



EXAMINATION STRESS MANAGEMENT FOR STUDENTS

KURKURE P.N.*

R.C. Patel College of Education, Shirpur- 425 405, MS, India.

*Corresponding Author: Email- priyakurkure@yahoo.com

Received: November 27, 2013; Accepted: December 18, 2013

Abstract- Students from all fields face stress in everyday life. In a broad sense stress and modern life go hand in hand. Due to limited time span of the different courses and the semester examinations and today's life style the students have to face examination stress. The Shipur tahsil is a tribal area. There are so many tribal students from Akkalkuwa and Dhadgaon. They completing their education, so many student face examination stress. As being the teacher educator I am applying those things to the teacher trainees. The author points out that stress among students are universal phenomenon and the teacher as well as the parents pay vital role in helping these students and manage their stress successfully.

Keywords- Stress, Examination stress, brain, mind, study Habits, Mind Mapping, Brain Storming

Introduction

This is the era of competition and knowledge. In this cyber age all societies and its members are facing tough competition. This modern era is considered as the age of stress. Education is character building process enhancing one's personality and making him or her rational, capable, responsive and intelligently independent. Development of every nation depends on the powerful human resources in the country. Stress is one of the most important psychological problems faced by the majority of people in the world. Stress is affecting to young children and adolescents. So many students from the tribal areas have face examination stress. It is seen that the youngsters cannot face any circumstances in their life. They get frustrated and sometimes they are prone to suicide. So many times they use defense mechanism to control the stress. The students are the wealth of nation. They could create powerful nation. The teacher is most important element in the educational system. The teacher plays a vital role in helping the adolescents, young children to manage examination stress. Their parents could also help to such students.

Stress

The term stress is widely used in day -to -day life. But it is loosely used and poorly defined. In common parlance, the term, 'stress' and 'strain' are used synonymously in a non-scientific manner. But what really stress refers to and what does it mean in the real sense? Derived from the Latin word 'stringer' stress was popularly used in the seventeenth century to mean hardship, strain, adversity or affliction. In eighteenth and nineteenth centuries, it was used to denote force, pressure, strain or strong effort with reference to an object or person.

But the research literature finds difficulty in pinpointing a single definition of the term stress. A frequently cited definition of stress has been provided by Hans Selye (1956). "The non specific response of the body to any demand made appoint. One of the first recorded passages in which this stress word was used written by

the early English poet Robert Manning about AD.1303 in his work Handling Synne. The term also receives mention in the penguin Medical Encyclopedia. Wingate sees stress "as any influence which disturbs the natural equilibrium of the body and includes in its reference physical injury exposure, deprivation, all kinds of diseases and emotional disturbances.

Examination stress- The stress occurs in the students before or during examination.

The author tried to point out the following stressful Situations may lead the students for facing examination stress.

1. High expectation from their parents.
2. The students select the subjects as the parents wish, instead of considering the interest of the students.
3. Comparisons with other friends in every field.
4. Students centered education system so lack of discipline in some schools.
5. Unemployment problems in the country, they concentrate on their study.
6. Lack of guidance and counseling from parents and teachers in proper way.
7. Today's tough competition in every field.
8. Lack of proper environment for development at home or school.
9. Nuclear families and working parents.
10. Misuse of computer
11. Effect of increasing pollution on health.
12. Pressure for getting good marks.
13. Fear of being left alone.
14. Fear of being reticulated by parents, friends, teachers, neighbors etc.

The teacher could manage their stress about examination as follows:

Examination Stress Management by Teachers and Parents

1. **Make Good Planning-** Students should do proper time management, Schedule their subjects. They should plan about their paper and marks. Plan the days before their Examination.
2. **Inculcate Good Study Habits-** They should understand central idea of topics. They should figure out study methods, Charts, pictures etc. Mind mapping, Brain storming are useful. They should take break during study if needed hear silent music.
3. **Do Practice of Reading-** They should read topics carefully with understanding, without mugging up the topics.
4. **Do Practice of Reading-** They should do regular practice of writing ten minutes of any topic of their subjects. They should try to write the answer of questions within time.
5. **Increase Listening and Observing Skills-** They should listen the lectures of their teachers carefully & Observe all the practical's carefully with steps so they could do it easily.
6. **Do Repeated Revisions-** They should do the repeated revisions of the topics.
7. **Finding the Resources-** Use of Libraries for Reference books, educational magazines, and encyclopedia and subject dictionaries. Use of Internet for searching innovative information may reduce the examination stress.
8. **Improve Concentration of Mind-** The teacher should motivate them to do Meditation, regular exercises like Surya Namaskar, walking, running. Practice of Yoga like Bhramari, Anulom Vilom etc. Rubbing of palms and covering the eyes. They may reduce stress by observing continuously the flame of candle or lamp for some time may reduce stress, Looking at the concentric circle continuously for some time and Looking at the green farm or leaves of trees or plants for increasing the power of eyes
9. **Focus on Healthy Food-** Drinking lots of water, having fruits and dry fruits. Avoiding junk food and take balanced diet. Drink a glass of milk may reduce the stress.
10. **Get Enough Sleep-** Students Get at least six to seven hours sleep.
11. **Take Disciplined Action-** Motivate them to act their plan, follow the schedule. Review the progress and reward them. Teachers should guide them, You are wasting your time if you are not stuck to your plan and schedule.
12. **Be Confident-** The teacher will motivate the student using the statements, Will this be the end of exam ?Will this be the end of my life? Never, definitely you have more chances so be confident.
13. **Affirm Positive Self Talk-** Teacher should inculcate the things such that, Yes I can, Yes I will, Everything is possible, I am Champion, I am Best, I trust and believe myself. I love myself, I definitely got success in Examination.
14. **Have a Positive Attitude-** Teacher should inculcate the things such that Stop comparing yourself with others, Take own decisions, Avoid negative thinking & Always think positively. Think, feel and see yourself as a successful with the marks you desire. Think and feel good about yourself.
15. **Try to Make Friendship with Our Mind & Brain-** Our *mind* is for imagination. It requires fraction of second but our *brain* is for implementing the things imagined. They must use your abilities and potentialities for stress free examination.

Conclusion

If the teachers and their parents help the students for inculcating good habits, discipline they may reduce the examination stress. I am practicing all the above things in my B.Ed. College. If the teachers and parents follow the above stress management technique then examination stress of students may reduce, and they can face happily to the examinations. They will get success in their examination. The country will get the powerful human resources.

References

- [1] Hoper J. (1991) *Stress Busters*, D.P. Tarapurwala sons and Co. Pvt. Ltd. Bombay.
- [2] Kauts and Aggrawal (2008) *Teacher stress: An emerging Area of Research in Teacher education Institutions*, University News, 46(35), 01-07 September.
- [3] Codaty J. (2008) *Bust your Stress*, Delhi Pustak Mahal.
- [4] Chaudari O.P. and Varma S. (2009) *Asian Journal of Psychology*, 42(1-2), 41-44.
- [5] Ghali V. (2009) *Stress among Women lecturers working in college in relation to some variables*, Edutracks. 36-40.