

**Effect of Test Anxiety on Academic Performance among Medical Students**

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KG604: Graduate Research & Critical Analysis

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3/12/2023

### **Discussion**

Current research provides that anxiety is prevalent among students in the medical profession education. An article by Jha et al. (2019) outlines that most students (63%) in the rural areas of Khanpur Kalan, Sonapat, India, have had issues with health anxiety. A higher level of anxiety corresponds with a low level of academic performance, and vice versa. Loya and Jiwane (2019) affirm that excess anxiety may harm professional medical students' performance as they affect their physical, mental, and social health. Maier et al. (2021) suggest that most students resorted to self-help to deal with anxiety, and most did not seek help. However, a Semwal et al. (2022) study shows no correlation between academic performance and psychological correlates among medical students. The medical field students need to be more cautious of their anxiety levels as their performance depends on it. Extreme levels of anxiety can be detrimental to the performance of such learners. By watching and caring for their anxiety levels, learners can enjoy better exam performance and professional experience. Recommendations based on evidence from various literature sources would help learners to improve performance by rectifying their anxiety levels.

### **Evidence-Based Recommendation**

The anxiety problem in medical students requires various interventions to minimize stress levels for better performance. Loya and Jiwane (2019) provide suggestions to help students deal with anxiety. The authors suggest that students should receive appropriate counseling to help them deal with their anxiety. Maier et al. (2021) suggest that learners can better manage their anxiety by studying regularly, revising for their subjects, managing their time more effectively, discussing their problems, and laying the foundations for proper relations with their tutors.

Learners who are joining the medical profession need to endure early intervention strategies so that they can manage their anxiety levels more effectively.

Students suffering from test anxiety have a higher burden of getting the best performance in their studies. Medical programs in the medical profession need to provide learners with better strategies for preparing for their exams. Better preparation will help them deal with anxiety as they will be prepared to handle their tests, whether written or oral. Early preparation, especially from the time of admission, would better reduce anxiety and increase performance in the end. Mental images can be insightful in predicting the level of anxiety among medical students and help improve their level of performance. A study on the effect of anxiety on students' performance suggests that sleep could burden learners. Semwal et al. (2022) suggest that insufficient and poor sleep could be a factor that elevates anxiety in learners, leading to poor performance in their education. To deal with such drawbacks, medical students must allocate more time for proper sleep to improve their test performance. Thus, these three interventions can suffice for medical students' anxiety and bring more positive performance in their studies.

### References

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