

Observed Frequent Stress Among Students Before Exams

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Abstract. Scientists in many countries have investigated the impact of examinations on students' health. It is well known that on the eve of and at the time of exams, students have increased blood pressure, respiratory rate and sweating. Moreover, exam stress even affects people at a genetic level, changing the speed of DNA synthesis. The blood gas composition and oral microflora are altered. Energy expenditure increases dramatically, especially in students who are highly motivated to succeed in exams.

Keywords: exams, students, impact

Purpose of the study: Analysis of physiological and emotional symptoms observed in students before examinations

Relevance. Examination stress is one of the most common types of stress. Its symptoms, as with "normal" stress, can be classified into one of the following four groups. According to experts, it is caused by intense mental activity, strain on the same muscles and organs due to prolonged sitting at books, and disturbed sleep and rest patterns. But the main factor that provokes the development of stress is negative experiences. Examination stress is seen as a factor that affects thinking and memory processes and learning performance. Despite the fact that stress is usually seen as a negative phenomenon, some researchers talk about its positive impact on personal growth. This inconsistency in the effects of stress makes it impossible to unambiguously predict the nature of changes in students' learning motivation in an exam situation. In our opinion, for qualitative management of students' learning motivation it is necessary to take into account how exam stress is related to further learning attitude, how long this relationship is, how exam stress is related to cognitive and professional motivation of a student.

Materials and methods of the study. We observed the condition of the students and interviewed and questioned 60 pre-test students (30 male and 30 female) between the ages of 18 and 22 years. All participants were completely healthy and without any physical abnormalities. The physiological and emotional symptoms of the students during the pre-exam period were analysed.

Research findings. Irrespective of their character and academic performance, children find themselves in a stressful state due to heightened anxiety, which is found in the vast majority of students. Psychologists argue that the level of anxiety in adolescents today is considered healthy. Surveys conducted among students show that already two months before exams students feel "anxiety, confusion, despondency, irritation and disgust". Studies have shown that physiological symptoms are more prevalent in female students than in male students. Muscle tension, increased breathing and increased heart rate were almost identical in both sexes. The results of the study can be seen in table 1 and table 2.

Table 1.

Physiological symptoms

Participants	Students (30)	Students (30)
	Gender (M)	Gender (F)
skinrash	5	15
	20	25
- Headaches	7	15
- nausea	2	12
- muscletension	30	30

deepeningrapidbreathing	30	30
Rapidpulse	25	30
Bloodpressurefluctuations	20	28

Table 2

Emotionalsymptoms

Participants	Students (30)	Students (30)
	Gender (M)	Gender (F)
- Feelingsofgeneralmalaise	15	20
confusion	20	25
panic (fear)	27	30
uncertainty	18	25
anxiety	30	30
depression;	12	30
depression	22	30
irritability	20	28

In order to prevent exam stress in students, psychologists believe that children should be as well prepared as possible for exams. It is not only a matter of subject preparation (knowledge of the material in the exam discipline), but also of emotional and psychological preparation, which allows teenagers not to get nervous and not to get confused at the most responsible moment.

Conclusions: Thus, the study of the impact of exam stress on students' learning motivation can constitute a theoretical and practical basis for improving their professional training, which determined the choice of the problem of our study and defined its purpose.

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