

Examinophobia

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India is the home of rich culture and colourful festivals. Besides the four climatic seasons, Indians witness many other add on festive seasons. Like the season of dharana, new season of IPL (Indian Premier League) etc. Among these, the season of examinations also plays a significant role in our society. Like Bihu or Sarodotsava, every year most of the state run boards and central board of education organize their final examination in the month of March and April. In Assam, SEBA and AHSEC are also going to organize the HSLC and HS final year examinations on 15th March onwards.

The HSLC examination is still considered as one of the most crucial examination of a student's life in our society. Preparation gets boosted up long before the schedule. Not only the participants but also the family members' active involvement can be seen. Indisputably, nothing is wrong here. Each and everyone desires to be certified with flying colours. So dedication, determination and hard work are the only way to success.

Without hard work no one can sculpt the dream into an enchanting piece of rock. Positively we must appreciate their dedication. But it has been observed that a particular category of parents really make this examination very tough for their children and mercilessly load extra weight on their back. But same parents' level of enthusiasm goes down during HS final or other crucial entrance examinations.

Taking extra care in their studies or giving extra time or support are always adorable but for the sake of care; unnecessary seriousness is not preferable. It increases the pressure level and anxiety, resulting in examination phobia. Some parents depict the picture of examination in such a way as if it were the culmination of the tallest mountain peak.

Moreover, some casual comments also disturb the students. Instead of

allowing them to enjoy their first important examination of life, it seems they are sent to the war zone. But believe it; both SEBA and AHSEC never create such situation. In fact, their question pattern is also very learner friendly. Actually students are taught the wrong definition of success. Success is very subjective, for us success means proper utilization of acquired knowledge to live a happy life or to make this earth a happy place for all.

Amir Khan's blockbuster '3 Idiots' has rightly focused that the system compels the students to run after marks. Obviously; this encourages the mushrooming institutions to fill their strategies.

Examination comes and goes, but the outcome remains forever. With due respect, we are not at all against examination. In fact, it is the integral part of any education system. After studying diligently a year or months, there may be some unintentional mistakes when a student is given two or three hours to justify his/her ability. Elucidating this fact will be a needless exercise.

However, worth mentioning is that the student's previous experience or struggle and the unwanted pressure from the parents lead him/her to become nervous in the exam hall. Hence, some unusual psychological activities like nervousness or some other physical manifestations like sweating, shortness of breathing are witnessed in the victim. Scientifically this is known as Examinophobia, a fear of exam, a kind of mental disturbance. Significantly, this is neglected by the parents and some teachers too, probably they are unable to feel its insidious effects.

They are hereby requested to go through the recent NCRB report to sense the ill-effects. Educationists or scholars must work to reduce the exam related phobia or anxiety among the students. We must also adopt the strategy of learning readiness so that we can categorize the problems of students and offer our

efforts to minimize it. Teachers and parents should not use fear as the weapon to make the child study. In actual fact, excessive or unreasonable fear are some of the characteristics of this phobia. Instead of scolding or pressuring they should be enlightened that only a particular result of an examination will never be the end of life, they will have enough platform to prove their potentiality. Once Sir Albert Einstein rightly said "Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will spend its whole life believing that it is stupid."

Some of the main causes of Examinophobia are – Fear of scoring low mark or fear of failure, Setting up very tough goals, living with negative attitude, unnecessary pressure from the parents etc. To remove this phobia, experts suggest that one must follow a proper time table during the preparation of the exam. Accordingly students should not wait to fix a day to start the preparation because to complete the given syllabus one must start it. Regular revision is always advantageous to avoid such fear. Moreover, students should not keep to revise the topic at the eleventh hour. Health also plays a major role in this regard, good diet together with good sleep is very important.

As we all know, the prospects of education is duly fulfilled only when the relationship among teachers, students and parents is strong. Teachers must play the central role to help a student to overcome this phobia. Along with teachers, the educational institute must carefully handle such issues. Since we believe teaching is an art and accessibility of this art is not easy, it has to come out from the core of our heart. So after being specified as a teacher or facilitator one must never hesitate to take initiative. We are also hopeful that the New Education Policy will bring changes in our conventional education system. As examination is seasonal, students should feel free to enjoy it to the fullest.