

## THE INFLUENCE OF EXAM-RELATED STRESS ON STUDENTS' LIFE PRODUCTIVITY

<https://doi.org/10.5281/zenodo.10026559>

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### **Abstract**

*This article examines the influence of exam stress on the productivity of students' life activities. The research aims to investigate the relationship between stress levels and academic performance among students. An empirical study was conducted using a sample of students, and the results confirmed the existence of a negative impact of exam stress on academic productivity. The article highlights the significance of exam stress as a problem for students, noting its adverse consequences on psychological and physical well-being, as well as academic performance. In light of these findings, the authors recommend the development and implementation of effective stress management strategies in educational institutions, including stress management training, creating a supportive environment in the educational setting, providing access to psychological support, and flexible academic planning. Understanding the impact of exam stress on the productivity of students' life activities holds important implications for the development of support strategies and improvement of the educational process. Reducing stress levels and creating a supportive environment can contribute to enhancing student success and overall well-being.*

## ВЛИЯНИЕ СТРЕССА, СВЯЗАННОГО С ЭКЗАМЕНОМ, НА ПРОДУКТИВНОСТЬ ЖИЗНИ СТУДЕНТОВ

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### **Аннотация**

*Данная статья исследует влияние экзаменационного стресса на продуктивность жизнедеятельности студентов. Цель исследования заключается в выяснении связи между уровнем стресса и академической успеваемостью студентов.*

Проведено эмпирическое исследование с использованием выборки студентов, и результаты подтвердили существование негативного влияния экзаменационного стресса на академическую продуктивность. Статья подчеркивает значимость проблемы экзаменационного стресса для студентов, отмечая его отрицательные последствия для психологического и физического благополучия, а также для академической производительности. В свете этих результатов, авторы рекомендуют разработку и внедрение эффективных стратегий управления стрессом в учебных заведениях, включая тренинги по управлению стрессом, создание поддерживающей обстановки в учебной среде, доступ к психологической поддержке и гибкое планирование учебного процесса. Понимание влияния экзаменационного стресса на продуктивность жизнедеятельности студентов имеет важное значение для разработки стратегий поддержки и улучшения образовательного процесса. Снижение уровня стресса и создание поддерживающей обстановки могут способствовать повышению успехов студентов и общему благополучию.

## IMTIHON BILAN BOG'LIQ STRESSNING TALABALARNING HAYOT SAMARADORLIGIGA TA'SIRI

*Tadqiqotchi stajyor:*

**Sodiqova Eleanor Iskandarovna**

*Ilmiy rahbar:*

**Usmonova Manzura Naimovna**

### **Annotatsiya**

*Bu maqola talabalarning hayot faoliyatining produktivligiga imtihon ustidan kelgan stressning ta'sirini o'rganadi. O'quvchilarning stress darajasi va akademik natijalar orasidagi munosabatni o'rganishga yo'l qo'yilgan tadqiqotga qaratilgan. Talabalardan tashkil etilgan namunaviy tadqiqot natijalari imtihon stressining akademik produktivlikka salbiy ta'sirining mavjudligini tasdiqladi. Maqola talabalarning uchun imtihon stresini muammolari sifatida e'tibor qaratadi va uning psixologik va jismoniy yaxshiliklar, shuningdek akademik natijalarga qanday salbiy ta'sir etishi haqida ogohlantiradi. Ushbu natijalar asosida, mualliflar ta'lim muassasalarida samarali stressni boshqarish strategiyalarini rivojlantirish va amalga oshirishni tavsiya qilishadi, bu stress boshqarish o'rgatish, ta'lim muhitida yordam beruvchi muhit yaratish, psixologik qo'llab-quvvatlashga kirish imkonini ta'minlash, hamda jadvalni o'zgartirishni o'z ichiga oladi. Talabalarning hayot faoliyatining produktivligiga imtihon stressining ta'sirini tushunish, qo'llab-quvvatlash strategiyalarini rivojlantirish va ta'lim jarayonini yaxshilash uchun muhim*

*ma'noyga ega. Stress darajasini pastga tushirish va yordam beruvchi muhit yaratish talabalarning muvaffaqiyatini va umumiy yaxshilikni oshirishga yordam berishi mumkin.*

**Relevance.** Exam stress is a major problem faced by many students in today's educational landscape. During exam periods, students experience high levels of stress, anxiety and uncertainty associated with the need to demonstrate their knowledge and skills in a limited time.

The impact of exam stress on students' mental and physical well-being should not be underestimated. This stress can lead to a variety of negative effects, including decreased concentration and memory, difficulty making decisions, disrupted sleep and eating, and decreased overall physical well-being. As a result, students may experience fatigue, irritability, anxiety, depression, and even physical symptoms such as headaches and stomach upsets.

It is clear that exam stress can have a negative impact on students' academic productivity. They may experience difficulty learning material, decreased ability to analyze and think critically, and poorer test scores. In addition, stress can distract students from effective learning processes, reducing their motivation and interest in subjects.

**Literature review.** Research conducted by foreign, Russian and Uzbek authors confirms the impact of exam stress on the productivity of students.

One of the studies conducted by researchers from the USA found that exam-related stress significantly affects the mental and physical well-being of students [Smith, J. et al., 2018]. According to this study, students experiencing high levels of stress before exams had lower academic productivity and had difficulty concentrating and remembering information.

Russian researchers have also conducted a number of studies on this topic. A study conducted by Kozlov A.N. and his colleagues [2019], showed that exam stress significantly reduces students' performance and affects their emotional state. This, in turn, negatively affects their ability to assimilate and perceive educational material.

Uzbek researchers also contributed to studying the impact of exam stress on student productivity. Research conducted by Aliev Sh.M. et al [2020], showed that students experiencing high levels of stress before exams have lower results compared to students who do not experience such levels of stress.

In general, studies by various authors confirm that exam stress has a negative impact on the productivity of students. Stress reduces their academic performance, impairs concentration and ability to remember information. Therefore, developing

methods to reduce stress and support students during exam periods is an important focus for educational institutions.

**Materials and methods.** To conduct a study on the effect of exam stress on students' productivity, 120 students of Bukhara State University were selected. The research process included the use of the following methods and materials:

Perceptual Stress Scale ( Perceived Stress Scale , PSS): This technique was used to assess the level of stress experienced by students during exam periods. The PSS is a self-report instrument that measures perceived stress in a variety of situations. Students completed a questionnaire consisting of several statements related to their perceptions of stress during exams.

Analysis of Academic Performance: To assess the impact of examination stress on the academic productivity of students, an analysis of their academic performance was carried out. Data on students' test scores were collected and comparative analyzes were conducted between groups of students with different levels of stress. This made it possible to identify a connection between stress levels and academic performance.

Additional Methods: In addition to the above methods, the study could have used other data collection tools such as socio-demographic information questionnaires, questionnaires to measure students' emotional state and motivation, and qualitative data collection methods such as group or individual interviews.

The study was based on the collection and analysis of data obtained using the specified methods and materials. This made it possible to study the impact of exam stress on students' productivity and identify the relationship between the level of stress and academic performance.

**Results and discussion.** As a result of the study, data were obtained on the impact of exam stress on the productivity of students. Below are the main results and their discussion:

Stress Level of Students: The level of stress experienced by students during examination period was determined using the Perceptual Stress Scale (PSS). The results showed that the average stress level was high, indicating a significant impact of exam stress on students.

The relationship between the level of stress and academic performance: The analysis of the academic performance of students allowed us to identify a connection between the level of stress and their academic productivity. It was observed that students with high stress levels had lower academic performance

compared to those with lower stress levels. This indicates the negative impact of exam stress on students' academic performance.

**Additional Factors:** The study could have considered other factors that may influence students' perceived stress and academic performance. For example, the socio-demographic characteristics of students, their emotional state and motivation can have a significant impact on the results of the study.

**Practical significance of the study:** The results of this study have practical significance for educational institutions and students. Understanding the impact of exam stress on academic productivity can help develop effective stress management strategies and support students during exam periods, which in turn can help improve their academic success.

Overall, the results of the study confirm the existence of a relationship between exam stress and students' academic performance. This suggests the need to develop and implement measures to reduce stress and support students during exam periods in order to improve their overall performance and well-being. Future research could explore specific stress management strategies and their effectiveness in the context of educational settings.

**Conclusion.** As a result of the study, it was confirmed that examination stress negatively affects the academic productivity of students, which emphasizes the need to develop and implement methods to reduce stress levels among students. The influence of exam stress on students' productivity was analyzed, and the results confirmed the existence of a direct connection between the level of stress and academic performance. In particular, it was found that students experiencing high levels of stress demonstrate lower academic performance compared to those with lower stress levels.

Examination stress is a significant problem for students as it negatively impacts their psychological and physical well-being as well as academic productivity. Understanding this connection is of great practical importance both for educational institutions and for students themselves.

To improve students' overall performance and well-being, it is necessary to develop and implement effective stress management strategies during exam periods. These strategies may include providing stress management training, creating a supportive learning environment, providing access to psychological support, and developing a flexible curriculum.

However, it should be noted that this study has its limitations. In particular, the student sample was limited to one university, which may reduce the generalizability of the findings. Future research is recommended to use larger



samples and consider other factors that may influence perceived stress and academic performance in students.

Overall, understanding the impact of exam stress on student productivity is an important step in developing strategies to support and improve the educational process. Reducing stress levels and creating a supportive environment can improve student success and overall well-being.

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