CONSTRUCTION AND STANDARDIZATION OF AN EXAM ANXIETY SCALE
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ABSTRACT

Introduction:
Exam anxiety is a psychological condition characterized by the feeling of anxiety. It is the state with excessive degree of fear, worry and apprehension. Exam anxiety is an overwhelming feeling of disturbance and distress among the students around the world. It is a type of performance problem just like when some people get nervous speaking to large crowds or trying something new. Exam anxiety can be a devastating problem for many schools and colleges students. Most students have to face different situations of anxiety during the examination.

The present study addressed the need for a current and reliable self-report instrument with validity evidence for measuring the construct of exam anxiety in the secondary school students. In this research, researcher describes the development and validation of a new measure, the Exam Anxiety Scale (EAS).

Objectives of the Study:
The researcher has decided the following objectives.
1. To construct the Exam Anxiety scale.
2. To standardized the Exam Anxiety scale.
3. To determine the level of an exam anxiety of the secondary school students.
4. To examine the effect of gender on the score of an exam anxiety of the secondary school students.
5. To examine the effect of the standard on the score of an exam anxiety of students of 9th and 10th standard.
6. To examine the effect of the area on the score of an exam anxiety of the secondary school students.
7. To examine the effect of the educational achievement on the score of an exam anxiety of the secondary school students.

♦ Research Design
❖ Population and Sample of the Study
➢ Population
In the present study, the population is limited to the secondary school students of Gujarati Medium of Gujarat State.

➢ Sample
In the beginning the Exam Anxiety Scale is used as the experiment on the small group of around 100 students of std. 9th and 10th. In this way the effect of situations, their options and instructions is examined in pre-piloting.
After the pre-piloting its bigger sample is selected in piloting. To standardize the Exam Anxiety Scale on the sample of the whole Gujarat state, so researcher have to consider about the standard, gender, area and educational achievement the piloting is done on almost 371 sample students of total nine districts of Gujarat. The items in final scale are being selected on the base of item analysis and it is finalized on the samples of 2000 students.

The Gujarat state is divided into four sections for the study. They are (1) North Gujarat (2) South Gujarat (3) Middle Gujarat and (4) Saurashtra and Kutch. The selection of sampling is done based on the multi-stage sampling method means of stratified random cluster sampling method.

❖ **Tools of the Study**

The following tools are used for collecting the data of the present study.

1. The Exam Anxiety Scale (EAS). This tool is prepared and standardized by the researcher.
2. Examination Anxiety Scale prepared by Jenett U. Shukla.

❖ **Method of the Study**

In the present study survey method is used.

❖ **Data Collection of the Study**

The data is collected directly from the selected sample school on the fixed day and at the fixed time after taking the permission of the principals.

❖ **Data Analysis of the Study**

1. Mean, Median, Variance, Mean Difference & SEₐ.
2. Significance of difference of means between groups (t-Value)
3. Skewness and Kurtosis
4. Presentation of graphs as required per group
5. Verification of normal distribution of the scores
6. Establishing the norms, based on the significance of difference of means of the scores, determining their PR and T- scores.

❖ **Results and Discussion of the Study**

Major findings regarding Exam Anxiety Scale are as follows:

**Reliability of the Exam Anxiety Scale**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Methods of Reliability</th>
<th>Sample</th>
<th>Reliability Coefficient rₓt</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Test-Retest</td>
<td>100</td>
<td>0.74</td>
</tr>
<tr>
<td></td>
<td>Split-Half</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>(A) Spearmen and Brown Formula</td>
<td>304</td>
<td>0.819</td>
</tr>
<tr>
<td></td>
<td>(B) Rulon /Guttmann’s formula</td>
<td>304</td>
<td>0.817</td>
</tr>
<tr>
<td></td>
<td>(C) Flanagan’s formula</td>
<td>304</td>
<td>0.817</td>
</tr>
<tr>
<td>3.</td>
<td>Cronbach Alpha (∞)</td>
<td>371</td>
<td>0.92</td>
</tr>
</tbody>
</table>
Validity of the Exam Anxiety Scale

Table-2
Validity of Exam Anxiety Scale

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Method of Validity</th>
<th>r</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Face Validity:</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Face Validity for the items constructed by the researcher was deliberated by sending the tool to the subject experts and by subsequent improvements suggested by the experts.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Concurrent Validity:</td>
<td>0.71</td>
</tr>
<tr>
<td></td>
<td>Correlation between Exam Anxiety Scale and Examination Anxiety Scale prepared by Jenett U. Shukla.</td>
<td></td>
</tr>
</tbody>
</table>

❖ Norms of the Exam Anxiety Scale were prepared according to variables which are given in chapter -7.

- Level of Exam Anxiety of Secondary School Students
  ➢ The Secondary School students of sample having medium level of Exam Anxiety.

Findings based on the variables of the study:
1) Effect of gender found on exam anxiety. Female students were more superior to male students as far as exam anxiety concern.
2) There was no significant difference found between the mean scores of exam anxiety of std. 9th & 10th students. So, standard level of students is not effecting on exam anxiety.
3) Effect of area of residence found on exam anxiety. Students of urban area were more superior to students of rural area as far as exam anxiety concern.
4) There is significant difference found between the mean scores of exam anxiety of higher achievement and lower achievement students. So, achievement of students is effecting on exam anxiety.

❖ Educational Implications
Standardized Exam Anxiety Scale from the present study may be useful to Research Student for their research work. Students of 9th & 10th Standard should also use before exam, during exam & after exam to understand their exam anxiety.

Before the Exam
- Students should discuss the subject contents with their Subject Teacher and Classmates.
- Students should develop effective study and exam preparation skills.
- Students should well plan well in advance review of class materials of different subjects over several days rather than reading through last few days.
- Students should intensively review subjects few days before exams.
- Students should review text, notes, and homework problems.
• Students should avoid classmates who generate anxiety and tend to upset your stability.

**During the Exam**
• Students should Read the directions carefully.
• Students should plan their examination time. Avoid looking at the clock repeatedly – just focus on the exam.
• Students should sit comfortably and they change positions to help them relax.
• If students go blank, they should skip the question and go on.
• If students are taking an essay exam and they go blank on the whole exam, pick a question and start writing. It may trigger the answer in their mind.

**After the Exam**
• Students should not try to dwell on the mistakes they might have made.
• Students should not immediately begin studying for the next exam. Go home and relax.
• Whether you did well or not, students should be sure to follow through on the reward they have promised them self and enjoy it!
• After a couple of hours, if a student feels so, they can try to list some questions which they have taken well that will help reduce your exam anxiety. Even if you list only a few, it's still a starting point that will lead to success of overcoming your exam anxiety.

❖ **Suggestions for Further Researches**
Research is a cyclic and continuous process which never ends. The end of any research work suggests directions for new research work. A single person cannot study all the aspects of the problem. So that, every research leads to the new research. Based on the present research, the researcher recommends future researches as highlighted below:

1. Construction and standardization of Exam Anxiety Scale for Primary School Students.
2. Construction and standardization of Exam Anxiety Scale for Higher Primary Schools Students.
3. Construction and standardization of Exam Anxiety Scale for Higher Secondary School students and College Students.
4. Construction and standardization of Exam Anxiety Scale for English Medium students for above mentioned standard.
5. A study regarding Exam Anxiety can be conducted taking up different variables such as Socio-Economical Status, Intelligence.

❖ **Conclusion:**
The aim of this research was to develop an Exam Anxiety Scale for secondary school student of Gujarat state. This Scale is help to know the level of Exam Anxiety among the secondary students which help to advise the students and their parents for their improvement.