

Test Anxiety Among Allied Health Science Students: Prevalence and Severity

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Highlights

- Test anxiety was prevalent in 69.8% of allied health science students.
- Moderate anxiety was the most common severity level among participants.
- Female students showed higher anxiety compared to male students.
- Severe anxiety was reported only among female participants.
- Early screening and counselling support are essential for students.

Abstract

Background: Test anxiety is a common psychological problem among students, which may affect academic performance and well-being. Allied health science students, who face high academic demands, are particularly vulnerable.

Objectives: To determine the prevalence and severity of test anxiety among students enrolled in allied health science programs.

Methods: This study employed a descriptive cross-sectional study among students of JSS College of Allied Health Sciences, Chamarajanagar, Karnataka. Data were collected using demographic questions and the test anxiety questionnaire, developed by Nist & Diehl (1990), a validated self-administered tool. Severity levels were classified as mild, moderate, and severe. Collected data were analysed using descriptive statistics.

Result: Among 96 students, 67 (69.8%) experienced test anxiety. Based on severity, 29 (30.2%) Students had mild test anxiety, 52 (54.2%) had moderate test anxiety, and 15 (15.6%) had severe test anxiety. Moderate and severe test anxiety combined, used to define prevalence, affected 67 students (69.8%). The study also found that females had higher levels of test anxiety compared to males.

Conclusion: Test anxiety is highly prevalent among students, with moderate to severe levels affecting the majority. Females were more affected than males, highlighting the need for early identification and targeted interventions to support students' academic performance and mental well-being.

Keywords- Allied health science students, Moderate anxiety, Prevalence, Severity of test anxiety, Test anxiety
