EXAMINATION ANXIETY AMONG SCIENCE STUDENTS IN RELATION TO SCIENTIFIC APTITUDE AND PERSONALITY

DR. ANURAG SANKHIAN*; MS. JAYASHREE DEB**

*ASSISTANT PROFESSOR (GEOGRAPHY),
GOVERNMENT COLLEGE OF EDUCATION,
PUNJAB UNIVERSITY,
CHANDIGARH (U.T.).

**M.ED STUDENT,
GOVERNMENT COLLEGE OF EDUCATION,
PUNJAB UNIVERSITY,
CHANDIGARH, (U.T.).

ABSTRACT
The physiological state of anxiety which leads to the displeasing feeling of fear, concern, worry, uneasiness, and dread is common amongst students. Many a times we do not comprehend it until the students step on the tripwire of heavy duty symptoms like excessive rumination, tormenting, uneasiness, shivering, aches, depression & apprehension about future uncertainties either based on real or imagined events. Anxiety is an umbrella term that covers several different forms and most prevalent form among students is Examination Anxiety. It is visible in masses that some students find it difficult to cope with examination anxiety resulting in depression and suicidal tendencies. The present study’s focal point is on studying the Examination Anxiety among science students in relation to Scientific Aptitude and Personality of 10+1 and 10+2 from the co-educational Central government (Kendriya Vidyalayas) schools of Chandigarh region. The study was accomplished on the sample of 100 science students. The major findings of the study revealed the significant relationship between the Examination anxiety and Neuroticism trait of Personality among the science students.

KEY WORDS: physiological state of anxiety, Personality among the science students.