



A DESCRIPTIVE STUDY TO ASSESS THE ANXIETY LEVEL DURING EXAMS AMONG STUDENTS AT ETERNAL UNIVERSITY, BARU SAHIB (HIMACHAL PRADESH)

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Abstract : Anxiety is an indisputable phenomenon which is very common in human life and affect the performance and behavior of an individual. Aim of the study is to assess the level of the anxiety during exam time among the student of Eternal University, Baru Sahib. Method and material: Descriptive study was conducted among 278 students. Hamilton anxiety scale and self-anxiety rating scale was used. The data was analyzed in term descriptive and inferential statistics (SPSS Version 23). The result of the study according to Hamilton anxiety scale 28% was present with moderate to severe anxiety, 44% was present with mild to moderate anxiety and 28% was with mild anxiety. According to self-anxiety rating scale 15.1% of the students were fell under High anxiety level, 45.7% of the students were fell under Moderate anxiety level, 34.5% of the students were fell under Mild anxiety level and 4.0% of the students were fell under Minimal anxiety level. Conclusion: Thus, we concluded that anxiety level as assessed in University Students and majority of the subjects fell under MODERATE ANXIETY LEVEL during exam time.

Key Terms - Descriptive, Exam time, Anxiety.

I. INTRODUCTION

Anxiety is an indisputable phenomenon which is very common in human life & affects the performance & behavior of an individual. High level of anxiety threatens individual's mental health & physical health which create a negative impact on personal, social, family, professional and educational achievement. Exam anxiety and its dimensions are the most extensive areas of research in recent years. Research shows that various types of disorders caused by anxiety have a high frequency around the world.¹

Examination anxiety is quite common among medical students & warrants greater attention due to its significant implications. Medical profession is one of the most academically and emotionally profession. Consequently, the time of emotional commitment is necessary for medical students to devote to their training is extensive. Such demands & stress cause a negative effect on the student's psychosocial well-being.²

Students with either high or low anxiety can respond to test in different ways. But somehow managing anxiety effectively can actually help with exam performance. The challenge is to recognize when your ability to complete the exam-this is a high level of anxiety.³

There is a direct link between anxiety & depression as almost half of all people with major depression suffer from anxiety even though they are two different disorders. With it comes symptoms of nervousness, irritability, insomnia & concentration. Lack of motivation to study & possessing insufficient skills are not the only factors causing study anxiety, but misperception about courses and previous class negative experiences can also play a role. An increased level of anxiety now-a-days is related closely to students

that have low abilities in comparison to high-ability counterparts. Some people have a predisposition to anxiety & is viewed to be as a permanent trait on a global level.⁴

II. OBJECTIVES OF THE STUDY

- 1) To assess the level of anxiety during exams time among students.
- 2) To find out the association between level of anxiety and demographic variables among students.

III. METHOD

A quantitative research approach was adopted for the study. The present study was conducted at eternal university, Baru sahib. The present study was conducted on undergraduate and postgraduate students of Eternal University Baru Sahib. The standardized tool was used after review of literature for assessing the level of anxiety during exam time. Two standardized tools were used

Section- A Socio-Demographic Data

The characteristics and attribute of the study subjects are considered as socio-demographic variables. In this study socio-demographic variable include Age, residential area, family type, education status, year of study and religion.

Section- B: Standardized tool

Standardized tools i.e. Hamilton anxiety rating scale and Anxiety self -rating scale was used to assess the level of anxiety during exam time. Total score range 0-56, where, <17 indicates mild severity, 18-24 mild to moderate severity and 25-30 moderate to severe.

SCORING KEY

<17	Mild anxiety
18-24	Mild to moderate anxiety
25-30	Moderate to severe anxiety

Total the number of points in each of the columns. And the total score is mention below:

SCORING KEY

0 to 8	Minimal Anxiety
8 to 16	Mild Anxiety
17 to 24	Moderate Anxiety
25 to 32	High Anxiety
33 to 40	Extreme Anxiety

IV. RESULTS

TABLE 1: Assessment of level of anxiety during exam time.

The distribution of study subjects according to anxiety level 28.1% was present with Moderate to severe anxiety, 43.5% was present with Mild to moderate anxiety and 28.4% was present with Mild anxiety.

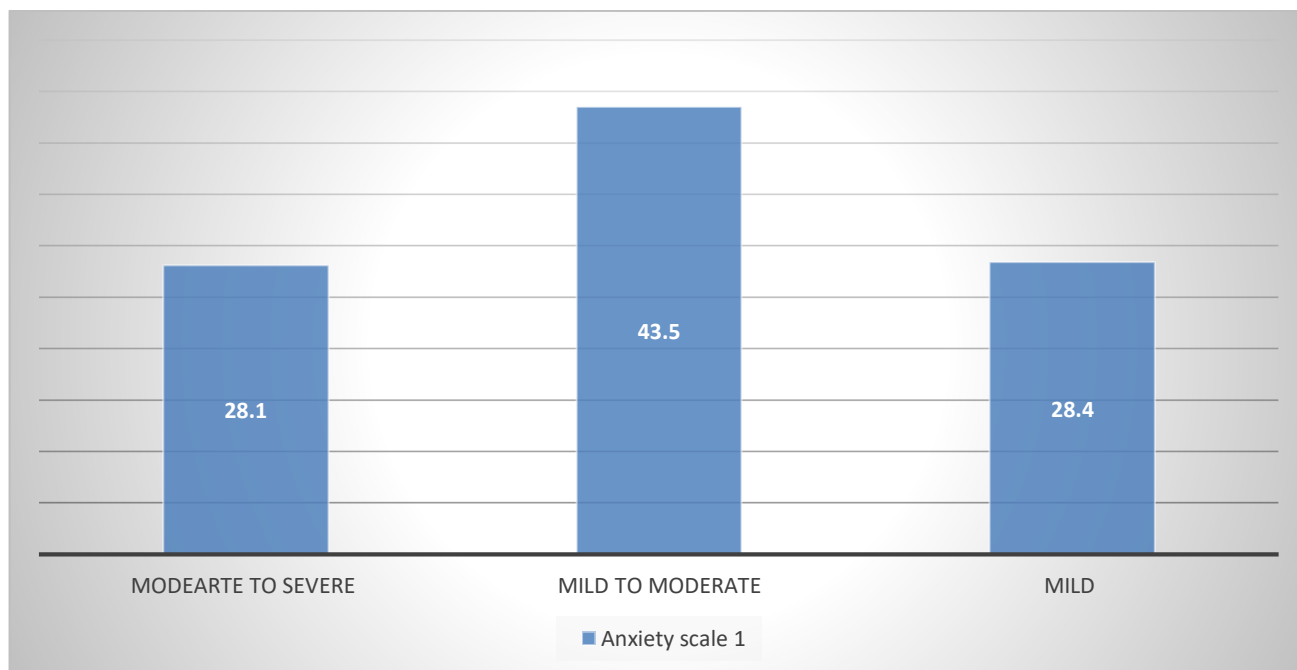


Fig.1.1 Percentage distribution of assessment of level of anxiety during exam time.

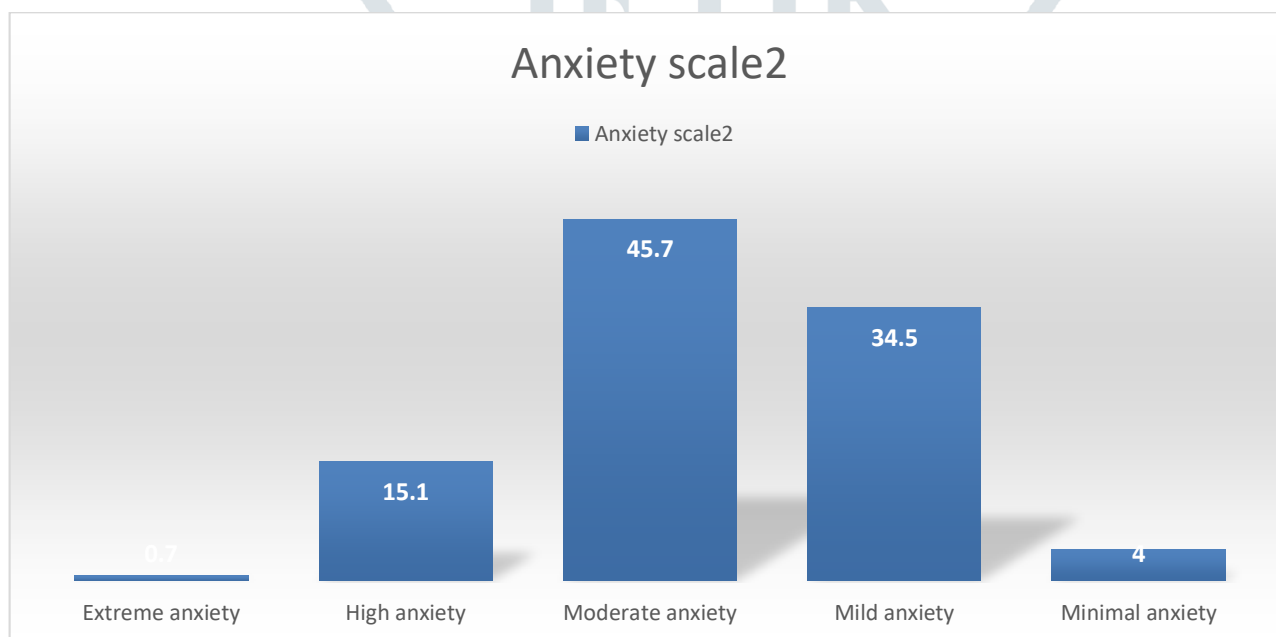


Fig.1.2 Percentage distribution of level of anxiety during exam time.

Fig. depicts the frequency and percentage and distribution of profile of undergraduate and postgraduate students according to the data analyzed i.e.0% of the students were fell under EXTREME ANXIETY, 15.1% of the students were fell under HIGH ANXIETY, 45.7% of the students were fell under MODERATE ANXIETY ,34.5% of the students were fell under MILD ANXIETY and 4.0% of the students were fell under MINIMAL ANXIETY.

Table 2: Association between level of anxiety and demographic variables.

n=278

S. No.	Variables	Moderate to severe	Mild to moderate	Mild	Chi-square	Df	p-value
1.	Age of the participants						
	18-19	01	04	03			
	20-21	29	36	35	10.946	10	0.362

	21-22	46	79	39			
	23 above	02	02	02			
2.	Residential area						
	Rural						
	Semi-urban	27	50	23			
	Urban	06	05	15	13.874	04	0.008
		45	66	41			
3.	Family type						
	Extended	00	00	01			
	Joint	27	41	28	2.613	04	0.625
	Nuclear	51	80	50			
4.	Educational status						
	Undergraduate	76	118	79	2.023	02	0.364
	Postgraduate	02	03	00			
5.	Year of study						
	Ist year	30	23	16			
	IIInd year	35	54	29			
	IIIrd year	03	39	16	41.442	06	0.000*
	IVth year	10	05	18			
6.	Religion						
	Christians	00	00	01			
	Hinduism	65	104	60			
	Islam	03	05	08	7.256	06	0.298
	Sikkhism	10	12	10			

n=278

S.No	Variables	Extreme	High	Moderate	Mild	Minimal	Chi-sq.	Df	P value
1.	Age of the participants								
	18-19	00	00	01	06	01			
	20-21	01	17	37	40	05			
	21-22	01	24	88	47	04	25.937	20	0.168
	23 above	00	01	02	03	01			
2.	Residential area								
	Rural	01	10	43	41	05	22.080	08	0.005
	Semi-urban	00	02	06	17	01			
	Urban	01	30	78	38	05			
3.	Family type								
	Extended	00	00	00	01	00			

	Joint Nuclear	01 01	14 28	39 88	38 57	04 07	4.225	8	0.836
4.	Educational status								
	Undergraduate	02	42	128	92	11			
	Postgraduate	00	00	01	04	00	4.791	4	0.309
5.	Year of study								
	Ist year	01	09	40	18	01			
	IInd year	00	22	59	33	04	38.065	12	0.00
	IIIrd year	01	05	24	27	01			
	IVth year	00	06	04	18	05			
6.	Religion								
	Christians	00	00	01	00	00			
	Hinduism	02	36	107	75	09	11.932	12	0.451
	Islam	00	00	04	11	01			
	Sikhism	00	06	15	10	01			

V. MAJOR FINDINGS OF THE STUDY

Findings related to the demographic profile

The frequency and percentage of study shows that 3% of students/sample were in 18-19 age group, 36% of students were in 20-21 age group, 59% of students were in 21-22 age group, 2% of students were in the 23 above.

The study showed that 36% of students were residing in the rural area, 9.4% of students were in the semi urban area, 54.7% of students were in the urban area.

The sample show that 0.4% of students were from extended family, 34.5% students were from joint family, 65% students were from nuclear family.

Finding related to level of anxiety during exam among the student:

- Chi-square was use to check the level of anxiety during exam among the students.
- Results of the present study shows that most of the subjects fell in the category of moderate impact on their exam.
- There is significant association of socio -demographic variables i.e. Year of study with level of anxiety during exam among the students.

Finding related to level of anxiety;

The result found that according to anxiety level 28% anxiety was present with Moderate to severe anxiety level, 44% anxiety was present with Mild to moderate anxiety level and 28% anxiety was present with Mild anxiety level.

The result was found that data analyzed i.e. 0% of the students fell under EXTREME ANXIETY LEVEL, 15.1% of the students fell under HIGH ANXIETY, 45.7% of the students fell under MODERATE ANXIETY LEVEL, 34.5% of the students fell under MILD ANXIETY LEVEL and 4.0% of the students fell under MINIMAL ANXIETY LEVEL.

VI.SUMMARY

The descriptive research design is selected for the present study. Descriptive research is conducted to describe new situation, event or concepts. The present study was conducted on undergraduate and postgraduate students of Eternal University Baru Sahib. Total 278 students were selected as the sample for the study by using non probability convenience sampling technique. Objective of the

study is to assess the level of anxiety during exams time among student and to find out the association between level of anxiety and demographic variables among students.

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