



Preparing students to manage exam tension – Some reflections on student psychology management & Yoga

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Abstract: 'Exam' the very word gives tremors in students. Students are dissatisfied about their preparation. Their psychological severities are exhibited during exams. Their parents, teachers & friends fail to manage the tension. Psychologists across the globe have undertaken several studies regarding the management of exam time stress. But unless & until student himself plans his study schedule meticulously, the management of exam time stress prevails. Since ancient time yoga has been a complete answer to students learning & recollection approaches. This paper discusses the issues relating to their management of exam stress & recommends new approaches towards management of exam time stress & tension.

Key words: student's behavior, exam tension, displaying stress, relaxation techniques, need for good planning

Introduction: Ancient Indian study methods were very undemanding, natural & non stress. Students effortlessly faced exams & succeeded in gaining scholarly degrees. But presently Indian education system is completely dependent on commercial benefits & examination as a part of this education pattern has been depicted as a milestone parameter of successful graduation course completion, hence exams at the end of the semester has gained ultimate value. (Padmini Sengupta -Everyday Life In Ancient India -2013). But the students are becoming stressful at the end of each course of study & they are failing to turn their learning into a successful course of study.

Today educational system is relying more on standardized tests as the dominant assessment instrument. This tendency has forced teachers at all grade levels to orient students to performance goals and comparative standards of excellence instead of internal mastery goals. The

emphasis on external goals has created an unhealthy classroom scenario in which standardized tests provoke considerable anxiety among students that seems to increase with their age and experience. Examinations play a crucial role at the entry or exit level of college life. (Kurien C.T. -Fifty Years Of Higher Education In India. Frontline Vol 21 Issue 06 March 2013 March 26 2004). As far as educational theory goes the concept of exams is supposed to benefit the students hugely. It offers the last opportunity of going through the study materials and filling in any gap present in understanding the concept. (Jandhyala B. G. Tilak (Ed.) Higher Education in India: In Search of Equality, Quality and Quantity 2013). Forming the big picture after gleaning information from the courses over the year becomes easier and helps in learning the knowledge more thoroughly. Since exams are not considered lightly, students put in their best so that maximum retention takes



place and the knowledge gained can be utilized in future in work or business. (Jandhyala B. G. Tilak (Ed.) Higher Education In India: In Search Of Equality, Quality And Quantity 2013).

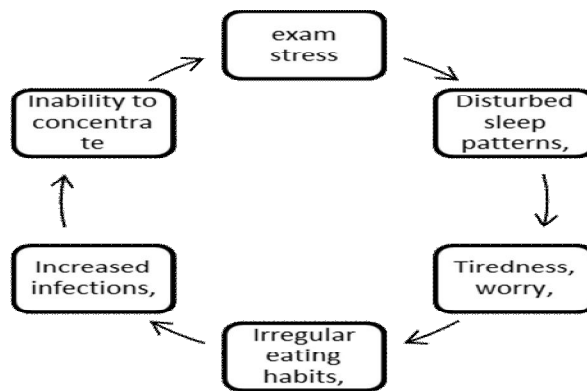
The constant pressure of exams is something that drives you to stay ahead of the class and prepare for the semesters in advance. It acts as a motivation for most and efforts are made to memorize the lessons all through the semester. Many serious pupils detest last minute cramming which serves no real purpose. It neither improves memory nor cognitive skills. Regular practice sessions help to better grasp the concepts and ideas that help in acquiring sound knowledge. Inability to handle exam tension greatly affects their academic outcome & total performance.

Classification of exam time stress - Exam stress arises from factors both academic & nonacademic. Nonacademic factors include socio - cultural, psychological & environmental.

Cause of student failures - student management of exam time stress has multi-faceted issues linked to it. It is very difficult because they fail to manage their time. Stress during exams is measured by (Diagram-1).

1. Disturbed sleep patterns,
2. Tiredness, worry,
3. Irregular eating habits,
4. Increased infections,
5. Inability to concentrate.

Diagram-1



Primary signs of exam time stress - As shown in **diagram-1**-students show several psychological signs towards exam tension. They also exhibit very strong physical emotions of anger, distress, depression, panic & anxiety. Besides they start wringing their hands in despair, start pressing their teeth, start biting their nail, start uneasy body movements, scratch their heads, scratch their elbows,

wink their eyes, & start irregular body movements.

1. Increasing heartbeat ,
2. Increasing blood pressure ,
3. Increasing Muscle tension ,
4. Increasing reflexes reaction ,

Plan schedule for stress free exam time - They can be made to realize the



importance of time management & stress management through several activities.

Good scheduling of syllabus - Good scheduling of syllabus is needed as each student should strive towards scheduling his exams syllabus. He has to prepare scheme of dealing with each unit of curriculum , start making notes , discussing in group , recollecting , learning by writing

1. Sufficient sleep- A student needs sufficient sleep during exam time .He needs good amount sleep even on a exam night.

Breaking between studies - Breaking between studies is a good technique to ease out exam tension

Exercise to free tension - A student needs routine exercise to free tension

Avoiding bad company of friends- A student needs Avoiding bad company of friends

Avoiding last minute reviewing -A student needs to avoid last minute reviewing because this adds to his tension .There are chances of his forgetting what all he has studied.

Role of stake holders- Students often feel exams as a bad dream, even parents find it difficult to make their children feel stress free. There are innumerable instances where students can be made to face the exam

1. Role of students
2. Role of parents
3. Role of teachers
4. Role of institutions
5. Role of friends / peers / classmates

Besides all these, a student needs to plan his studies schedule as shown in Diagram-2



Application of anxiety reduction techniques - there are several anxiety reduction techniques which can be rehearsed by student himself. Taking a deep breath holding it for 2-3 seconds exhale audibly, breathe easy repeating this cycle twice or thrice or more.

Influence of yoga – Yoga has been a very ancient time tested approach toward s management of learning stress. (Joseph .S. Alter -Yoga in modern India- The body between science & philosophy 2014)

Regular yoga practice helps students to feel calmness, composure, preparedness, creativity, resourcefulness. Yoga sharpens mind & body alike. Yoga can solve the psychological problems of students. (Paul M L -Principles & Practice of Stress Management 2014). Regular practice of yoga

- Helps to gain attentiveness & thoughtfulness
- Helps to gain consideration & selflessness



Helps to gain clarity of vision
Helps to stay physically fit
Helps to gain a healthy body & healthier day to day habits
Helps to improve overall performance
Student preparedness – A student has to prepare him towards

A student has to gain access to academic information such as course requirements, lecturers' expectations, exam dates and exam location

A student has to have the knowledge of how to apply anxiety reduction techniques while studying before any exam.

A student has to quit inconsistent content coverage; trying to memorize the textbook; binge studying; all-night studying before exams

A student has to quit from reading without understanding; cannot recall the material; not making revision notes not revising.

A student has to quit negative thinking , self-criticism , irrational thinking about exam outcomes

Deep Inhalation and Exhalation – Pranayama – This is a technique that can be even practiced inside an examination hall. It can help students to relax the moment they feel nervous or pressurized. It gives an instant relief. Closing eyes and begins to take in air and exhale slowly repeating the action will ease out stress (Joseph .S. Alter -Yoga in modern India-The body between science & philosophy 2014).

Bhramari Pranayama (Elongation of Pranic Energy) – Through keeping the index finger on top of the eyebrows, closing the eyes with the second finger , forwarding the ring finger on side of the nose positing the small finger at the corner of the lips , & applying pressure at the said points can help to release tension. .

Chanting of "Om" – chanting Om repeatedly can release stress. Sitting down in a calm environment, closing the eyes, Om can be chanted. This relaxes the body It should come out as a deep, steady, long and continuous sound that will set all the organs in your body in a vibration. Regular practice improves concentration and helps you to retain calm. even educational institutions should think of alternatives to perform or perish style of testing students. There are various options for testing students' worthiness to a course; those alternatives have to be added to curriculum (Joseph .S. Alter -Yoga in modern India- The body between science & philosophy 2014).

Analysis – As shown in diagram 1 & 2, students can be stimulated to release their exam time stress through good scheduling & preparedness.

Conclusion – Thus exam time tension is temporary situation which can be answered through good planning. A student's preparedness is linked with his lifestyle habits, friends circle, concentration level & positive thinking habits. Student can prepare through a methodical groundwork to excel in their course of study. Nothing is a difficult task unless one prepares for it. Student should understand the value of education & the trouble taken by their wards in educating



them. Each individual student has a potential only thing is that it has to exhibit at the right moment.

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