

A Study of test Anxiety on Academic Performance of Secondary School Students in Quetta City

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Abstract

Test anxiety is one of the significant factors that undermines the capabilities of the students and prevent the complete expression of their abilities. The present study aimed at inquiring the test anxiety levels among secondary school students in Quetta and its impact on academic achievement of them. The population selected for our research included all the Secondary schools operational in Quetta city. Achievement Anxiety Test questionnaire ([Alpert & Haber, 1960](#)) was translated to obtain secondary data from the students of secondary schools. The questions were culturally adapted to identified variables chosen for the research. The independent variables include Test Anxiety, Exam Pressure, Emotional Distress and the dependent variable is Academic performance. Among these variables around 8 Questions were formed for the Variable of Test Anxiety, 5 Questions were formed for the Exam Pressure, 7 Questions were formed for Emotional Distress and 9 Questions were formed for the dependent variable i.e. Academic Performance of students. A five 5 point scale system is used for obtaining the responses. SPSS software of IBM version 20, for the interpretation and analysis of the following data obtained from the respondents. tests conducted over the acquired data include Correlation Test. Our research sample comprised of 432 respondents in which 162 were male and 270 were female students belonging from high schools in Quetta City. The sample from the selected population included the students aged