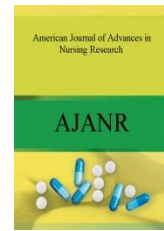




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A PRE-EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF RELAXATION TECHNIQUE ON THE LEVEL OF EXAM ANXIETY AMONG ADOLESCENTS IN SELECTED SCHOOL AT TIRUNELVELI DISTRICT

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ABSTRACT

Exam anxiety is one of the most common experiences of every adolescence in school, adversely affect the exam results. Relaxation technique reduces the exam anxiety among adolescence. The present study is carried out to assess the effectiveness of relaxation technique on exam anxiety among adolescents in school. Objectives: A study was conducted to determine the effectiveness of relaxation technique on the level of exam anxiety. 1) To assess the pretest and post- test level of exam anxiety among adolescents in experimental group. 2) To evaluate the effectiveness of relaxation technique on exam anxiety among adolescents in experimental group. 3) To find out the association between the pretest level of anxiety among adolescent with their selected demographic variables in experimental group. The research design selected for the study was pre experimental one group pre-test post-test design. A purposive sampling technique was followed to obtain a sample of 30 adolescents. The population of adolescence in selected school, age between 13-14 years. Pre assessment on the level of exam anxiety was assessed. Relaxation technique was given by the researcher twice a day for one week and observation was done on seventh day by using modified exam anxiety questionnaire scale. The study findings shows that pretest mean 13.23 in level of exam anxiety in experimental group with standard deviation of 5.32. Hence the research hypothesis (H1) is accepted. Conclusion: On the basis of study findings the investigator has concluded that the relaxation technique is effective in reducing the level of exam anxiety among adolescents.

INTRODUCTION

Adolescents suffer from psychosocial problems at one time or the other during their development. Many of these problems are of transient nature and are often not noticed. Further children may exhibit these problems in one setting and not in other (e.g. home, school). Several key transitional periods (moving from early elementary to middle school, moving from middle school to high school

or moving from high school to college) can present new challenges for these adolescents and symptoms of dysfunction may occur.

Kakkadi.A.et.al (2018)

Exam anxiety is a type of the performance anxiety where an individual might have an event where performance matters a lot. Exam Anxiety can create headaches and stomach- aches or any other psychosomatic pains. Some students may experience that their heart is beating very fast, or they are sweating when the exam is about to happen. As students pass to senior classes, their need to

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achieve good marks increases and due to this burden the levels of anxiety also increases. Vibhuti. K., Dr. Tewari. S (2021)

According to Salalew.E.et.al(2020) Anxiety was very popular in school going adolescents. Especially they more often getting anxiety on exam. They had conducted H1: a cross sectional exam anxiety and association Factors among first-year health science students of a university of Gondor, Northeast Ethiopia. In this study, In Ethiopia, H2: The prevalence of exam anxiety among adolescents was 52.3%. In Iran, The prevalence rate of exam anxiety among adolescents was 52.25%. In Turkey, there is 48%. In United Arab Emirates, 89.4% and In India, 83% of adolescents with exam anxiety.

Sabisitha. S (2015) conducted a pre experimental one group pretest post test design study. In this study, the researcher selected 60 samples by purposive sampling technique. The pre test level of anxiety was assessed with the help of exam anxiety assessment tool. Relaxation technique was given to the samples for 7 consecutive days on every day morning. Data were analyzed by descriptive and inferential statistics. It was statistically proved by student paired "t" test $t=14.33$. With the table value (2.032) $df=59$ the difference of test anxiety was statistically highly significant at the level of $p<0.05$. Hence, The study has concluded that the adolescents who had undergone relaxation technique showed significant decrease in the level of their exam anxiety. This shows the adolescents need practice of tensing toe relaxation technique during each stage of their development to reduce their test anxiety, which may internally enhance their academic performance.

Exam anxiety is a relatively new phenomenon and is something affecting an increasing number of adolescents, especially following the GCSE reforms that place greater value and therefore pressure on terminal examinations. This has a particularly negative impact on students who already have anxiety. So I decided to reduce the exam anxiety of the adolescents through by teaching the Relaxation Technique

Statement of The Problem

A pre-experimental study to assess the effectiveness of relaxation technique on exam anxiety among adolescents in selected school at Tirunelveli District.

Objectives of The Study

- To assess the pre test and post test level of exam anxiety among adolescents in experimental group.
- To evaluate the effectiveness of
- To find out the association between the pre test level

of exam anxiety among adolescents with their selected demographic variables in experimental group.

HYPOTHESIS

There is a significant difference between the pre test & post test level on exam anxiety among adolescents in experimental group.

There is a significant association between the pretest level of exam anxiety Among adolescents with their selected demographic variables.

Research Methodology

The researcher has utilized quantitative approach. The design used in the study was pre-experimental one group pre-test post-test research design. The study was conducted in Sacred Heart higher secondary school, Panagudi. In this study the sample consider of adolescence between the age group of 13 to 14 years who are fulfilled inclusion and exclusion criteria and studied in Sacred Heart higher secondary school. Purposive sampling technique was used in this study. The pre test data was collected from the participants by using exam anxiety assessment scale to use the level of exam anxiety. Participants was revised the relaxation technique this relaxation technique concerns of different method. The investigator planned for 7 consecutive days 25 minutes for each day in morning. After the completion of exam, the post-test level of exam anxiety was tested with the help of exam anxiety assessment scale.

Results and Findings

The results were summarized based on the objectives of the study

Analysis of frequency and percentage distribution of demographic variables.

With regarding of the age majority of the samples (17) 57% where in the age group of 14 years. Regarding the gender majority were both male and female are equal (15) 50%. While considering the birth order 14 members are in the first order with the percentage of 47%. Regarding the father's education majority of the samples (21) 70% where in the school education. Regarding the mother's education majority of the samples (27) 90% were in the same school education. Regarding the fathers occupation majority of the samples were (27) 90% were in daily wages. Regarding the mother's occupation majority of the samples were (15) 50% were in daily wages. Regarding the family income majority of the samples (22) 74% were in between the Rs. 5000-10000. Regarding the type of family majority of the people are in nuclear family (25) members with 83%. Regarding the person accompanied with the child the majority of the samples (30) 100% in the live with the parents.



The objectives of the study, to assess the pretest and post level of exam anxiety among adolescents in experimental group

The analysis showed that in the pretest majority 25 (83%) of adolescence had moderate anxiety and 5 (17%) with severe anxiety and where in posttest after the relaxation technique 21 (70%) of had mild anxiety and 9 (30%) of them had moderate anxiety.

The second objectives of the study to evaluate the effectiveness of relaxation technique on exam anxiety among adolescents in experimental group

This results showed that the pretest mean score of exam anxiety among adolescents in selected school was 39.23 with SD 5.32 and the posttest mean score of exam anxiety was 28.93 with SD of 2.47. The calculated paired 't' test value of $t = 9.56$ was found to statistically significant at $p < 0.05$ level. This clearly indicates that after the administration of relaxation technique the

posttest level of exam anxiety was considerably reduced among adolescents and this clearly indicates that relaxation technique was found to be effective in reducing the exam anxiety among adolescents in the experimental group.

The third objectives of the study, to find out the association between the pretest level of exam anxiety among adolescent with their selected demographic variables

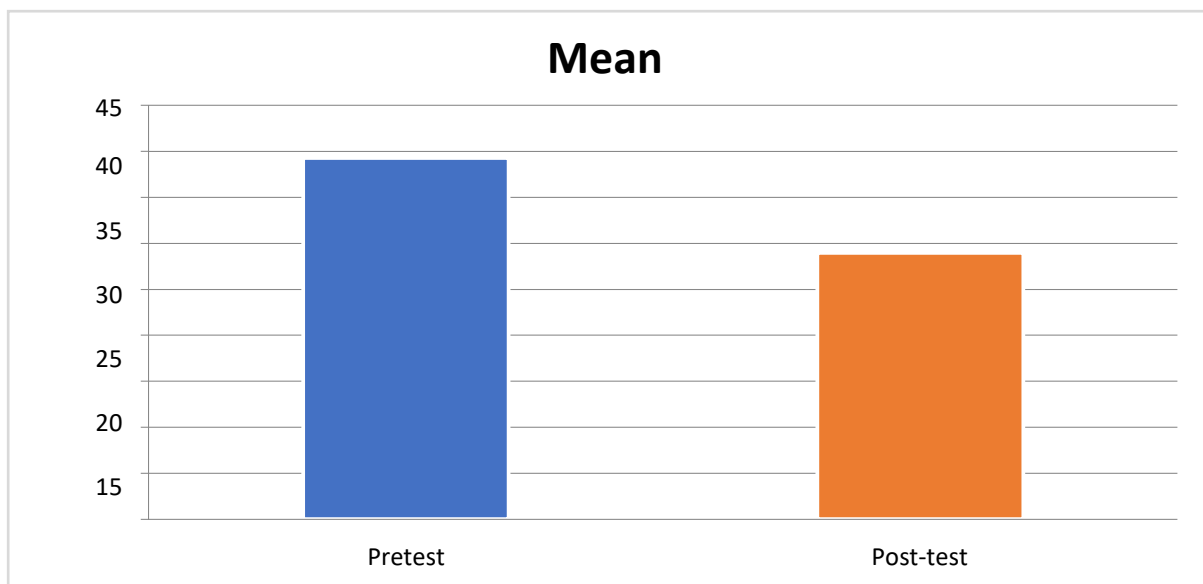
In this study the demographic variables such as age, gender, birth order, father's education, mother's education, father's occupation, mother's occupation, family income, type of family, person accompanied with the child are lesser than the table value which indicates that there is no significant association between the pretest level of exam anxiety among adolescents with their selected demographic variables.

Table 1: Frequency and percentage distribution of pretest and post-test level of exams it among adolescents in selected school in experimental group. N = 30.

| S. No | Level of anxiety | Pre test | | Post test | |
|-------|------------------|-----------|------------|-----------|------------|
| | | Frequency | Percentage | Frequency | Percentage |
| 1. | Mild anxiety | 0 | 0% | 21 | 70% |
| 2. | Moderate anxiety | 25 | 83% | 9 | 30% |
| 3. | Severe anxiety | 5 | 17% | 0 | 0% |

Table 2: Comparison of pretest and post-test level of exam anxiety among adolescents in selected school N=30

| S. NO | Test | Mean | SD | Paired 't'test |
|-------|-----------|-------|------|----------------------------|
| 1. | Pre test | 39.23 | 5.32 | $t=9.56$ $p<0.05$ level |
| 2. | Post test | 28.93 | 2.47 | |



Conclusion

Active relaxation is a technique in which the individuals attain relaxation through active contraction of a group of special muscles and then releasing them in a progressive

manner and reach self-peace. Present study also concluded that relaxation technique was effective in reducing level of exam anxiety among adolescent

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