A STUDY ON THE EXAMINATION ANXIETY AND ACADEMIC ACHIEVEMENT OF SECONDARY SCHOOL PUPILS

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ABSTRACT

Even during the early years of anxiety were felt more among students with inadequate school/college backgrounds and that anxiety was related to low achievement test scores and high levels of test anxiety. Today, with the continuance of high-stakes standardized achievement tests, there is even more pressure on students to test well. Unfortunately, that is not always synonymous with a true understanding of the material. This has led to alleviation of anxiety in the hopes that less anxiety will therefore increase test scores for schools and colleges. The students age can be made more aware of anxiety and how to work with it, they might be able to bypass those negative experiences. "The facts are these: millions of adults are blocked from professional and personal opportunities because they fear or perform poorly in academic level. Anxiety is a psychological experience, which may be described as a ranging from mild worry or apprehending to acute fear. Anxiety is that pervading worry or apprehending which colors all the emotional life of the individual without seeming to belonging to anything particular. Anxiety is due to imaginary rather than real cause. It is accompanied by a feeling of helpless because anxious person feels blocked and unable to find a solution for his problem. Anxiety is a common symptom found in different populations, and it is especially, so in many students. The relationship of anxiety to Academic performance on complex tasks is there. High anxiety has usually been found to be detrimental to performance on complex activities.