

APPENDIX

Manual For

ACADEMIC Anxiety Scale

AAS — SSSM

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Sonal Sharma (Aligarh)
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Consumable Booklet
of

AAS-SSSM

(English Version)

Please fill in the following entries :

Date

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Name _____ Father's Name _____

Date of Birth

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 Gender : Male ☐ Female ☐

Class _____ Faculty : Arts ☐ Science ☐ Commerce ☐ Technical ☐

School _____ Place _____

Type of School : Govt. ☐ Aided ☐ Private ☐ Type of Family : Joint ☐ Single ☐

Area : Metropolitan ☐ Urban ☐ Rural ☐

INSTRUCTIONS

On the following pages 48 statements concerning your studies have been given.

Read each statement carefully and decide your answer on anyone of the Five alternatives, viz., *Strongly Agree*, *Agree*, *Undecided*, *Disagree* and *Strongly Disagree*, and put a tick ☒ mark in the appropriate alternative box which describes you the most.

Please do answer to all the 48 statements.

Be rest assured, your responses will be kept confidential.

Scoring Table

	Raw Score					z-Score	Grade	Level of Academic Anxiety
Page	3	4	5	6	7			
Score								
Total Score								

Estd. 1971

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Sr. No.	STATEMENTS	Strongly Agree	Agree	Undecided	Dis-Agree	Strongly Disagree	SCORE
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1. When a teacher asks me a question I reply confidently. ☐ ☐ ☐ ☐ ☐ ☐
2. I remember what the teacher tells me in the previous class. ☐ ☐ ☐ ☐ ☐ ☐
3. I make good eye contact with the teacher during teaching-learning in the class. ☐ ☐ ☐ ☐ ☐ ☐
4. I do not have trouble while sleeping in the night before the examination. ☐ ☐ ☐ ☐ ☐ ☐
5. When the teacher asks me to meet him/her after the class, I become nervous. ☐ ☐ ☐ ☐ ☐ ☐
6. Study is the most difficult thing for me. ☐ ☐ ☐ ☐ ☐ ☐
7. In the class when the teacher stands in front of me, I become anxious. ☐ ☐ ☐ ☐ ☐ ☐
8. If a teacher asks me any question, I stop answering as soon as I realize that my classmates are observing me. ☐ ☐ ☐ ☐ ☐ ☐
9. When the teacher asks a question, I hide myself behind other students. ☐ ☐ ☐ ☐ ☐ ☐
10. My teachers consider me a sincere student. ☐ ☐ ☐ ☐ ☐ ☐
11. When the teacher of the subject which I dislike, enters the class, my mind stops working. ☐ ☐ ☐ ☐ ☐ ☐

Total Score Page 3

St. No.	STATEMENTS	Strongly Agree	Agree	Undecided	Dis-Agree	Strongly Disagree	SCORE
12.	I do not feel shy while clearing a doubt related to the topic of discussion in the class.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13.	I love to visit the school library to read different textbooks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14.	I pretend to write something in my notebook just to avoid eye-contact with the teacher.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15.	I do not feel afraid when the teacher asks any question in the class.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16.	After the exam, I feel that I did my level best.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17.	Once I start to write answers in a test nothing is able to distract me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18.	I actively participate in co-curricular activities in the school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19.	During the times of class tests, I feel afraid of going to school and make excuses.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20.	I like to participate actively in discussions with the teacher during his teaching in the class.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21.	I am not able to keep pace with teachers' speed in class.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22.	I like announced class-tests rather than surprise class-tests.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Total Score Page 4							<input type="text"/>

St. No.	STATEMENTS	Strongly Agree	Agree	Undecided	Dis-Agree	Strongly Disagree	SCORE
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23. As examination approaches, I am occupied with mental tension and stress. ☐ ☐ ☐ ☐ ☐ ☐
24. I am unable to give answers even of simple questions in an organized way. ☐ ☐ ☐ ☐ ☐ ☐
25. I have a fear of getting poor marks, which lowers down my efficiency. ☐ ☐ ☐ ☐ ☐ ☐
26. Before the examination, I have visible signs of anxiety such as the feeling of vomiting, sweaty hands etc. ☐ ☐ ☐ ☐ ☐ ☐
27. I hesitate to ask questions in the class to avoid humiliation in front of peers. ☐ ☐ ☐ ☐ ☐ ☐
28. I consult text-books for clearing a doubt related to the topic. ☐ ☐ ☐ ☐ ☐ ☐
29. Due to examination stress, I make mistakes in writing answers even to easy questions. ☐ ☐ ☐ ☐ ☐ ☐
30. I always forget what I study which makes me tensed. ☐ ☐ ☐ ☐ ☐ ☐
31. I prefer to sit on the front benches in the classroom. ☐ ☐ ☐ ☐ ☐ ☐
32. My heart beats unusually fast, when a teacher asks me any question. ☐ ☐ ☐ ☐ ☐ ☐
33. I feel that some subjects which I study in the school are of no practical value. ☐ ☐ ☐ ☐ ☐ ☐

Total Score Page 5

Sr. No.	STATEMENTS	Strongly Agree	Agree	Undecided	Dis- Agree	Strongly Disagree	SCORE
34.	During the examination I go through the question paper and feel that I do not know the answer to any question.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
35.	I easily understand the relationship between different concepts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
36.	I feel that remembering the whole content of any subject is the most difficult task.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
37.	My mind goes blank at the beginning of an examination.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
38.	I am not able to concentrate on my studies for long.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
39.	Whenever the teacher calls up my name, I fear I might be scolded.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
40.	While writing answers in an examination I find myself thinking irrelevant things such as song lyrics etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
41.	During parent-teacher meeting I become tense visualizing discussions related to my studies.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
42.	I often think that I am not able to complete writing answers on time in an important examination.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
Total Score Page 6							<input type="text"/>

Sr. No.	STATEMENTS	Strongly Agree	Agree	Undecided	Dis-Agree	Strongly Disagree	SCORE
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43. I ask the teacher for a repeated extension of deadlines for submission of assignments. ☐ ☐ ☐ ☐ ☐ ☐
44. During the exam I become so nervous that I forget the points that I already know. ☐ ☐ ☐ ☐ ☐ ☐
45. There are fewer possibilities of error when I work on the assignment/homework with full care. ☐ ☐ ☐ ☐ ☐ ☐
46. After submitting my examination paper, I remember answers that I forgot during the exam. ☐ ☐ ☐ ☐ ☐ ☐
47. I always feel sleepy in the classroom. ☐ ☐ ☐ ☐ ☐ ☐
48. Despite hard work, I never get good marks. ☐ ☐ ☐ ☐ ☐ ☐

Total Score Page 7