



Affecting factors on Students' Mentality during Exams: A Study

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Abstract: Exams are an integral part of a student's academic journey, and the exam period can be a challenging time for many students. The pressure to perform well, combined with the need to study for multiple subjects, can cause students to experience a range of emotions and mental states. This research paper aims to explore the mentality of students during the exam period and identify the factors that can affect their mental health. This research is carried out in the Science and Humanities Department of Yashwantrao Chavan Polytechnic, Ichalkaranji.

Key Terms: Students' Mentality, Exam Period, Mental health

I. Introduction:

Exams are an integral part of a student's academic journey, and the exam period can be a challenging time for many students. The pressure to perform well, combined with the need to study for multiple subjects, can cause students to experience a range of emotions and mental states. This research paper aims to explore the mentality of students during the exam period and identify the factors that can affect their mental health.

II. Research Questions:

1. What are the various factors that affect the students' Mentality during Exam?
2. How the uses of mobile phones affect the mentality of the students during Exam?

III. The research objectives

1. To investigate the various factors that affects the students' Mentality during Exam.
2. To identify the impact of mobile phones affect the mentality of the students during Exam?

IV. Significance of the study

This study is very helpful as the researcher will analyses the factors that affect the mentality of the students during exam. Students will be able to cope up with these affecting factors and try to concentrate on their study. This study will also explore the impact of mobile phones on students.

V. Literature Review:

Several studies have been conducted on the mental health of students during the exam period, and the results suggest that students often experience stress, anxiety, and other negative emotions. A study by McCreary and colleagues (2005) found that over 50% of students reported experiencing stress during the exam period, and this stress was associated with a range of negative outcomes, including poor academic performance and decreased well-being.

Other studies have also highlighted the impact of exam stress on students' mental health. A study by Love and colleagues (2018) found that exam stress was associated with increased levels of anxiety, depression, and stress-related symptoms. The study also found that students who reported high levels of stress were more likely to engage in unhealthy coping behaviors, such as substance use.

Factors Affecting Students' Mentality during the Exam Period:

Several factors can affect students' mentality during the exam period. One of the most significant factors is the amount of stress that students experience. Stress can be caused by various factors, such as the pressure to perform well, the volume of material to be covered, and the fear of failure.

Another factor that can affect students' mentality is their level of preparedness. Students who feel unprepared for exams are more likely to experience stress and anxiety than those who feel well-prepared. This highlights the importance of effective study strategies and time management skills.

The support that students receive from their peers, teachers, and family members can also affect their mental state during the exam period. Students who receive support from their social network are more likely to feel motivated, confident, and less stressed.

Finally, the level of competition and comparison among students can also affect their mental state during the exam period. Students who feel pressured to perform better than their peers or who are constantly comparing themselves to others may experience higher levels of stress and anxiety.

VI. Research Methodology:

For the present study the researcher has used quantitative approach with survey methods. The study was conducted among the students of First Year Diploma in Engineering at Yashwantrao Chavan Polytechnic, Ichalkaranji. Sample was taken by random sampling technique and the total no of samplings were 100 students. Data collection was conducted on March, 2023. Data collection was conducted using questionnaires. Students filled research questionnaires by internet network using Google drive. Data collected then was analyzed using descriptive statistics and correlation statistics of Spearman's. SPSS version 23 was used to facilitate data processing. Research questions were expected to be answered by data analysis.

VII. Findings and Discussion:

Table1. How often do you use mobile phones during exam period?

| Number | Intensity | F | % |
|--------|-----------|----|----|
| 1 | Rarely | 14 | 14 |
| 2 | sometimes | 12 | 12 |
| 3 | Often | 68 | 68 |
| 4 | Never | 06 | 06 |

TABLE1 indicates the intensity of use of mobile phone during exam period by students. Total 68% students replied that they often use mobile phones. There are total 12% student who sometimes use mobile phones and 14% student rarely use mobile phones and 6% never used mobile phones during their exam period.

Table2. Do you think that the mobile phones affect the mentality of students' during exams?

| Number | Content | F | % |
|--------|---------|----|----|
| 1 | Yes | 84 | 84 |
| 2 | No | 10 | 10 |
| 3 | Maybe | 06 | 06 |

TABLE 2 indicates the effect of using mobile phone on students' mentality. 84% students replied positively while 10% student replied negative and 6% students are not sure about the effect using mobile phone.

Table3. Do you think that home environment affect the mentality of students' during exams?

| Number | Content | F | % |
|--------|---------|----|----|
| 1 | Yes | 55 | 55 |
| 2 | No | 35 | 35 |
| 3 | Maybe | 10 | 10 |

TABLE 3 shows the effect of home environment on student mentality during the exam. 56% students agreed with the statement that home environment affect the mentality of student. 35% students did not agree with the statement while 10% student could not agree or dis-agree with the statement.

Table4. How often do you watch TV during Exam Period?

| Number | Content | F | % |
|--------|-----------|----|----|
| 1 | Rarely | 13 | 13 |
| 2 | sometimes | 17 | 17 |
| 3 | Often | 63 | 63 |
| 4 | Never | 07 | 07 |

TABLE 4 explores the intensity of the students who watched TV during exam period. 63% students often watched TV while 17% sometimes watched TV. There are 13% students who rarely watched TV and 07% never watched TV during exam period.

Table5. Do you think that watching TV affect the mentality of students' during exams?

| Number | Content | F | % |
|--------|---------|----|----|
| 1 | Yes | 89 | 89 |
| 2 | No | 05 | 05 |
| 3 | Maybe | 06 | 06 |

TABLE 5 explained the effect on mentality of student of watching TV during exam period. 89% student is agreed with the statement while 5% student did not agree with the statement. There are 7% student who not sure about this statement.

Table6. Do you think the lack of study material affect the mentality of students' during exams?

| Number | Content | F | % |
|--------|---------|----|----|
| 1 | Yes | 42 | 42 |
| 2 | No | 51 | 51 |
| 3 | Maybe | 07 | 07 |

TABLE 6 indicates the effect of lack of study material on mentality of student during exam period. There are 42% students who agreed but most of the student i.e. 51% did not agree with the statement and 7% students are not sure about this.

Table7. Do you think that fear of failure affect the mentality of students' during exams?

| Number | Content | F | % |
|--------|---------|----|----|
| 1 | Yes | 52 | 52 |
| 2 | No | 36 | 36 |
| 3 | Maybe | 12 | 12 |

TABLE 7 explores the effect of fear of failure on student mentality during exam period. 52 % students responded positively while 36 % are negative. 12% students are not sure about this.

Table8. Do you think that stress affect the mentality of students' during exams?

| Number | Content | F | % |
|--------|---------|----|----|
| 1 | Yes | 74 | 74 |
| 2 | No | 08 | 08 |
| 3 | Maybe | 18 | 18 |

TABLE 8 explained the effect of stress on student mentality during exam period. There are 74% students positive about this but 08% students are negative and 18% students are not sure about this.

Table9. Do you think that lack of preparation affect the mentality of students' during exams?

| Number | Content | F | % |
|--------|---------|----|----|
| 1 | Yes | 79 | 79 |
| 2 | No | 18 | 18 |
| 3 | Maybe | 03 | 03 |

TABLE 9 indicates the effect of lack of preparation on the mentality of students during exam period. 79% students believe that lack of preparation affected the students' mentality but 18% are not. 03% students are not sure about the effect of lack of preparation.

Table10. Do you think that the competition among students affect the mentality of students' during exams?

| Number | Content | F | % |
|--------|---------|----|----|
| 1 | Yes | 27 | 27 |
| 2 | No | 56 | 56 |
| 3 | Maybe | 17 | 17 |

TABLE 10 shows the effect of competition among students on student mentality during exam period. There are 27% students agreed with this statement while the 56% students did not agree with this. Only 17 % are not sure about this.

VIII. Conclusion:

From this survey it is clear that not only preparation of study content affect the student mentality but home environment also affect the mentality of student. It also shows that the watching of mobile and TV affects the concentration of students. This leads lack of confidence about exams. Some students are mentally disturbed due to fear of exam.

In conclusion, the exam period can be a challenging time for students, and their mental health can be affected by various factors. Effective stress management strategies, preparation, social support, and reducing the level of competition and comparison among students can help improve their mental state during this period. Further research is needed to identify additional factors that can affect students' mental health during the exam period and develop interventions to support students' mental well-being.

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