Appendix - IX

TEST ANXIETY QUESTIONNAIRE

The Questionnaire has to understand students' academic performance about themselves and test situations. There are 56 statements read each statement carefully and if you fully aware with the statement then there are really YES or NO assures in the test. There is no time limit also to finish Questionnaire but try to do as FAST as you can.

01 Do you worry then the teacher says that he is going to ask you some questions? Yes
02 When the teacher asks you to get up in front of the class and read aloud, are you afraid that you are going to make some mistakes? No
03 Do you think that the teacher should not call upon you to do the problems on the Black Board? Yes
04 Do you sometimes dream at night that you are in school and cannot answer the Teacher’s questions? No
05 When the teacher is teaching the lesson, do you feel that other students in class understand better than you? No
06 Do you ever worry about knowing your lessons? Yes
07 When the teacher ask you write on the Black Board, does your hand shake a little? No
08 Do you think, you worry more about school than other children? No
09 If you are sick and miss school. Do you worry that you will do more poorly in your school work than other children when you return to school? No
10 Do you even worry about that other people think of you? Yes
11 If I know I was going to take a test, I would feel confident and relax. Yes
12 When the teacher says that she is going to give the class a Test, do you become afraid that you will do poorly? Yes
While taking an important examination, I find myself thinking of how much the other students are than I am. Yes
If I were to take a test I would worry a great deal before taking it. Yes
Do you ever worry that you won’t be able to do some thing you want to do. Yes
If you did very poorly when the teacher called on you, would you probably feel like crying? Yes
While taking an important examination, I perspire a great deal. Yes
During the course of the examination, I find myself thinking of things unrelated to the course material. No
I think I could do much better on tests if I could take them alone and not feel pressed by a time limit. Yes
When you were younger were you ever scared of anything? No
During tests I find myself thinking of consequences of failing. No
While taking a test, my emotional feelings interfere with my performance. Yes
I freeze upon things like final examinations. No
Getting a good grade in one test does not seem to increasing my confidence on the second. No
Are you ever been afraid of getting hurt? Yes
I sometimes feel my heart beating very fast during important test. Yes
After taking a test, I always feel I could have done better than I actually did. Yes
I usually get depressed after taking a test. No
I have an uneasy upset feeling before taking a final examination. Yes
Has anyone ever able to score as you? Yes
After important test I am frequently worried so that my stomach gets upset. Yes
32 During a course examination, I get so nervous that I forget the facts
that I really know. **Yes**

33 On examination, I take the attitude, “if I don’t know it now, there is no
point worrying about it”. **No**

34 The harder I work at taking a test or studying for one the more
confused I get. **Yes**

35 Do you ever worry about something happening to someone you know. **Yes**

36 As soon as an examination is over, I try to stop worrying about it but
just I can’t. **Yes**

37 During examinations, I sometime wonder if I will ever get through
school. **Yes**

38 I wish examination did not bother me so much. **Yes**

39 I get to feel very panicky when I have to take a surprise examination. **Yes**

40 Are you ever unhappy? **No**

41 Thinking about the grade I may get in a course interferes with my study
and performance. **Yes**

42 If examinations could be done away with I think I would actually learn
more. **Yes**

43 I seem to defeat myself while working on important tests. **Yes**

44 I really don’t see why some people get so upset about tests **Yes**

45 Do you ever worry about what is going to happen **No**

46 Thoughts of doing poorly interfere with my performances on tests. **No**

47 I don’t study any harder for my final examinations than for the rest of
my course. **No**

48 Even when I am well prepared for a test, I feel very anxious about it. **Yes**

49 I don’t enjoy eating before an important test. **Yes**

50 Have you ever had a sorry dream? **Yes**
Before an important examination, I find my hands or arms trembling. No

I seldom feel the need for “cramming” before an examination. Yes

The teachers ought to recognize that some students are more nervous than others about tests and this affect their performance. Yes

It seems to me that examination periods ought not to be made, the tense situations, which they are. No

I start feeling very uneasy just before getting a test paper back. Yes

**TEST ANXIETY SCORE**

The test anxiety score “yes” or “no” responses are given in the scale. More ‘Yes’ responses are an indication of high-test anxiety whereas more ‘No’ responses are an indication of low-test anxiety.
TEST ANXIETY QUESTIONNAIRE

1. The student is nervous before exams.
2. The student finds it difficult to concentrate during exams.
3. The student is always thinking about grades.
4. The student feels like they won’t be able to finish the exam.
5. The student feels anxious about doing well on the exam.
6. The student feels like they won’t understand the material.
7. The student is worried about being judged by others.
8. The student feels like they won’t know what to do during the exam.
9. The student is afraid of failure.
10. The student feels like they won’t be able to relax during the exam.
11. The student feels anxious about the time limit.
12. The student feels like they won’t be able to keep up with the pace.
13. The student feels like they won’t be able to remember information.
14. The student feels like they won’t be able to control their breathing.
15. The student feels like they won’t be able to write coherently.
16. The student feels like they won’t be able to recall facts.
17. The student feels like they won’t be able to perform under stress.
18. The student feels like they won’t be able to handle the pressure.
19. The student feels like they won’t be able to manage stress.
20. The student feels like they won’t be able to control their thoughts.
21. The student feels like they won’t be able to keep up with the workload.
22. The student feels like they won’t be able to handle criticism.
23. The student feels like they won’t be able to handle failure.
24. The student feels like they won’t be able to handle success.
25. The student feels like they won’t be able to handle change.
26. The student feels like they won’t be able to handle uncertainty.
27. The student feels like they won’t be able to handle pressure.
28. The student feels like they won’t be able to handle success.