

APPENDIX

EXAM STRESS QUESTIONNAIRE

Name :- _____ Age:- _____

Gender:- _____ Class :- _____

School :- _____

- This questionnaire means to identify exam stress causes and ask you to fill the questionnaire based on your feelings, experiences and thoughts regarding examination stress before, during and after the exams.
- The questionnaire consist of 30 questions describing the exam stress from the various reasons.
- There are five alternative responses to each statement i.e. Strongly Agree, Agree, Can't Say, Disagree, Strongly Disagree. You can put a ' ✓ ' mark in the column which you feel is correct for you.
- Please fill the questionnaire honestly, Your responses will be kept confidential.

S. no.	Questions	Strongly Agree	Agree	Can't Say	Dis-agree	Strongly Disagree
1.	My parents care about my exam scores too much that brings me a lot of examination stress.					
2.	I feel I have disappointed my parents/teachers when my examination result are not ideal.					
3.	Teacher's expectations brings me a lot of exam stress					
4.	There is too much competition among my classmates that brings me a lot of exam stress.					
5.	Future education and employment brings me a lot of exam stress					

6.	My parents/teachers criticize me a lot because of my bad result.					
7.	I feel that there are too many co-curricular activities in school which makes me feel overwhelmed.					
8.	I feel lack of support in exam preparation from my parents					
9.	Excessive course load causes me exam stress.					
10.	Because of lots of distractions such social media, cell phones, friends I am not able to prepare well for my exams.					
11.	Due to health problems/issues I am not able to prepare well for my exams.					
12.	I feel that insufficient family income(as I cannot afford tutions /coaching) will affect on my academic performance.					
13.	In my peer group whenever we get time we often have discussion on academic and career related goals.					
14.	I often think that no matter how much I try I will not be able to achieve good grades or become a high scorer.					
15.	I usually cannot sleep because of worry when I cannot achieve my desired scores I have set for myself.					
16.	I often feel that if I doesn't get good grades my friends will not like me.					

17.	No matter what I always want to secure first position in exams/ For me getting grades or ranks below first position is a failure					
18.	I stay relaxed during exams.					
19.	I feel stressed before exams due to the lack of preparation					
20.	I am unable to recall and review information in exam					
21.	In comparison to written exams oral examinations /vivas gives me lot exam stress					
22.	I can confidently ask and clear my doubts in class.					
23.	It is very difficult for me to focus and study for long hours.					
24.	I know my weaker subjects and I work hard for those subjects by investing extra time in them.					
25.	I believe that poor time management spoils my examination preparation.					
26.	I always do my homework on time.					
27.	I start preparing for exams weeks in advance.					
28.	I got enough time for revisions before exams.					
29.	Due to my slow writing speed I am not able to complete my exam in given time					
30.	I cannot stick to a schedule for a long time and lacks consistency which is my biggest obstacle in exam preparation.					