



# A STUDY ON EXPLORING PSYCHOLOGICAL CHALLENGES IN STUDENTS DURING EXAM PERIOD

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## **ABSTRACT:**

Exams are undeniably good way of quantitatively evaluating student outcomes. Testing more than just memory they also seek to asses student's comprehension, application of learning and critical thinking skills which will go on to use in their professional career. They will then be awarded a single grade for each subject to represent combined abilities in the above areas comparable to other students across the country. But during exam period the students face various psychological challenges which affect their academic performance. The present paper is a review paper based on some research studies on the psychological challenges faced by students during exam period and addressing them. Thus the findings of the present study will be very useful to take specific initiatives for psychological wellbeing of students.

**Keywords:** Comprehension, psychological, addressing, initiative, well-being

## **INTRODUCTION**

Psychology is the scientific study of mind and behavior. In the field of education it includes the emotional, social and cognitive learning process. In the intricate tapestry of academia the examination period serves as a pivotal juncture demanding cognitive resilience and emotional fortitude from students.

This journal embarks on a profound exploration of the psychological challenges that students encounter during exams delving into the multifaceted aspects of stress, anxiety and coping mechanism. As we unravel the intricate threads of these challenges; our aim is to provide a nuanced understanding that paves the way for effective interventions and supportive educational environments.

This paper will explore insightful journey into the minds of students navigating the complex terrain of examinations where psychological well-being intersects with academic performance. The following research may help students, parents, teachers and administrators to look after possible solutions.

## LITERATURE REVIEW

Singh, M. 2022. A study of Impact of Examination Stress on Academic Achievement of Students of Higher education

In this study, they found that stress scores equal effect among male and female in the secondary school education. Findings in their study shows that the teacher can play a vital role in removing students academic stress. Similarly parents also play a huge role in mental well-beings of students. They should set realistic role for future practical as well as domestic life in order to be successful and well trained individual.

Anis Trifoni(University of Alexander Moisu Durres) & Mostafa Shahini (Damgham University). A study on effect of exam anxiety on the performance of university students.

In this study, they found that female learners feel more worried and anxious although they prepare more than males. Also the test anxiety give rise to physical and psychological problems as well. It results some of the factors that cause test anxiety are related to lack of preparation for the tests and/or inappropriate test preparation, fear of negative evaluation, bad experience on previous tests, time limitation and pressure, the number of items included in the test and the difficulty of course content. Based on the findings of the study it is recommended that teachers should be aware of test validity and reflect content course to tests. Secondly teachers should inform the students on content, test techniques and familiarize students with the exam format , the type of grading system. Also teachers should be aware of students anxiety and should find ways to elevate students without including high level of anxiety while still maintaining a positive & effective climate.

## RESEARCH METHODOLOGY

### The Rationale of the Study:

The purpose of this research is to investigate the psychological challenges experienced by students during the exam period. The study aims to identify the key stressors, coping mechanisms, and potential interventions to improve the mental well-being of students during this crucial time. To achieve this objective, a survey-based research methodology will be employed to gather quantitative data from a diverse sample of students. This study will utilize a quantitative research approach to collect and analyze numerical data related to the psychological challenges faced by students during the exam period. A survey methodology is deemed appropriate for its efficiency in reaching a large and diverse participant pool. By employing a well-designed questionnaire and rigorous data analysis, the study aims to contribute valuable insights into understanding and addressing the mental well-being of students during this critical period.

### Objectives Of study:

- To study the psychological challenges faced by students during exam period.
- To understand the factors influencing the psychological problems created during exam time.
- Effect of the psychological condition on the performance of students.
- Different strategies and techniques to deal with these psychological problems.
- Suggestions and reviews to the teachers and parents to manage these odds and evils to boost the academic performance of students during exam period

### Data collection Method:

Primary data was collected by the researcher in the form of survey .In this survey data was collected with the help of questionnaire floated in Google form. In sampling design “snowball sampling” method was used to collect the data from targeted audience.

**SAMPLING METHOD:** Convenience Sampling method

**SOURCES OF DATA:** Internet

**SAMPLE SIZE:** 100 Students

**INSTRUMENTS:** Questionnaires

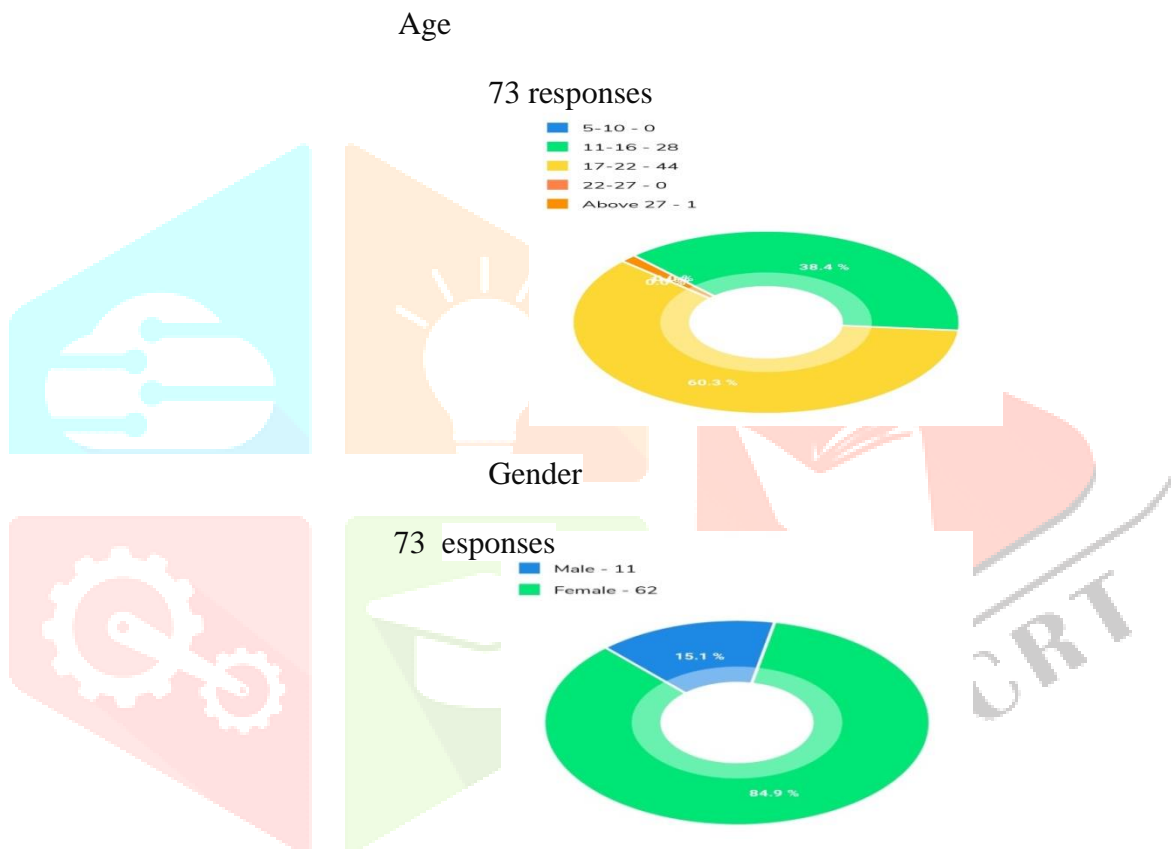
**LIMITATIONS:**

- Sample size was small.
- Students may not be honest in giving opinions.

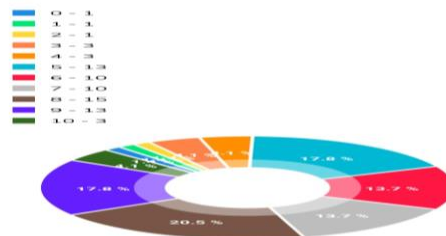
**DATA ANALYSIS/INTERPRETATION**

E-questionnaire in Google form was circulated through different social media .Sample size was 100 students of different schools/colleges of different disciplines and age groups. From this sample of 100 students 73 students have responded. In our survey some questions which were circulated and analysis of collected data are as follows.

Demography factors:

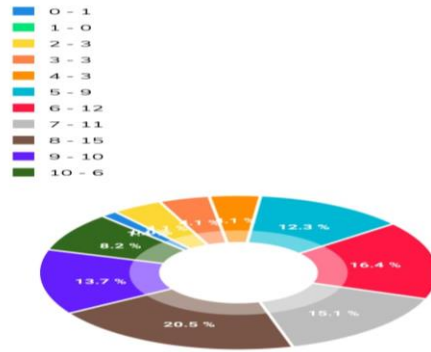


1. Stress level of students during exam period(73 responses)



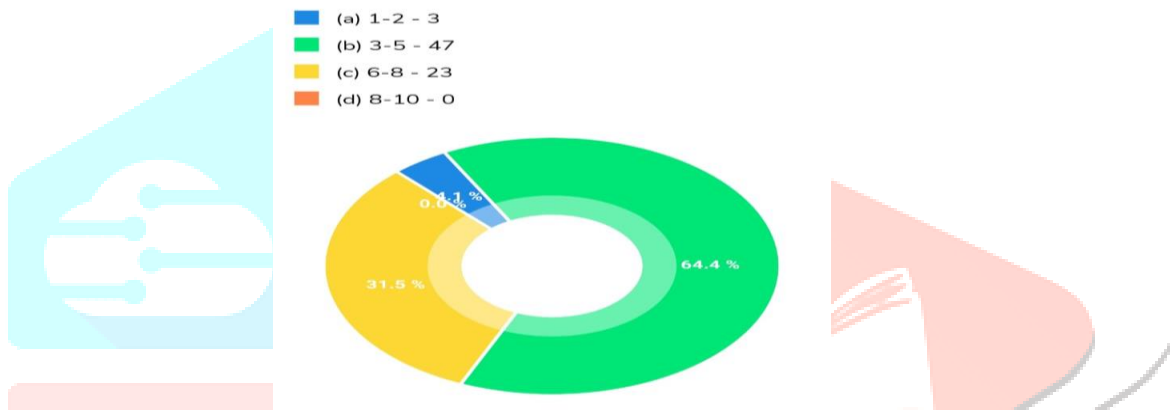
It is observed that most of the students about 88% feel stressed during exam period .It may be due to the exam tension and due to the pressure of securing good marks in exam.

2. Anxiety level of students during exam period. (73 responses)



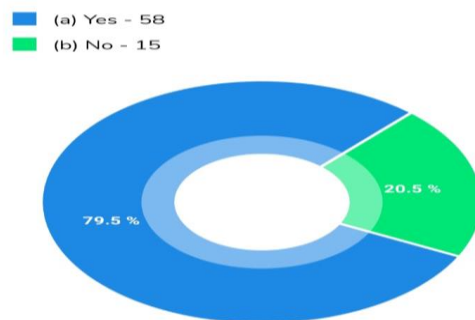
It is observed that about 86% of students feel anxious during exam period. This may be due to the fear factor of exam or may be due to the immense increase of study hours during exam period.

3. How many hours do you sleep during exam time? (73 responses)



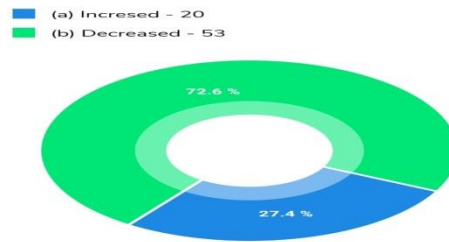
It can be observed from the data that the normal sleeping hours is reduced to 3-5 hours for most of the students during exam period. This may be due to the stress of completion and revision of exam syllabus or the anxiety of securing good marks in exam .

4. Do you feel nervous in the exam hall? (73 responses)



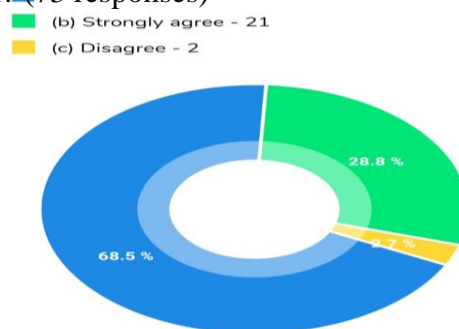
It is obvious from the data that about 80% of students feel nervous in the exam hall. Some students get unconscious in the exam hall which may be due to extreme shock by the level of question paper and also some sweat in the exam hall due to lack of confidence to secure good scores.

5. What is the condition of food intake capacity during exam period? (73 responses)



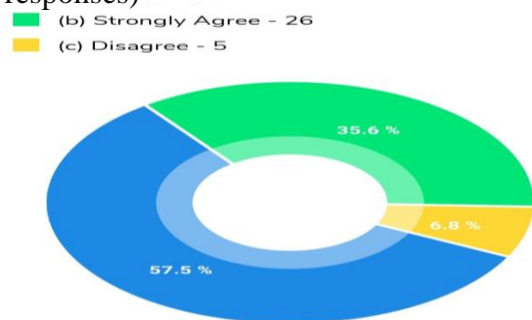
It is observed that most of the students have reduced food intake during exam period. This may be due to the reduction of hunger and sleep or reduced time for eating a meal.

6. Do you feel previous academic performance helped you in preparation for your exam? (73 responses)



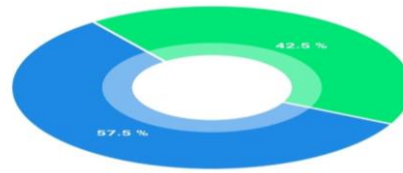
It is observed that most of the students feel that their previous academic performance somehow helped them in the exam preparation. It may relax them a bit from the exam burden and pressure.

7. Do you feel any pressure of parents/teachers/relatives during exam period? (73 responses)



It is obvious from the data that more than 90% of students feel the pressure from the parents/teacher/relatives during exam period. It may be the pressure of securing good results or may be the financial pressure or the pressure of good career in future.

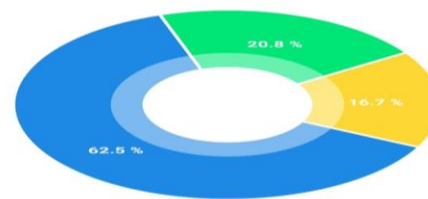
8. Do you feel that your physical health is deteriorated during exam period? (73 responses)



It is observed that the physical health of average number of students gets deteriorated during exam period. It may be due to the reduced level of food intake capacity or the mental disturbances due to exam pressure.

9. Do you feel playing and doing different co-curricular activities during exam period helps you feel relaxed and stress free during exam time? (73 responses)

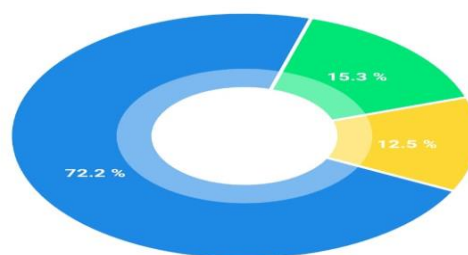
(a) Agree - 45  
(b) Strongly agree - 15  
(c) Disagree - 12



About 83% of students feel that games and sports are very necessary to reduce their stress level during exam period. This is due to the energizing and refreshing factor of games, sports and other co-curricular activities which changes the mood and provides physical and mental comfort to the students.

10. Do you think the current exam system in the educational institutions is helpful for assessing the academic potentiality of an individual? (73 responses)

(a) Agree - 52  
(b) Strongly Agree - 11  
(c) Disagree - 9



From the above data we can analyze that most of the students agree with the pattern of the current examination system but some students disagree with the success of the system which may be due to the burden of exam result and competition for acquiring quantity not quality.

## FINDINGS AND CONCLUSION

In our study we tried to understand the psychological condition of the students during the exam period, the factors which influence their mental and physical conditions and the effect of these on their exam performance. Due to the limited sample size we are bounded with responses.

In the research we categorized the age group between 5-10 years, 11-16 years, 17-22 years, 22-27 years and above 27 years. In the study we came to the conclusion that the students between 17-22 years are experiencing more stress than other age groups.

According to our survey we came with the interpretation that stress and anxiety level due to exam is slightly more in girl students as compared to boys. It is due to their emotional nature and over thinking of the test results and post career options. About 79.5% of students feel nervous in the exam hall due to the level of question paper or lack of confidence to secure good scores. From the above analysis it is found that about 64.4% of the students sleep up-to 3-5 hours during exam time which is 3-5 hours less than the normal sleeping hours. This shows that the sleeping hour gets reduced due to immense pressure and anxiety of exam. The pressure is due to the limited time to revise and practice the lessons and the tension of how to perform better in exam. The above data clarifies that about 72.6% of students have reduced their food intake during exam period. Decrease in sleeping hours and increase in mental stress may have caused the reduction in hunger so that the food intake capacity is decreased during exam period.

The previous academic performance of students has helped a lot in exam preparation as about 68.5% of students agree with the fact and 28.8% of students strongly agree with this. From the above statistics it is concluded that previous knowledge and understanding plays crucial role in current exam performance. But some students disagree with this matter which may be due to change in stream or discipline or dropout from the study. About 35.6% of students strongly agree with the fact that they feel pressure from parents/teachers/relatives during exam period regarding their performance. Also 57.5% of students agree with this fact which shows that the students feel immense pressure from their family members, teachers and may be from the society to secure good grades. The pressure can be the family pressure or financial pressure or career pressure which urges the students to secure good results in exam at any cost. This reflects the narcissistic mentality of the society which may affect the academic journey of the child. The imperative conditions of the society operates student's thinking, emotion, feelings and activity to fulfill the desires and aspirations of others irrespective of his/her willing.

The statistics signifies that the physical health is not so much affected during exam period as 57.5% of students have denied with this fact. About 42.5% of students agree with that which may be due to their irregularities in taking meal. Playing games and sports and participating in different co-curricular activities play a crucial role for relaxing and refreshing the physical & mental condition of the students during exam. This conclusion follows from the data that 62.5% of students agree with thus fact and 20.8% students strongly agree with this fact. Definitely admit various exam pressures and anxieties the games and sports reduce the stress level of students and open air relaxes the body and mind. Most of the students agree that the current examination system in educational institutions is helpful to assess the academic potentiality of the individual. But about 12.5% disagree with the current scenario of examination system which may be due to the mistakes in evaluation process, criteria for grading or problems in appropriate question preparation etc.

After analysis of all aspects we conclude that the psychological condition of the students during the exam period is influenced by various factors like stress, anxiety, nervousness, sleeping hours, food intake, interference of family members/teachers/relatives and playing games & sports. Some maximum factors put negative impact on the psychology of the student whereas some factors put positive impact on body and mind. So Its the duty of teachers and parents to eradicate the negative objects and implicate positive things inside the body and mind of the students so that he/she can complete the exam period joyfully and blissfully.

## SUGGESTIONS:

To overcome all the psychological problems arise during exam period one can follow to remain happy and sound. Some suggestions are also sought from the students.

- ◆ Students should practice deep, mindful breathing to help calm their nerves and focus their minds.
- ◆ Short breaks should be taken during study sessions to avoid burnout and maintain concentration
- ◆ Physical activities like exercise, playing games, dance should be included in their routine to divert their mind from negative thinking and relax the mind.
- ◆ Encourage students to eat nutritious meals which can positively impact their mood and energy level.
- ◆ Lack of sleep can exacerbate stress; so emphasize on consistent and adequate sleep patterns.
- ◆ Guide students to visualize success and positive outcomes during exams, helping to build confidence.
- ◆ Collaborative study sessions can provide support and a sense of camaraderie, reducing feelings of isolation and stress
- ◆ Teach effective time management skills to help students organize their study schedule and reduce last minute cramming.
- ◆ Remind them to ask for help from teachers, friends or family if they are struggling from certain topic.
- ◆ The teachers, family members or relatives are advised not to pressurize the students during exam period regarding accomplishing any objective rather than encouraging and supporting him in doing things properly.

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