

CHAPTER – I

INTRODUCTION

1.0 INTRODUCTION

Education as a process through which effort are made to change the thinking and behaviour of individual in desirable direction. In order to find out how much this objective has been achieved, it is measured through conducting test on students. This process is testing is called examination.

Educational system is like a body, which consists of different parts and all these parts together perform their function as system. Curriculum,Teacher,Students and Examination are its major parts from ancient time till that examination have remained a part of the educational system. It is the only source of measuring the abilities of the students. In brief it can be said that educational system is an Empty vase without examination.

Today education has become child centred because of educational psychology. With the help of educational psychology we can remove the hurdles of child's overall development. Educational psychology helps to frame the aims, curriculum and methods for child's overall development. Emotions are more important in human's life. Anger, Fear, Stress are the emotions which are the major obstacles of human development. If we cannot remove these kinds of emotions, it will be harmful for personality development of an individual.

Examination Stress - The word 'exam' itself comes with a lot of fear, stress, and tension for a student. The term 'exam' has different meanings in different people's lives. Exam-related stress is not new for students of any age group. Stress is

perceived in different ways and may mean different thing to different individuals. It is perceived as events or situations that cause individuals to feel tension, pressure, or negative emotions including anxiety and anger. Caseady (2001) found that fear and anxiety affect mind and threat physically or psychologically. According to Jyotsna (2009) it is examination period which is the time of horror uncertainty for the students.

Examination Fear - Examination usually leads to a lot of tension and anxiety commonly known as examination fear. Examination fear or Exam phobia is a mental disorder found in most of the students. When exams arrive, students become extremely worried and make plans about how to study, how to perform better and get good grades. Some students find exams so difficult that the phobia makes them sick as they simply find themselves unable to cope up with the exam fear.

Cause of Exam Stress – examination stress is a particular type of stress which is felt by almost every person in life but the cause for such a feeling can be numerous under different situation and in different environment. The extent to feel such stress can also vary from individual. Whereas Tiwari (2008) conducted a study on examination stress among school student. The finding indicated that the boys and girls both have some view that the board examination cause restlessness and anxiety of tough subject, lack of confidence, memory problem such as fear of forgetting which leads to feeling of stress of examination during the recreation time or non-participation in sports etc.

Symptoms of Examination Stress –Symptoms of exam stress can be divide into 3 categories- Physical symptoms, Behavioural symptoms, Mental and Emotional symptoms.

1. Physical symptoms is fast heartbeat, tense muscles, headache, sweating, upset stomach, nausea, diarrhea, dry mouth and difficulty sleeping.
2. Behavioural symptoms fidgeting, nail biting, and increased smoking, drinking or eating.
3. Mental and Emotional symptoms difficulty concentrating, racing thoughts, going blank, worry and uncontrolled feelings of fear, dread or helplessness.

Ministry of Education (MoE) Initiatives

To address several major gaps and an equitable quality school education system within the country, the Ministry of Education has undertaken several initiatives to assist students, scholars, and teachers. The Ministry of Education has taken some initiatives for the examination fear and stress of class 12th students.

- Sahyog Sessions & Paricharcha Sessions
- Manodarpan Programme
- Pariksha Pe Charcha

Sahyog Sessions & Paricharcha Sessions

Series of Webinars and discussion sessions ‘Paricharcha’ are held under the Manodarpan initiative to reach out to students and all stakeholders with the aim to create awareness about mental health and well-being concerns and ways of dealing/coping with them.

How you feel, leads to how you think which leads to how you act. One step towards your mental health is equivalent to a mile in your wellbeing. Do not shy away, reach out for help, there is someone who can help you.

National Toll-free Helpline (8448440632) has been set up to provide tele-counselling to students across schools, colleges and universities and their parents and teachers to address their mental health and psychosocial issues.

Manodarpan Programme – An initiative by Ministry of Education (MOE), Government of India aims to provide psychosocial support for mental health and well-being of students during the COVID outbreak and beyond. Manodarpan initiative is part of the AtmaNirbhar Bharat Abhiyan. Series of webinars and discussion sessions ‘Paricharcha’ are held under the Manodarpan initiative to reach out to students and all stakeholders with the aim to create awareness about mental health and well-being concerns and ways of dealing/coping with them. It provides a platform for all to seek psychosocial support from experts in the field of mental health, counsellors, psychologists and educationists.

Free Tele-counseling Services: Manodarpan free of cost tele-counselling helpline (8448440632) provides guidance and support to students, parents and teachers through IVRS (Interactive Voice Response System). Eighty counselors from various regions across the country are available from 8am to 8pm across the week for providing voluntary counseling services in the helpline.

Pariksha Pe Charcha - It is a movement that is driven by Prime Minister Narendra Modi's efforts to bring together students, parents, teachers and the society to foster an environment where the unique individuality of each child is celebrated, encouraged and allowed to express itself fully. Pariksha Pe Charcha is an annual event held every year since 2018. During the event the Prime Minister of India interacts with students, teachers and parents from across the country, and shares valuable tips on how to take board and entrance exams in a relaxed and stress free manner.

1.1 NEED OF THE STUDY

The vision of the ministry of education should be value based, so that the student of today becomes a good citizen of tomorrow. To do this we have to provide stress free education to the student instead of running in the race of marks. They should be motivated to acquire knowledge. Students should be introduced to the nature of education how they can serve the society, the nation and the world by being educated.

Just as the stem of a small plant is not strong it has flexibility, in the same way the hair is also soft just like a small plant needs sunlight water air manure etc. To grow similarly children also need companionship and cooperation. If we talk about the fear of children, then as soon as the time of examination comes. The feeling of fear and apprehensive starts to settle in the minds of the students. In such a situation, they need guidance to remove this fear; the NCERT started Sahyog Sessions & Paricharcha Sessions guiding the students through by having a direct and online

discussion with them. This school and literacy department of the ministry of education has been organising this innovative program for the last 4 years.

1.2 STATEMENT OF THE PROBLEM

Realizing the scenario the researcher has decided to work upon the fellowship problem “Effect of ‘Pariksha Pe Charcha’ And ‘Manodarpan Programmes’ Of MoE initiative on examination stress of class 12th students of DMS Bhopal”.

1.3 DEFINE THE KEY TERM

Examination Stress -Examination stress is a particular type of stress which is felt by almost every person in life but the cause for such a feeling can be numerous under different situation and in different environment. Stress causes hindrance in the learning process and the performance of the exam.

MoE (Ministry of Education) - The Ministry of Education is responsible for the execution of the National Education Policy in the country. It was previously called the Ministry of Human Resource Development. The Ministry of Education’s mission is to enhance the education standards in the country by adding advanced teaching models and educating teachers of the same. The Ministry of Education further divided into two categories which are.

1. The Department of School Education and Literacy
2. The Department of Higher Education

Manodarpan - Manodarpan is an initiative of the Ministry of education (MoE) as part of “Atmanirbhar Bharat Abhiyan” which aims to provide psychosocial support to students, teachers and families for mental health and emotional well-being during the times of COVID-19 and beyond.

Pariksha Pe Charcha is part of the larger movement - ‘Exam Warriors’ - led by Prime Minister Narendra Modi, to create a stress-free atmosphere for youngsters. It is a movement that is driven by Prime Minister Narendra Modi's efforts to bring together students, parents, teachers and the society to foster an environment where the unique individuality of each child is celebrated, encouraged and allowed to express itself fully Inspiring this movement is Prime Minister Narendra Modi's path breaking, bestselling book 'Exam Warriors'.

1.4 OBJECTIVES

1. To study the effect of ‘Pariksha Pe Charcha’ And ‘Manodarpan Programmes’ Of MoE initiative on examination stress of class 12th students of DMS Bhopal.

1.5 HYPOTHESES

There is no significant difference in Pre-test and Post-test scores of examination stress of class 12th students.

1.6 DELIMITATIONS OF THE STUDY

1. The study will be to DMS Bhopal.
2. The study will be confined only class 12th students appearing in Board Examination.
3. The study caters to the impact of intervention on only one section i e 30-40 Students.