

Can Parents Help Adolescents in Reducing Exam Anxiety

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Abstract

Adolescence is a difficult period when parents' demands are mainly for their identity through their educational preparation and for setting an optimum set of personal and social values. Examination anxiety is very common among adolescents that can have abrasive effects on their personal, family and social adjustment. Parents can play an important role to help adolescents to adjust and to perform best in examination situation. Present study explored impact of parents' training on test anxiety of adolescents. Pre and Post experimental design with experimental and control group was used. In experimental group I training for study skills was given to students only. In experimental group II both parents and students were given training for study skills. In control group no training was given to either parents or students. The sample consisted of 120 adolescents (age ranging from 13-19 years) selected from schools of Udaipur city. Test Anxiety Scale (Sharma 1971) was used to collect data. Analysis of data was done using Analysis of variance. Significant effect of parents training was observed in reducing test anxiety among adolescents.

Keywords: Adolescents, exam anxiety

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