



A Study Of Examination Stress In Senior Secondary School Students Of Jaipur District During Corona Pandemic

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ABSTRACT

As the nation is observing lockdown since March 25, 2020, due to the outbreak of novel Coronavirus that has infected over 2.7 lakh Indians and over 70 lakh people across the globe. There are more than 30 lakh students studying in secondary and senior secondary classes got affected by the coronavirus as their exams were already declared and then later postponed? In year 2020-21 the online education system has been adopted to teach the students to prepare for the board examination. The course was reduced and the examination are supposed to be scheduled in the month of May/June'2021.

The students of two sessions 2020 and 2021 were affected by the pandemic as their exam and learning system has been changed. The online education was proved a good tool for delivering the education but due to poor connectivity and incapability of buying electronic gadgets like mobile, computer for taking online education, a large segment of Indian student was suffered who belong to poor family or residing in rural area. Though the HRD ministry has taken measures and issued guidelines to the board and schools for conducting examination and using online education system for teaching. The students stayed at home with their parents during pandemic time and the parents played a very crucial role in motivating the students. Therefore, the main purpose of this study was to find out the examination stress among senior secondary school students of Jaipur district.

Keywords: Examination Stress, Education System, Coronavirus, Pandemic.

INTRODUCTION

The coronavirus pandemic effected the entire education system in all the countries of the world. In India we have school education from nursery to XII class. Tenth and Twelfth are the board classes known as secondary class and senior secondary class. The examination is conducted every year usually in the month of March and April. But with the onset of coronavirus in year 2020 in the month of March the entire education system has been shattered and the scheduled examinations were postponed by the directions of the Ministry of Education and HRD Ministry. The center and state government were totally focused on controlling the spread of the coronavirus in the country.

The complete lock down in the country forced everyone to stay at home. The Indian education system was not prepared for such pandemic. The online education system and many online portals became popular and students of all standards adopted the new online system in the entire country. But during coronavirus pandemic the students suffered due to lack of guidance, confusing situation, unclear directions, and threat of coronavirus, low motivation, too many distractions, and difficulty in concentrating, remembering facts & figures and lacking the right resources.

CBSE has cancelled the last examination for CBSE class 10 for the entire country. While they decided to conduct all the pending examinations for the North-East Delhi Class 10 students as their examinations were postponed due to the Delhi riots in February. Later they announced that it will be conducting all the pending examinations for classes 10 and 12 between July 1 and July 15, 2020.

Keeping in view the safety and security of the students and in compliance with the Government's orders, many state boards have postponed their examinations due to the Coronavirus Outbreak in the country. National Boards including CBSE, NIOS, CISCE have decided to postpone all its ongoing examinations and reschedule them only after reviewing the situation in the country.

Not only the school examinations have been deferred, but many entrance examinations were also postponed including JEE Mains, GUJCET, NEET, among others. The revised dates for JEE Main and NEET have been announced by the HRD Minister. Several States to promote students from 1st to 9th Class without exams. Students were totally distracted and the distraction are of two types internal study distractions include physiological needs and emotional thoughts. External study distractions include technology and people.

While many board examinations have concluded for the current academic year, many state board examinations are still pending. Some state boards have suspended the ongoing evaluation while some have promoted the students to the next level without examinations.

The students have faced a very critical time during pandemic in year 2020. The onset of the issue in India was hit all the sectors of the economy and totally disrupted the education delivery system in India. As small kids and children are the soft target of the COVID-19 so stay protected at home during the pandemic time. The COVID-19 was a fast spreading and deadly virus, it has killed millions around the globe and badly affected the overall working of the nation. There was a total lockdown in the India also in the for almost 6 months and then in different capacity in different regions depending on the number of cases coming up. The entire education system was put on halt for initial few months, then the online educational system and various online platforms has been used by the institutes and they resumed the teaching through social and educational online applications. The HRD ministry was focused on the student future and they came up with various measures so that the students can learn their subject matter through online educational system.

In year 2020, the board exam postponed due to outbreak of coronavirus in India. The decision comes after the Ministry of Human Resource and Development (HRD) has ordered the board to postpone exams. As there was no clarity on board exam dates, schools conduct pre-board exams for the board students in online mode.

OBJECTIVES OF THE STUDY

1. To find out difference on examination stress between boys and girls senior secondary school students.
2. To find out difference on examination stress between government and private senior secondary school students.
3. To find out difference on examination stress between rural and urban area senior secondary school students.

HYPOTHESIS OF THE STUDY

1. There is no significant difference in examination stress between boys and girls senior secondary school students.
2. There is no significant difference in examination stress between government and private senior secondary school students.
3. There is no significant difference in examination stress between rural and urban area senior secondary school students.

METHODOLOGY

Descriptive survey method of research and stratified random sampling has been used. The senior secondary school students of Jaipur district constitute the population. The sample for the study consisted of 150 students from ten schools of Jaipur district affiliated to RBSE Board. This study was conduct on both boys and girls. A self-developed questionnaire was used to collecting the data. Mean, SD and t-test were used to analyse the data.

ANALYSIS AND INTERPRETATION OF DATA

Table-1: Difference in examination stress between male and female students

Groups	Mean	SD	t-value	Level of Significant
Boys	149.02	22.44	1.01	0.05
Girls	145.37	21.40		

The table -1 shows a no significant difference between examination stress of male and female students ($t=1.01$) at 0.05 level of significance. So, the null hypothesis, "There is no significant difference in examination stress between boys and girls senior secondary school students" stands accepted. It was found that boys had more examination stress ($M= 149.02$) than counterparts girls ($M=145.37$).

Table-2: Difference in examination stress between governments and private school students

Groups	Mean	SD	t-value	Level of Significant
Government School Students	149.17	22.40	0.77	0.05
Private School Students	146.35	21.97		

The table -2 shows a no significant difference between examination stress of governments and private school students ($t=0.77$) at 0.05 level of significance. So, the null hypothesis, "There is no significant difference in examination stress between government and private senior secondary school students" stands accepted. The mean score of examination stress of government school students ($M=149.17$) was found to be higher than the mean score of private school students ($M=146.35$).

Table-3: Difference in examination stress between rural and urban area school students

Groups	Mean	SD	t-value	Level of Significant
Rural Students	158.55	29.08	2.13	0.05
Urban Students	149.55	22.06		

The table -3 shows a significant difference between examination stress of rural and urban area school students ($t=2.13$) at 0.05 level of significance. So, the null hypothesis, "There is no significant difference in examination stress between rural and urban area senior secondary school students" stands rejected. The mean score of examination stress of rural students ($M=158.55$) was found to be higher than the mean score of urban students ($M=149.55$).

SUMMARY OF FINDINGS

The following was the main findings of the present study-

- Boys and Girls did not differ on their examination stress.
- Government and Private senior secondary students did not differ on their examination stress.
- Rural and urban area's senior secondary school students were differ on their examination stress.

CONCLUSION

In India with the outbreak of coronavirus in year 2020 the education system was put on halt and school examination which was scheduled for the session 2019-20 was postponed after the Ministry of HRD has ordered the board to postpone exams. The students suffered with depression, anxiety, and stress as there was a news of people dying due to coronavirus and they are not allowed to go outside for interacting with their friends and for playing. The entire environment and worries what will happen as this deadly virus

treatment will not be found soon. Besides the fear of coronavirus, the students are worried about their education.

The students appearing in board examination have a huge pressure as we all know that this is the beginning of one's career and it will be considered in their jobs and career. Board pressure, coronavirus negative news, uncertain conditions and staying full time at home without any recreational activities put students in stress and in anxiety. Therefore, during coronavirus pandemic the students suffered due to lack of guidance, confusing situation, unclear directions, and threat of coronavirus, low motivation, too many distractions, and difficulty in concentrating, remembering facts & figures and lacking the right resources. Though the online learning tools and tutorials help them a lot. Some students took the advantage of the extra time and some students suffered during pandemic time. In India the students residing in some backward or rural areas are very much effected. They either not have money to buy expensive gadgets or they don't have proper internet connectivity. The government has taken various measures like they reduce the course and try to provide education through various online system or portals. Thus, governments and policy makers should develop health system strategies to provide crisis-oriented psychological services for students to minimize the mental health impact of such outbreak.

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