



## Stress in Students During the Time of Examination

Midlarsky E\*

*Counselling and clinical psychology, Columbia University, New York, USA.*

\*Corresponding author: Elizabeth Midlarsky, Counselling and clinical psychology, Columbia University, New York, USA, E-mail: erm142@gmail.com

Received Date: May 20, 2021; Accepted Date: June 5, 2021; Published Date: June 13, 2021.

### Editorial

A sensation of emotional or bodily tension is referred to as stress. Any event or thought that makes you annoyed, furious, or nervous can trigger it. Your body's response to a challenge or demand is called stress. Stress can be beneficial in small doses, such as when it helps you avoid danger or make a deadline. Symptoms of exam stress may include: losing touch with friends and the activities you enjoy, feeling moody, low or overwhelmed. Having trouble making decisions.

The expectations of family members or professors put a lot of strain on pupils. They strive to produce their finest effort so that their performance does not disappoint anyone. Exam stress might be exacerbated by this pressure to perform well.

Exam anxiety can be caused by poor study habits, poor historical test performance, or an underlying anxiety disorder. Fear of failure: When your self-worth is linked to your exam scores, the pressure you put on yourself can lead to significant test anxiety.

Symptoms appear in the form of physical, emotional, and behavioural manifestations.

- Aches and pains are physical signs of stress.
- Chest pain or the sensation that your heart is racing is a sign that your heart is racing.
- Sleeplessness or exhaustion.
- Headaches, dizziness, or trembling may occur.
- Blood pressure that is too high.
- Jaw clenching or muscle tension.

- Problems with the stomach or intestines.

Exam stress can manifest itself in a variety of ways, including:

- feeling unhappy, melancholy, or overwhelmed losing connection with friends and the things you enjoy
- Having difficulty making choices
- sleeping poorly and trying to get out of bed problems decreasing your appetite or overeating becoming inspired to research tight muscles or migraines
- Feelings of clammy hands or butterflies in your stomach
- During the tests, you may experience a racing heartbeat, nausea, fidgeting, nail biting, teeth grinding, feeling disoriented, or having your mind go blank.

We assume that failing in some exams was the cause of a student's suicide in India every time we hear about one. Students who are studying for exams are frequently under duress. The stress can cause feelings of worry or anxiousness, and exam stress might interfere with a person's regular life. While little stress can be useful, too much exam stress can cause people to do poorly on examinations that are extremely important to them. Understanding the reasons of exam stress might assist students in better understanding their feelings and controlling their anxiety levels.

Parents have high expectations of their children and hence put pressure on them to do well in tests. Keeping high expectations and pressuring children throughout tests, on the other hand, can produce exam stress. The pressure to do well and achieve does not have to come from a student's family; it can be come from the student himself. If a student aspires to be the greatest, a poor exam score may be a major concern. This negative approach will create exam anxiety if the student spends too much time thinking about how difficult the exam is and worried about the test's outcome. When students do not believe that they have thoroughly studied the reading content, they will feel worried and anxious as they enter the exam room. Students should study extensively in advance of the examination and not leave exam preparation to the last minute. Anxiety will rise as a result of rushed, last-minute research. Students who do not get enough sleep before a test are more likely to be stressed.