

# Assessing The Levels Of Examination Anxiety Among Higher Secondary Students Having Geography As Elective Subject In Nagaon Town, Assam

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## Abstract

The purpose of the present study was to assess the levels of examination anxiety among higher secondary students in the examination period in Nagaon Town, Assam. The sample consists of 100 higher secondary students whereas 51 males and 49 females were selected randomly from 11 higher secondary institutions of Nagaon Town, Assam. The data was represented by adopting mean, median, standard deviation, z test, percentage. The results revealed that the majority of the higher secondary students were categorized in the moderate level of examination anxiety, a few were categorized in high level of examination anxiety and some percent were categorized in low level of examination anxiety having geography as elective subject in Nagaon Town, Assam.

**Key Words:** Examination Anxiety, Higher Secondary Students, Elective Subject as Geography.

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## 1.1 Introduction

Examination anxiety is a common phenomena among students and is an emotional and behavioral disorder. Excessive anxiety affects students' academic performance. Anxiety is a feeling of fear and normal response to stress. (Rana, A.R. & Mahmood, R. 2010).

The higher secondary level is a milestone for all individuals in their academic life. It is a period of crucial decisions and future career selection. The students in this period are worried about their academic performance. Anxiety in this case plays a significant role that the students are unprepared for the impending event. (Natarajan, G. 2015).

## 1.2 Rational of the Study

This study is designed to examine the anxiety issues towards the higher secondary level students as they approach to examination period. It helps the teachers and other organisers, parents to deal with the examination discomfort of students. The great importance to analyse the effect of examination anxiety of students is to overcome the barrier and it significantly influence on teaching-learning strategies, remedial learning and provision of resource material. Geography in higher secondary curriculum is stated as an elective subject besides the other compulsory subjects. It is the major concern to study the interrelationship between people and the nature. Geographical knowledge consists of all the element, factor, structure, function and effect of different causes. It is

the study of natural and modern intellectual world. Geography is integrated to all the arts and science discipline.

Moreover the higher secondary period of every student goes through a range of anxiety variation due to growing age and emotional development phase of them. Growing intensity of stress and anxiety negatively impact on students academic achievement. So the investigator wants to observe the anxiety issue of geography and its influence on examination. Significance of this study in this aspect is to build the ability of critical thinking and positive attitude of students towards examination.

### **1.3 Statement of the Problem**

The present study is entitled as "Assessing the levels of examination anxiety of higher secondary students having geography as elective subject in Nagaon Town, Assam."

### **1.4 Objectives of the Study**

1. To study the level of examination anxiety of higher secondary students having geography as elective subject in Nagaon Town, Assam.

2. To study the difference in the level of examination anxiety of higher secondary students having geography as elective subject in Nagaon Town, Assam with respect to gender.

### **1.5 Hypothesis of the Study**

1. There lies no significant difference in the level of examination anxiety of higher secondary students having geography as elective subject in Nagaon Town, Assam with respect to gender.

### **1.6 Operational Definitions of the Terms**

#### **1 Examination Anxiety**

In this present study, examination anxiety refers to the anxiety of higher secondary students having geography as elective subject in Nagaon Town, Assam.

#### **2 Higher Secondary Students**

In this present study the higher secondary students refer to the students of class XI and XII having geography as elective subject in Nagaon Town, Assam.

#### **3 Elective Subjects in Higher Secondary Education**

In this present study elective subject is specially concerned to geography in higher secondary students of class XI and XII in Nagaon Town, Assam.

### **1.7 Delimitation of the Study**

1. Only three government and eight private higher secondary institutions of Nagaon Town, Assam.
2. The government and private higher secondary students of Nagaon Town, Assam.

### **2.1 Review of Related Literature**

The present study assesses the level of examination anxiety among higher secondary students having geography as elective subject in Nagaon Town, Assam. Various related literature were reviewed by different investigator and researchers to analyse the proper theoretical background of

the specific area. The findings revealed that the majority of the higher secondary students were categorized in the moderate level of examination anxiety as found in the studies conducted by Wigfield, A. & Meece, L. J. (1988), Moses, G.M.S. (2010), Dobson, C., (2012). The study conducted by Dobson, C., (2012), Imasa, A.L. (2012) revealed high level of examination anxiety and studies conducted by Alam, K. & Halder, K.U, Chakraborty, S., & Chaliha, A. (2016) revealed low level of examination anxiety.

The review of literature also revealed there are gender differences between the level of examination anxiety with respect to gender found in the studies that conducted by Agnes, N. (2015). Natarajan, G. (2015).

### **3.0 Research Methodology**

#### **3.1 Nature of Research**

For the present study the investigator used the Descriptive Survey Research.

#### **3.2 Population of the Study**

For the present study the Government and Private Higher Secondary Students in Nagaon Town, Assam was chosen as population.

#### **3.3 Sample of the Study**

For the present study a sample of 100 higher secondary students in which 51 males and 49 females were selected from 11 higher secondary institutions of Nagaon Town, Assam. For selecting the sample the investigator employed 'Stratified Random Sampling'.

#### **3.4 Tools and Techniques for the Study**

For collection of data for the present study Examination Anxiety Scale, standardised by Dr. Subhash Sarkar, 2005 was used by the researcher. The scale consists of 50 items of examination anxiety.

#### **3.5 Procedure of Data Collection**

The investigator had personally visited all the higher secondary institutions of the target group and distributed questionnaires individually to the secondary students and collected the responses for the study.

#### **3.6 Statistical Techniques**

**For Objective 1.** Descriptive Statistics like mean, and percentage values were calculated

**For Objective 2.** Inferential Statistics like Z value was calculated

### **4.0 Analysis and Interpretation**

**Objective 1:** To study the level of examination anxiety of higher secondary students having geography as elective subject in Nagaon Town, Assam.

**Table 1**

Level of Examination Anxiety	Number of Students	Percentage Value
Extremely High	4	4%
High	8	8%
Above Average	10	10%
Average/Moderate	49	49%
Below Average	20	20%
Low	7	7%
Extremely Low	2	2%

The Table 1 revealed that only 4% of the higher secondary students having Geography as elective subject in Nagaon town, Assam have extremely high level of examination anxiety, 8% of higher secondary students have high level of examination anxiety, and 10% of higher secondary students have above average level of examination anxiety, 49% of the higher secondary students have average/moderate level of examination anxiety, 20% of the higher secondary students have below average level of examination anxiety, 7% of higher secondary students have low level of examination anxiety and 2% of the higher secondary students have extremely low level of examination anxiety.

**Objective 2:** To study the difference in the level of examination anxiety of higher secondary students having geography as elective subject in Nagaon Town, Assam with respect to gender.

**Table 2**

Groups	N	Mean	S.D	'Z' Value	Critical 'Z' Value	Remarks
Male	51	59.06	10.95	0.52	1.96	Null Hypothesis is accepted at 0.05% level of significance.
Female	49	60.35	10.32			

The Table 2 lighted that the mean scores of the male and female higher secondary students having geography as elective subject in Nagaon town, Assam were seen to be 59.06 and 60.35 and the standard deviation (S.D.) scores were seen to be 10.95 and 10.32 respectively. The obtained Z-value was 0.52 that is smaller than the critical 'Z' value i.e. 1.96 at 0.05% level of confidence. So, the null hypothesis is accepted indicating that, there lies no significant difference in the level of examination anxiety of higher secondary students having geography as elective subject in Nagaon Town, Assam with respect to gender.

### 5.1 Findings of the Study

The findings of the present study revealed that:

1. Majority of the higher secondary students having Geography as elective subject in Nagaon town of Assam have average/moderate level of examination anxiety.
2. only a few percent of the higher secondary students having Geography as elective subject in Nagaon town of Assam have extremely high level of examination Anxiety.
3. There lies no significant difference in the level of examination anxiety of the higher secondary students with respect to gender.

## 5.2 Conclusion of the Study

Examination anxiety of the higher secondary students is not differentiated by the institutional manner. Anxiety is a common phenomenon. Students' academic achievement valued by students own interest level towards subjects and their personal satisfaction of learning.

In the present study, majority of the higher secondary students having Geography as elective subject in Nagaon town, Assam have average/moderate level of examination anxiety where only a few percent have extremely high level of examination Anxiety. The study concludes that there lies no significant difference in the level of examination anxiety of the higher secondary students having geography as elective subject in Nagaon Town, Assam with respect to gender.

## 5.3 Suggestions of the Study

1. Students' encouragement is necessary for a strong mindset on their academic carrier and personal life.
2. The authorities should develop guidance and counseling programme regarding students' personal, academic and social life.
3. Awareness programmes should hold by teacher association on anxiety related issues like frustration, stress, tension, nervousness during the examination period and provide remedial suggestions to the students.

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