

# A Study of Test Anxiety in Elementary School Students

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**Abstract**— *The rate of student suicide can be reduced if proper guidance is given to know the causes of students' anxiety. As a part of which, a study was conducted on the examination anxiety of the students of 6th and 7th classes of Anand Nagar Primary Schools, Anand. Also, the objective was to examine the effect of gender and grade on the test anxiety of Class 6 and 7 students, Anand. Also the hypothesis was formulated. 65 students of Class 6 and 60 students of Class 7 of Anand Nagar Primary School, Anand were included as samples in the present study. A questionnaire was designed by the researcher and the data was collected. The data obtained was analyzed on the basis of t-test to check its mean, median, standard deviation and significance based on the obtained scores. Based on that conclusions were drawn.*

**Indexed Terms**- *Elementary school, exams, anxiety*

## I. INTRODUCTION

Due to the revolutionary inventions in the modern age, human life has become easier and happier. Due to the inventions of new tools and machines, the workload of humans has also reduced. Yet no machine has been invented that can reduce the burden of human mental anxiety. Everyone is weighed down by someone's worries. Many psychologists consider anxiety as the root of all disorders, the gateway to all disorders. Anxiety is the tragic effect of situations according to Freud in the context of the anthropological method. All of which include universal fear, despair and various paranormal events. Thus, anxiety is something that arises from prolonged feelings of fear.

During the commencement of the examination period, many incidents of student suicides were reported in newspapers and broadcasted on TV. As the exams get closer, the anxiety of the students also increases and they even commit suicide due to the fear of not being able to achieve a good result in the exam. If proper guidance is given to know the reasons of students' anxiety, then the rate of suicide of students can be reduced. As a part of which, a study was conducted on

the examination anxiety of the students 6th and 7th classes of Anand Nagar Primary Schools, Anand.

## II. IMPORTANCE OF THE STUDY

- School teachers and principals will know how much anxiety students feel during exam time.
- It will help parents to know how much anxiety their children feel during exam time.
- Candidates will know their exam related anxiety during exam period.
- The present study will inspire teachers, principals and government to identify high anxious children and develop anxiety reduction programs for them.
- The present study will help the government to take decisions regarding examination.

## III. OBJECTIVES OF THE STUDY

The objectives of the present study were stated below.

- To examine the effect of gender on the anxiety of students of class 6 and 7.
- To examine the effect of the standard on the anxiety of students of class 6 and 7.

## IV. HYPOTHESES OF THE STUDY

The following hypotheses were formulated in the present study.

- There is no significant difference between mean scores on test anxiety questionnaire for boys and girls.
- There is no significant difference between the mean scores on Test Anxiety Questionnaire of Class 6 and Class 7 boys.
- There is no significant difference between the mean scores on test anxiety questionnaire of class 6 and class 7 girls.
- There is no significant difference between the mean scores on Test Anxiety Questionnaire of Class 6 boys and girls.

- There is no significant difference between the mean scores on Test Anxiety Questionnaire of Class 7 boys and girls.

#### V. LIMITATION OF THE STUDY

In the present study the following limitation was remained.

- As part of the present study, a study was conducted on the examination anxiety of the students of class 6 and 7 of Anand Nagar Primary School, Anand.
- Anxiety was measured by obtaining information from So its findings cannot be applied to other schools or other standards.
- As the present study was conducted only on Gujarati medium school, its findings cannot be applied to students of Hindi or other medium schools.

#### VI. VARIABLES OF STUDY

The following variables were used in the present study.

- Independent variable
  - Gender
  - Standard
- Dependent variable
  - Test anxiety scores

#### VII. SCOPE OF STUDY

All students studying in Ananda Nagar Primary School, Anand in Class 6 and 7 are included in the scope of the study.

#### VIII. SAMPLE OF STUDY

A total of 125 students of Anand Nagar Primary School, 65 students of Class 6 and 60 of Class 7 were included as samples in the present study.

#### IX. METHODOLOGY OF THE STUDY

A survey method was used in the present study.

#### X. TOOLS OF STUDY

In the present study, test anxiety questionnaire was designed by the researcher. Dr. Pinal Gordia's device was studied while designing the test anxiety questionnaire. Also, in the present study, some members of the society who are connected with the education world, school principals and teachers were interviewed face-to-face in designing the learner's device and their opinions related to the examination concerns were taken. Also to remove the anxiety of the exam, a device based on opinions and opinions, i.e. questionnaire was designed. After that, the research paper was verified by the research experts working with me in the institute, taking into consideration their guidance and corrective suggestions, finally the questionnaire was finalized as the presented study tool.

#### XI. TECHNIQUES OF DATA COLLECTION AND METHOD OF ANALYSIS.

In the present study, to measure the anxiety of the students, the necessary information was collected by filling the anxiety questionnaire from the students of class 6 and class 7 after obtaining permission from the principal of Anand Nagar Primary School. 65 students of class 6 and 60 students of class 7 filled the test anxiety questionnaire and the data obtained was analyzed on the basis of t-test to check its mean, median, standard deviation and significance based on the scores obtained by them.

#### XII. FINDINGS OF THE STUDY

Based on the present study the following conclusions were drawn.

- Boys and girls had similar exam anxiety.
- Class VI boys and Class VII boys had similar test anxiety.
- Girls of class 7 had more exam anxiety than girls of class 6.
- Examination anxiety was found to be similar among boys and girls of class 6.
- Exam anxiety was similar among boys and girls of class 7
- Two male students and one female student had special exam anxiety.

- A student had extreme exam anxiety.
- One student had the most test anxiety

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