Abstract

The study aimed to explore the effectiveness of Eye Movement Desensitization and Reprocessing (EMDR) as a psychological intervention in reducing test anxiety among 12 standard students belonging to different streams (arts, science, commerce, and students preparing for management course). 120 high test anxious students selected for the study were from the aforementioned streams. The study also aimed to analyze the effects of individual EMDR intervention and group EMDR intervention on students belonging to these streams. A pre-test post-test control group design was used for the study. The high test anxious students were divided into experimental group (EMDR intervention) and control group (No EMDR intervention). inferential statistical packages were performed to analyze the test results and to find the effectiveness of EMDR method in reducing the test anxiety scores of students.

The mean pre scores indicated high test anxiety scores in all four streams. The post-test findings indicated that EMDR was a beneficial psychological intervention for reducing test anxiety among students. The data also indicated that individual EMDR was more effective than group EMDR for test anxiety. However, there was no interaction effect found between EMDR experimental condition and test anxiety scores of the students belonging to different academic stream. The researcher also investigated the association of test anxiety with demographic variables like parental income, gender difference, socio economic status, and educational level of the parent and age.
of the parent. None of the demographic variables were found to be significantly related to high test anxiety of the student appearing for 12th standard board examination.