



## **THE CONTRIBUTION OF PSYCHOLOGICAL INTERVENTIONS IN RUN DOWN THE EXAM ANXIETY OF GCE ADVANCED LEVEL STUDENTS**

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### **Abstract**

Anxiety is a feeling of unease such as worry or phobia which arise in an unpleasant situation. It is an ordinary short coming which is brought by phobia and mental crisis. Due to the phobia on examination the students experience anxiety to face the examination. Psychological intervention can be used to handle the issues related to mind. Accordingly the purpose of this research is to finding out whether the examination anxiety can be managed by psychological interventions and fining out the number of attempts which have been taken to reduce the anxiety on gender basis. The GCE advance level students of 1AB and 1C schools in Chankanai division of Valikamam zone have been taken as the samples for this research. The samples have been taken into two stages. 200 students were selected randomly and given questionnaires at the first stage. Out of 30 students who have anxiety have been selected to the second stage of experimental research by observational samples. 15 students had been selected for the controlled group and other 15 students were selected for the interventional group out of thirty. 20 times of intervention have been given to interventional group. The questionnaires to measure the anxiety had been given both groups. Primary and secondary data had been used for data collection. Questionnaires, experiments and observations were used as the primary data while books, magazines and research articles had been used as secondary data. As a tool to find out the examination anxiety “Westside Test Anxiety scale had been used. In order to analyze the collected data the T- test had been used in the software of “Statistical package of for the social science “. Psychological intervention is useful to rundown the examination anxiety. Feminine gender reduces the examination anxiety quickly rather than the masculine gender by using psychological intervention. At the conclusion it is revealed that the gender variation influences in minimizing the examination anxiety by using psychological interventions.

**Keywords:** Anxiety, Phobia, Students & Intervention.

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