

**EXAMINATION ANXIETY OF ADOLESCENT STUDENTS
HAVING GEOGRAPHY AS ELECTIVE SUBJECT IN NAGAON
TOWN, ASSAM**

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Abstract: *The purpose of the present study was to analyse the level of examination anxiety among the adolescent students during the period of examination in Nagaon Town, Assam. The sample consists of 100 higher secondary students selected as randomly from 11 higher secondary institutions of Nagaon town, Assam. The data was interpreted by adopting the mean, median, standard deviation, z test, correlation, percentage. The results revealed that majority of the adolescent students were categorized in the moderate level of examination anxiety, a few percent of students were categorized in high level of examination anxiety and some percent were categorized in the low level of examination anxiety and the study again lighted that there lies negative correlation between examination anxiety and academic achievement of adolescent students having Geography as elective subject in Nagaon town, Assam.*

Key Words: Examination Anxiety, Adolescent Students, Elective Subject as Geography

1. Introduction

Examination anxiety is a common phenomenon among students. Anxiety is an emotional and behavioural disorder caused by the sympathetic nervous system. Excessive anxiety affects students' performance, physiological and psychological state of an individual by physical, social, emotional, behavioural and cognitive components. It is the feeling of fear and discomfort. Anxiety is a normal response to stress. (Rana, A.R. & Mahmood, R. 2010)

Examination anxiety is related to self esteem and self acquisition. Williams.Y. (2017) mentioned the causes of text anxiety includes –

- Previous poor test performance
- Poor study and test taking skills.
- Low self-esteem, fear of failure
- Not being prepared for the test
- Test –taking environments that are distracting
- School or classroom environments that are highly competitive
- High expectation and pressures to perform well from family
- Negative attributions
- Tests that are poorly designed
- Time constrains
- Stereotype threat, which is when a person feels anxiety in situations where they could potentially confirm a negative stereotype about their group as a self-characteristic.

1.1 Background

“The higher secondary level is a milestone in the academic life of any student. During this period the student and his or her parents take the crucial discussions of future career selection. Adolescents worried about their academic performance.

Anxiety in this case plays the role of giving a powerful signal to the individual he or she is unprepared for the impending event.” (Natarajan, G.2015).

1.2 Objectives of the study

The present study Entitled ‘Examination Anxiety of Adolescent Students Having Geography as Elective Subject in Nagaon Town, Assam’ has been planned with the following objectives

1. To study the overall level of examination anxiety of the Adolescent students having Geography as elective subject in Nagaon Town, Assam.
2. To study the relation between examination anxiety and academic achievement of Adolescent students having Geography as elective subject in Nagaon Town, Assam.

II. Methodology

2.1 Nature of Research

The present study has followed Descriptive Survey method.

2.3 Population and Sample of the Study

Government and Private Higher Secondary School Students of Nagaon Town, Assam formed the population of this study. A sample of 100 Government and Private Higher Secondary Students of age 16 To 18 years was selected for the present study.

2.4 Tool used in the Study (Standardised Tool)

Examination Anxiety Scale, standardised by Dr. Subhash Sarkar, 2005. The scale consists of 50 items of examination anxiety.

2.5 Sources of Data

The data collection was done by the researcher herself through personal interview by putting questionnaire. Thus the collection was completed by primary source.

2.6 Data Analysis

The collected data was analysed by the process of editing preparation of master chart, entry into computer and application of relevant statistical technique.

III. Findings

1. Majority of the higher secondary students having Geography as elective subject were categorized in the moderate level of examination anxiety. A few percent of students were categorized in high level of examination anxiety where as some percent of the students were categorized in low level of examination anxiety.

2. It was revealed that the scores in the distribution were positively skewed indicating that majority of the examination anxiety scores of the students pointing towards the right hand side of the normal curve. So the distribution was leptokurtic in nature i.e. more peaked than the normal.

3. The study also revealed that there lies no significant difference in the level of examination anxiety of male and female higher secondary students having Geography as elective subject in Nagaon Town of Assam.

4. The study again lighted that there lies negative correlation between examination anxiety and academic achievement of higher secondary students having Geography as elective subject in Nagaon town of Assam.

IV. Recommendations

1. It was lighted that 4% of the higher secondary students having Geography as elective subject in Nagaon town, Assam have high levels of examination anxiety, 68% of the students have the average levels of examination anxiety and 28% have low levels of examination anxiety.

2. It was revealed that there lies no significant difference in the level of examination anxiety of male and female higher secondary students having Geography as elective subject in Nagaon Town, Assam.

3. It was found that there lied no significant difference in the examination anxiety of the government and private higher secondary students having Geography as elective subject in Nagaon Town, Assam.

4. It was revealed that there lied negative correlation between examination anxiety and academic achievement of higher secondary students having Geography as elective subject in Nagaon Town, Assam.

V. Conclusion

From the findings and result of the present study, it can be concluded that a few higher secondary students having geography as elective subject have high level of examination anxiety that is the most concerning phase of the present study. Majority of the students' have average level of examination anxiety and where as some percentage of students categorised in the low level of examination anxiety. The study also concluded that anxiety is not different in the male and female students. Again it was concluded that there lies no significant difference in the examination anxiety of the government and private higher secondary students having geography as elective subject. So it can be concluded that examination anxiety of the higher secondary students are not differentiate by the institutional manner. Lastly it was concluded that there lies negative correlation between examination anxiety and academic achievement of higher secondary students having geography as elective subject. So it can be pointed out that students' academic achievement valued by students own interest level towards subjects.

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