

CHAPTER – V

SUMMARY, FINDINGS AND SUGGESTIONS

5.0 INTRODUCTION

The most important aim of education is to make the teaching-learning process an enjoyable and memorable one. The modern system of education encourages the development of different learning strategies so as to enhance the learning potential of the learners. A more organized and systematic form of instruction is the need of the hour to fulfill this educational aim.

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.

5.1 STATEMENT OF THE PROBLEM

“Effect of ‘Pariksha Pe Charcha’ And ‘Manodarpan Programmes’ Of MoE initiative on examination stress of class 12th students of DMS Bhopal”.

5.2 OBJECTIVE OF THE STUDY

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.

5.3 SAMPLE

Demonstrations Multipurpose School Bhopal, there are two sections of class 10th strength of 60 students and three section of class 12th strength of 65 students. The researcher has taken 40 students of class 12th adopting random sampling technique. So, the sample of urban school consisted 40 students.

5.4 RESEARCH TOOLS

The researcher has use 1 readymade tool.

1. **Exam stress questionnaire:-**This tool was developed by farmer DCGC student of RIE Bhopal.

The scale is applicable to use on individuals of adolescence students. In this scale there are 30 items and it's a 5-point Lickert scale i.e. Strongly agree, Agree, Can't say, Disagree, Strongly disagree. You can put right tick in the column which you feel correct for you.

5.5 RESEARCH METHODOLOGY

In the present study researcher adopted experimental research method which was experimented in classroom through online and offline ‘Pariksha Pe Charcha’ And ‘Manodarpan Programmes’ of MoE initiative Sessions program two test were taken, one each for pre-test and post-test.

Pre-test of examination fear and stress was done for the students of the class regarding the Board Exam.

Children were shown sessions for several days of Manodarpan & ‘Sahyog’ And ‘Pariksha Pe Charcha’ Sessions program after that post-test was taken.

5.6 FINDING OF THE STUDY

This study was conducted to investigate the Effect of ‘Pariksha Pe Charcha’ And ‘Manodarpan Programmes’ Of MoE initiative on examination stress of class 12th students of DMS Bhopal.

The major findings of the study as revealed from the analysis of data are given below-

Table 4.1 before intervention class 12th High Stress percentage 30% and after the intervention the High stress level of class 12th is decreased. Therefore, it is concluded that the high stress level of students was reduced by giving treatment.

From table 4.3 it is evident that the calculated t-value for the degree of freedom 39 is found to be 3.32. The tabulated t-value at 0.05 level and infinity degree of freedom is 1.68. As our calculated t-value is more than the table value, so it is significant at

0.05 level of significance. Therefore, we have to reject the null hypothesis. A significant difference examination stress of class 12th students.

5.7 RECOMMENDATIONS FOR FUTURE RESEARCH

- The study may be replicated for the large sample with more resources and time.
- May be study can be done on class 10th examination anxiety level.
- May be study can be done on class 12th examination anxiety level.
- May be can do a study on the examination stress of the State Board.
- Study can be conducted Hindi medium schools and different context areas in other places.
- May be study can be done on class 12th examination fear level.

5.9 CONCLUSION

The present study is unique of its own kind in the field of school education at adolescence age. The study ventured to investigate the effect of 'Pariksha Pe Charcha' And 'Manodarpan Programmes' of MoE initiative of Class 12th students of DMS Bhopal.

From the findings of this study, the researcher concluded that positive effect of 'Pariksha Pe Charcha' And 'Manodarpan Programmes' of MoE initiative the children completely. In the present study of researcher, due to 12th Pre Board. Before intervention class 12th High Stress percentage 30% than after the intervention the High stress level of class 12th is decreased and our calculated t-value is more than the table value, so it is **significant** at 0.05 level of significance.

Last but not least, it was a learning experience for the researcher and as a newbie to this field of research, the researcher a lot of starting from the review of literature to the data analysis. The researcher is conducting study with the hope that this study could be beneficial for the future researchers.