

Adolescents and Examination Stress

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ABSTRACT

This paper is an attempt to analyse examinations stress on adolescents health. Stress mainly related to examinations getting sever day by day for adolescents health. Stress is specific and nonspecific response of the body to any kind of physiological pressure and unwanted force du to environmental or peribheral effects. Eamination stress is the result of an examination pressure in form of physiological and psychological changes on health of adolescents. There are mainly two changes which cause stress, on adolescents health, phyical changes and mental changes, some common physical responses during exam prepparations are muscle tention, indigestion, sleep difficulties, pounding heartbeat, frequent urge ro pass urine, fast or slow breathing, chest discomfort, change in appetite, constipation or diarrhea, backache, some phychological responses to sress are feeling under pressure frustration, aggression, tense, unable to relax, mentally drained out, fussy, gloomy or suspicious, being constantly frightened or irritable, inability to concentrate or complete the task.

The objectives of this paper are to explore the concept of examinations stress, to review the student related to examination stress and to estimate the effect of examinations stress on adolescents health. It was examined through the origin and evolution of related studies.

This paper concludes as a result tha the estimated effects of examination stress may be lower performance in academic examinations, students com under depression, substance abuse, eating disorders, psycho-physiological problems, etc. Present study findings suggest academics and exam schedules, more leisure time activities, better interaction with the faculty and proper guidance, avisory services and peer counselling at the campus could do a lot to reduce the stress.

AN INTRODUCTION TO EXAM STRESS

Exam stress occurs when you feel an increased sense of panic or anxiety in the days, weeks or months before, during or after an assessment or test of some sort.

This may be a school examination, coursework or even a test of your skills at a hobby such as a music exam. Exam stress is most frequently short-lived- as soon as finished and you realise that you are free from studying for a few months, your stress levels usually diminish.

WHAT ARE THE EFFECTS OF EXAM STRESS ?

While you are feeling stressed, your brain is not in its best state to accumulate information. This can lead to a vicious cycle-the more you stress, the less work you do, the more you panic about stressing and not working and the greater the feeling of panic becomes, resulting in even less work being done-and so it goes on.

Experiencing panic or stress during an exam can make you forget the information you learned. This is less likely to happen if you have put in the hours and prepared well, although sometimes over-preparing can also lead to problems.

The moments after an exam spent discussing answers with friends can prove equally worrying, especially if your answer does not correspond with anyone else's. It is important to remember that, at this stage, nothing can be done to improve the situation and it is best to put it out of your mind and simply carry on.

Exam stress can be unpleasant, but is important as it helps you perform better. If you do not experience stress when these tests of your ability come about, it is unlikely you will care about your subject or be motivated to do well.

When under stress, people can find that they are able to go the extra mile and pull from the backs of their minds answers to questions they did not realise they had ever learnt. So, exam stress can be helpful – but only if you turn all your stress into positive energy.

SYMPTOMS OF EXAM STRESS

Exam stress can manifest itself in different ways depending on the individual and the type of exam they are preparing for. The most common symptoms include:

- A feeling of despair, anxiety or worry.
- A feeling that you will never be able to get through enough work or preparation before the exam.
- An inability to concentrate or to think clearly.
- An inability to sleep because your mind is racing.
- An inability to relax because you feel guilty that you are not working.
- Migraines or headaches.
- Prolonged tiredness.
- Increased heart rate or a feeling of panic, perhaps even leading to a panic attack.

COPING STRATEGIES

Exams can sometimes seem like a hopeless or pointless endeavour. But for most of us, exams do have a purpose and there are a number of coping strategies which can be used to diminish the stress to an appropriate level.

First of all, it is important to remember that everyone has a different way of learning- what works for your flatmate may not work at all for you. For example, some learn well in study groups, others work best by making their notes colourful, and yet others find that doing lots of practice papers is the most helpful. Understanding the way your brain works and how you learn will give you a more productive and effective revision time.

It is good to have an overall plan for your study time. This will allow you to manage your time effectively and make sure that you cover all the topics you are meant to. However, avoid setting unrealistic goals as not achieving these will leave you disheartened and more stressed. Make sure you look after yourself during your exam period. Eating junk food and relying on stimulants to keep you awake will not help your brain perform at its peak. Taking a little exercise each day will not only give your body a break from studying but give your grey matter time to digest the information you have crammed in. You will also be more likely to concentrate better when you return to your books.

Make sure you sleep well as this will make your brain (and body) more alert and perceptive when revising. Bear in mind that the exam period is short and you will soon be free from stress and worry of assessment. Spend a little time each day thinking of all the things you are looking forward to doing once you are free from exam-though don't daydream for hours about this!

TREATMENT OF EXAM STRESS

Some people find that exam stress can be so overwhelming that performance during the revision period as well as in the exam is reduced. For them, remedies to calm their nerves can be of help.

When using these remedies, it is important that you do not become too relaxed as this may cause you to underperform. Herbal remedies are often viewed to be the treatment of choice for this type of stress as they are not as intrusive to the body as conventional medicines and less likely to cause side-effects.

Herbs such as Valerian and Avena sativa have been used for many years to combat the effects of stress and are today, widely available. In addition, herbs such as Ginkgo biloba have been used to help with concentration and memory by improving blood flow in the brain.

WAYS TO REDUCE YOUR EXAM STRESS

Stick to your Schedule

There is nothing more effective for your productivity than creating a schedule that you can stick to while preparing for exams. This is best to make sure you don't waste your time, but spend it on getting ready and revisiting all the materials and syllabi that you need in order to successfully pass your exams.

There are few reasons why you need a schedule during the semester and especially when you have exams ahead:

- An opportunity to plan your study sessions
- Track your goals and planning steps to achieve them
- Making sure you are on time with assignment due dates
- Creating a balanced study routine

- Reducing stress because of having a steady and clear plan created

When you surely know how much time you need to get ready for another test, it doesn't seem that frightful after all. Having all four exam dates listed also helps you avoid missing one or confusing the time when it starts. It eases your routine and makes it much less stressful to manage all the daily tasks.

Take Breaks and Rest

Sometimes we all find ourselves in the middle of chaos when we are running out of time and just need to work for hours in order to get everything done on time. But still each one of us needs little breaks to make sure we can keep our productivity and brain activity high. Cramming the night before sometimes is inevitable but can be managed with a few easy rules:

Take short breaks every now and then. It's up to you to decide when you need one and how long it should last. But at least a 10-minute break for every hour of studying is necessary.

Use your breaks wisely. Don't just scroll through your social media. Use this time to relax or get up and walk around to ease eye-strain and stretch your legs—just a few sit-ups or bends will help to regulate your blood circulation.

Relaxation is the key. It doesn't matter how breaks you will take: they won't help you until you learn how to relax and clear your thoughts.

You might choose meditation or listening to a relaxing chill-out music, taking a bath, or spend some time on a relaxing hobby—do what really helps you calm down and reboot your brain. Taking breaks in between and during your study sessions is to make your productivity stay high all day. Don't forget to include them in your daily schedule. You should definitely find the time to spend with yourself, just chilling and having a rest after another study session. If you have this time planned beforehand, it's much easier to avoid procrastination as you know how long your break will last and when it starts. Knowing that helps you concentrate on your studies instead of just postponing the time when you need to get to work.

Sleep and Breathe

Having enough sleep during your preparation for exams is crucial. Your body needs the energy to make your brain focus on studies; sleeping and eating healthy meals are the key factors that help you stay organized and concentrated. Sleep reduces stress and allows your body to get ready for another session when you need to consume a lot of information. We know that sometimes it's impossible to do everything on time, and every student faces the need to sacrifice a few hours of sleep at least on time through their study years. But creating a study schedule with fixed sleep hours might help you organize your day the best way. Breathing exercises are also important if you want to reduce stress.

There are multiple different techniques that you might want to try in order to find the one that is most effective to you. For example, the one that is the most common is the following:

- Make sure you sit or lie comfortably
- Take a deep and slow breath (through your nose) and count from 1 to 4. Make sure you take a breath with your belly, not your chest. You might

Need to put your hand just below the ribs to understand if you are doing it right.

- Hold your breath and count from 1 to 7.
- Breathe out counting from 1 to 8.
- Repeat a few times.

There are also other breathing exercises for example:

- Tand uup
- Bend forward a little from your waist, with your hands dangled and relaxed.
- Inhale slowly and start rolling up, getting back to the standing position. Make
- sure you don't make any sharp moves.
- While standing hold your breath for a few seconds.
- Exhale and return to step 2.
- Repeat several times.

Breath exercise is the easiest and one of the most powerful to calm yourself and let your body relax, get the oxygen that it needs and help your blood circulation.

EAT HEALTHILY

As it was said earlier, eating healthy meals is the best way to keep your body functioning during the period when you experience high stress levels. It's hard to overestimate the importance of a balanced daily menu as it should provide your brain with all the needed healthy fats and elements to boost your brain activity.

What you should do when studying for your exam is to eat 3-4 meals a day with healthy snacks in between. Such snacks might consist of nuts or dark chocolate, fruits, vegetables, and smoothies. Even if you are living in a dorm and don't have access to a fully staffed kitchen to cook yourself complex dishes, you still can enjoy healthy foods.

Here are a few examples of healthy meals that are affordable and easy to cook: Oatmeal with berries, nuts, or fruits. Various salads with avocado/boiled eggs/chicken/tuna. Toasts or sandwiches with peanut butter/cream cheese and salmon/fried egg. Pasta with seafood/chicken breasts/sauce. A potato baked in a microwave.

These meal ideas above are just a few examples of how you can eat healthy every day without spending much time cooking. Look for easy recipes and make sure you don't solely rely on ramen or chips- this food doesn't provide you with vital elements, so needs during the days leading to your exams.

ASK FOR HELP IF YOU NEED IT

Sometimes, the only way to fight stress is ask for help from your friends, family, or specialists. It's always great when you have someone you can talk about your problems. But you can also turn to your advisor or even professor- they will definitely try to help you if you need some additional materials or would like to discuss a complex topic. You can also turn to our team if you need assistance with your homework. We have great writers who can save your time when you need to get prepared for exams. Communication is one of the best things when it comes to stress. You should definitely try to find time in the schedule for casual meetings with your friends as it will cheer you up. Video calls are also a great option if you live far away from your close ones. Another option is to find a study buddy or even a group. It will allow you to achieve your goals at the same time- get prepared for your exams and also socialize. Don't miss this opportunity- your roommate or your group mates might not be the ones with whom you would definitely like to spend time, but there are plenty of other people on your campus or the ones whom you can find online to make you company.

Keep Up with Your Ordinary Routine

When exams are coming closer, it's hard to avoid studying all night long or change your everyday so that to get fully prepared. However, it might be pretty stressful for you and your health. Instead, you should try to keep up with your everyday rituals, if you have any, for example, getting a coffee in the morning from the local coffee shop or going for a run before bed. When you don't feel like you need to change your routine drastically, it's much easier to survive through stressful periods of time like exams. If you don't have any everyday rituals, you might find helpful to eat the same meals as you are used to talking to your friends at least a few times a week.

Changes are not always bad, but when you need to get prepared for finals, you got to eliminate as many stress factors as possible. So make sure your life is in the same rhythm and enjoy things that usually cheer you up a bit. Believe us, watching an episode of your favorite TV show will make your study session much more productive- don't consider this simple joy as a waste of precious time.

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