

“Assess The Level Of Anxiety Among Students Appearing University Examinations, At Selected Colleges, Bengaluru.”

Prof. Navitha N And Ms. D. Dhanalakshmi

Professor And HOD Dept Of Psychiatric Nursing,
Lecturer, Dept Of Obstetric And Gynaecological Nursing,
Columbia College Of Nursing, Bengaluru-560056.

Abstract:

Anxiety is a feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to anxiety. Levels of anxiety is based on the student's level of understanding and preparation for examination¹. The levels of anxiety 's are mild, moderate, severe, and panic level. Mild Anxiety is often described as sub-clinical or clinically non-significant, mild anxiety can impact emotional, social, and professional functioning. Mild anxiety symptoms may present as social anxiety or shyness and can be experienced in early childhood through to adulthood. In Moderate Anxiety People experience moderate levels of anxiety have more frequent or persistent symptoms than those with mild anxiety, but still have better daily functioning. Severe anxiety is intensely debilitating, and symptoms of severe anxiety meet key diagnostic criteria for clinically-significant anxiety disorder. People with severe anxiety typically score higher on scales of anxiety and lower on functioning. Panic level anxiety, or panic disorder, is characterized by frequent, recurring and unexpected panic attacks like Rapid onset of extreme fear, Heart palpitations, Rapid breathing, Nausea or dizziness, Fear of death².

Objectives: 1. To assess the anxiety level of the students by using a standardised anxiety scale. 2. To compare the level of anxiety among male and female students appearing for university examinations.

Methods: A Descriptive study design was adopted for the study. Sample size was 58 students who have appeared for university examinations. Simple random sampling technique was used for selection of samples. Standardized anxiety scale was used to assess the level of anxiety among students.

Results: The results showed that the level of anxiety faced among the male students was more when compared to female's students. It is discernible that 70 % of the male students were under moderate anxiety and 30 % in severe anxiety. In female students on the other hand, it is found that they could cope up with the situation with 65 % of them under mild anxiety and among the rest 21% were in moderate anxiety and only 15% were facing severe anxiety Thus it is found that females could withstand the situation with a better mental strength.

Conclusion: The results showed that male students had more anxiety than the female students.

Keywords: Anxiety, students, university exams.

Date of Submission: 01-03-2025

Date of Acceptance: 11-03-2025

I. Introduction

Anxiety is a feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to anxiety. Levels of anxiety is based on the students level of understanding and preparation for examination. The levels of anxiety 's are mild, moderate, severe, and panic level. Mild Anxiety is often described as sub-clinical or clinically non-significant, mild anxiety can impact emotional, social, and professional functioning. Mild anxiety symptoms may present as social anxiety or shyness and can be experienced in early childhood through to adulthood. In Moderate Anxiety People experience moderate levels of anxiety have more frequent or persistent symptoms than those with mild anxiety, but still have better daily functioning. Severe anxiety is intensely debilitating, and symptoms of severe anxiety meet key diagnostic criteria for clinically-significant anxiety disorder. People with severe anxiety typically score higher on scales of anxiety and lower on functioning. Panic level anxiety, or panic disorder, is characterized by frequent, recurring and unexpected panic attacks like Rapid onset of extreme fear, Heart palpitations, Rapid breathing, Nausea or dizziness, Fear of death.

II. Objectives:

1. To assess the anxiety level of the students by using a standardised anxiety scale.
2. To compare the level of anxiety among male and female students appearing for university examinations.

III. Material And Methods

A Descriptive study design was adopted for the study. Sample size was 58 students who have appeared for university examinations. Simple random sampling technique was used for selection of samples. Standardized anxiety scale was used to assess the level of anxiety among students. With the consent of the students, an electronic survey adapted for data collection. The questionnaire consists of 2 sections such as socio demographic data and Standardized anxiety scale related to anxiety. All participants were explained about purpose of the study and directed to complete the online survey. Data were analyzed using descriptive and inferential statistics. Descriptive analysis was applied to calculate frequencies and means. The t test was used to study the comparison of anxiety levels.

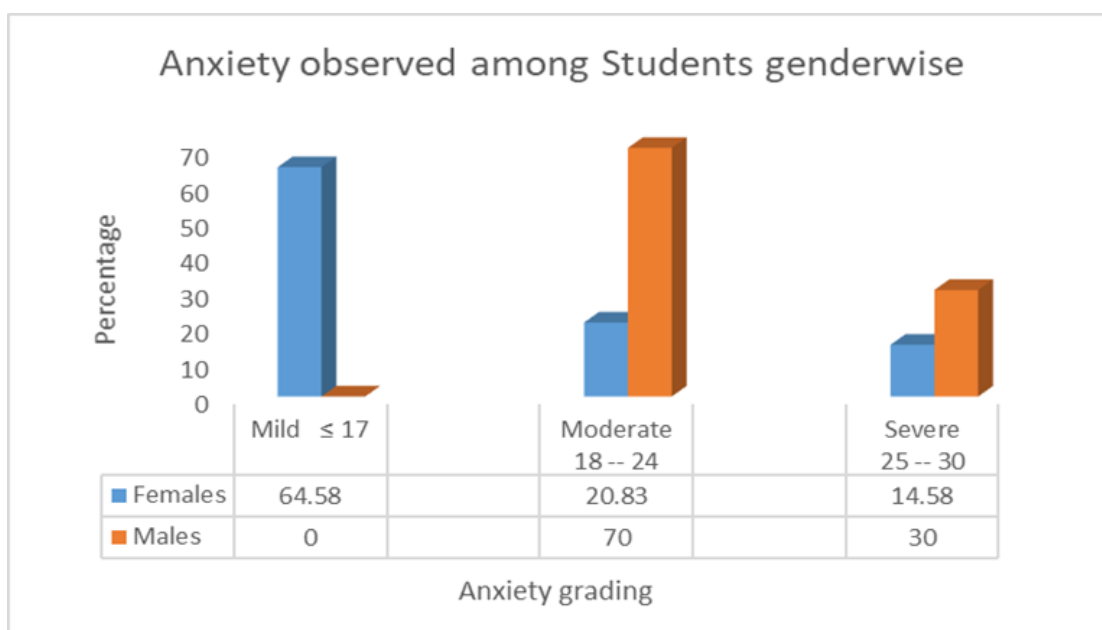
IV. Results And Discussions:

Examination anxiety has become a part and parcel of our modern student life, but many students are experiencing a variety of levels of anxiety. Levels of anxiety is based on the student’s level of understanding and preparation for examination. The levels of anxiety’s are mild, moderate, severe and panic level. Mild Anxiety is often described as sub-clinical or clinically non-significant, mild anxiety can impact emotional, social, and professional functioning. Mild anxiety symptoms may present as social anxiety or shyness and can be experienced in early childhood through to adulthood. In Moderate Anxiety People experience moderate levels of anxiety have more frequent or persistent symptoms than those with mild anxiety, but still have better daily functioning. Severe anxiety is intensely debilitating, and symptoms of severe anxiety meet key diagnostic criteria for clinically-significant anxiety disorder. The results showed that the level of anxiety faced among the male students was more when compared to females students. It is discernible that 70 % of the male students were under moderate anxiety and 30 % in severe anxiety. In female students on the other hand it is found that they could cope up with the situation with 65 % of them under mild anxiety and among the rest 21% were in moderate anxiety and only 15% were facing severe anxiety.

Comparison table showing anxiety level by male and female student.

N=58

SCORE	FEMALES	MALES
≤ 17	31	0
Mild	[64.58%]	[0%]
18 – 24	10	7
Moderate	[20.83%]	[70%]
25 – 30	7	3
Severe	[14.58%]	[30%]
Total	48	10



Comparing the anxiety among the males and female student. It is discernible that 70% of male students were under moderate anxiety (score 18-24) and 30% in severe anxiety. In the other hand it is found that 65% were under mild anxiety and the rest 21% were under moderate anxiety and 155 were facing severe stress. Thus, it is found that female students could withstand the anxiety situation with a better understanding.

V. Conclusion:

The results showed that male students had more anxiety than the female students during examination.

Reference:

- [1] Anxiety: Medlineplus
- [2] Different%20Levels%20of%20Anxiety%20&%20Stages%20of%20Panic%20Attacks%20(Mild,%20Moderate%20&%20Severe.
- [3] A Guide To Mental Health And Psychiatric Nursing R Sreevani , 4th Edition Published By JP Publication Page No-217.
- [4] Shila L Vidbeck Textbook Of Psychiatric-Mental Health Nursing , 5th Edition Lipponcort Williams And Wilkins Page No-226
- [5] Psychiatric-Mental Health Nursing Concepts Of Care And Evidence-Based Practice Mary C Townsend 8th Edition, F.A. Davis Company Philadelphia Page No-531.