that the OBC students have comparatively higher examination anxiety than the General students of Colleges in the district of Purulia on the basis of their obtained Mean score.
7. It is found that the General students have comparatively higher examination anxiety than the SC students of Colleges in the district of Purulia on the basis of their obtained Mean score.
8. It is found that the ST students have comparatively higher examination anxiety than the General students of Colleges in the district of Purulia on the basis of their obtained Mean score.
9. It is found that the OBC students have comparatively higher examination anxiety than the SC students of Colleges in the district of Purulia on the basis of their obtained Mean score.
10. It is found that the ST students have comparatively higher examination anxiety than the OBC students of Colleges in the district of Purulia on the basis of their obtained Mean score.
11. It is found that the ST students have comparatively higher examination anxiety than the SC students of Colleges in the district of Purulia on the basis of their obtained Mean score.

Discussion & Conclusion : Applying The Friedman Test Anxiety Scale to college students has made it possible for all those students to be measured on three sides of examination fear or anxiety that are Social derogation, Cognitive obstruction and Tenseness. From the all above findings we can say that Examination stress and anxiety among the under graduate level students in the district of Purulia is not very high & is not so low, its position is moderate. We see that college level students feel stress before the examination and during the examination, it leads to anxiety. Some factors are responsible for examination stress and anxiety, which are high aspirations, poor study habits, family problem, lack of parental help, fear of failure, test anxiety, change in medium of instruction, low socio-economic condition, academic load, competition for

grade etc. Students should take various steps to reduce this examination stress and anxiety such as the student's family environment needs healthy normalcy, students need to get into the habit of reading regularly, parents always need to support and help the students, one should not be afraid of failure because success comes through failure, there will be healthy competition among the students, there should not be too much academic load on the students, the students have to teach based on his own mother tongue, meditation, deep breathing exercises.

Limitations of The Study :

1. Due to short time and lack of money the study suffers from the limitation of small sample size and lack of in-depth analysis and discussion.
2. The present investigation has focused only on under graduate level students but not the other level students like school level students, post graduate level students and professional students.

Implication of The Study : With the help of the present study, the examination anxiety and stress of the students studying in the college can be known and also measures student's fears before and during the exams. The study helps to determine the prevalence of testosterone in male and female students, urban and rural students, science and arts students. Study the causes of examination stress and anxiety in students and take measures to reduce their examination stress and anxiety. The present study indicates that comparatively high examination anxiety between male and female students, urban and rural students, science and arts students, General, OBC, SC and ST students. There appears to be need for counselling students to help them overcome the examination stress and anxiety. Psychologists, educationist and counsellors need to their expertise in developing behavioural modification techniques and intervention programmes to reduce examination stress and anxiety.

Suggestions For Further Research : The researcher recommended the following suggestions for further research:

1. The present study is limited to only degree colleges of Purulia district, West Bengal. In order to have some broader perspective study may be extended to more colleges of other districts or to other states.

2. The present study is limited to a sample of 150 students of degree colleges in Purulia district. Repetition of this study with a larger sample of students of degree colleges.
3. A similar study can be conducted at various areas as well as from different levels.

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