

Anxiety among Student Population and Pre-Exam Anxiety/How Frequently this Problems Appears



Mina Cvjetkovic Bosnjak^{1*}, Kristina Bosnjak², Tijana Djordjevic³ and Milana Okanovic⁴

¹Psychiatric Clinic, Medicine University, Serbia

²Department of biology and ecology, University of Novi Sad, Serbia

³Department of biology and ecology, Serbia

⁴Psychiatric Clinic, Medicine University, Serbia

Submission: June 29, 2017; **Published:** July 06, 2017

***Corresponding author:** Mina Cvjetkovic Bosnjak, Psychiatric Clinic, Medicine University, Serbia, Tel: +381-63-152-35-98; Email: BOSNJAK.MINA@mf.uns.ac.rs; milana.okanovic@mf.uns.ac.rs

Short Communication

Improvement of mental health among young adult population is one of the main aim of World Health Organisation, in 21 st century. Student population represent great part of this vulnerable category, in which mental disorders, in the first place anxiety and depressive disorders are rising, throw past decade, as well as suicide attempt, and evidence of comitted suicide [1]. Anxiety disorders, including phobias, social anxiety disorder, obsessive-compulsive disorder, panic disorder, generalized anxiety disorder, and acute and posttraumatic stress disorders, are the most common class of mental disorders typically appearing by young adulthood. For early recognising, it is very important to make appropriate difference between normal and pathological anxiety. Normal anxiety represent universal human emotion. It is necessary for living, and everyday functioning. Problems arise when fear grow up to pathological level, when fear is not induce by real dangerous situation, has great intensity and is not self control. Such anxiety widely disrupt quality of life, lead in depression, and very often alcohol or drug abuse. In worstening option, pathological anxiety can be reason for suicide ideation or attempt [1]. Pathologic fear is common symptom in lot of mental disorders, but as a is core symptom it appears in anxiety disorders (F4, according to ICD-X). Prevalence of anxiety disorders (29%) exceed that of mood (20%) and substance use disorders (15%) in United States, as well as in Europe, and great efforts are nowadays made in lot of national health services for make adequately diagnostic and therapeutical strategies [2].

Spetial kind of pathological anxiety, part of social anxiety is preexam anxiety. Usually, before taking exam, or important presentation, student can have short time anxiety which can be positive, and arouse all individual potentials for such activity (memory, recall, vocabular, form of presentation). But, if anxiety

is very intensive, and last for weeks, it disturb memory, recall, student fell helpless, tension, have experience of cognitive deficits and blocking memory. High degree of exam anxiety can block thoughts, and result in poor exam performance [2]. Therefore, such emotional condition can be reason for low self-esteem, avoidance behaviour, depressive mood, Anxiety feeling tension, apprehension, represent a persistently worries about future, nervousness, low level or no concentration and memory difficulties. Pathological fear, when persist consequently disturb sleep and appetite, In this short commentaries authors present how often student claimed of anxiety which disturb their normally activities. This interview was made from Mart 2015-Januar 2017. At University campus in Novi Sad, Serbia. BAI- questionnaire for anxiety, with 21 question, was used for self-evidence symptoms. Student who fullfill this questionnaire remained anonymous, but at the list they can find names of institutions where they can ask for support and help. Other information, like general information, time of studying, age, gender, habits were collected. 275 student fullfill the questionnaire, 160 studied at Medical University and 115 were studied on Faculty Technology Sciences.

The aim was to find out whether there is difference in frequency of preexam anxiety between two groups of students. In our investigation, nearly 25% students claimed that within last 6 months anxiety has affected their academic performance, with lower grade on exams, or dropping a course. 18.5% report middle or high level of pre-exam anxiety. Even 60% reported lower degree on exams, and anxiety was the main reason for missed exams. Medical students showed higher degree of anxiety (24%) vs. Students who studied Technology Sciences (15.5). Only 7% had been diagnosed, and just 5% were treated for anxiety. Student, female expressed more frequently anxiety

symptoms than male. Early recognizing and starting to treat anxiety symptom if they interrupt with lifestyle as far as possible, is very important for improving mental health of such person. Anxiety disorders are surpassed affective disorders and are increased sharply in student population all around Europe, as well as in U.S.A. [3], during past few years. Most frequently, social anxiety and GAD was announced [4]. The main problem is that students, their parents, colleges, and unfortunately, practitioner ignore the first signs and those symptoms remains untreated, during time, complicated with other mental disorders, most frequent depression, or alcohol abuse, and in worse option such unrecognised patients can result in self-harmed or suicide behavior [5].

Anxiety disorder are treatable with psychotherapy (CBT or some other kinds of psychotherapy, auto relaxation techniques, physical excersises, lifestyle changes, medication when it is indicated, or combination of this strategies. Therapy is well effective, and leads to eliminate symptom during few weeks, but the main problem is to recognise symptom which affected functioning , resulting in isolation from colleges and activity, sometimes in excessive use of alcohol or drugs, feelinhg sadness, worthless, loneliness. When such emotions are interfering with life for more than two weeks, it is very important to seek for

help, to find a support from therapist Institution like Students medical care, psychological support for young people, could give a great support and help students to improve mental health and to release symptoms of anxiety, spetially, preexam anxiety. Without anxiety students will improve their performances, functioning and lead to better quality of life.

References

1. Dyrbye LN, Thomas MR, Shanafelt TD (2006) Systematic review of depression, anxiety and other indicators of psychological distress among U.S. and Canadian medical students. *Acad Med* 81(4): 354-373.
2. Vitasan prima, Nubli M Nahab, Othman Ahmed, Sinnadurai Kuman (2010) The relationship between Study Anxiety and Academic Performance among engineering students. *Social and Behavioral Sciences* 8: 490-497.
3. Pajaras F, Johnson JM (1996) Self/efficacy beliefs and the writing performance of entering high school students; *Psychology in the Schools* 33(2): 163-175.
4. Afzal H, Afzal S, Saddique SA, Naqvi SA (2012) Measures used by medical students to reduce test anxiety. *J Pak Med Assoc* 62(9): 982-986.
5. Harris, Henry L Coy, Doris R (2003) Helping Students Cope with test anxiety. *Eric diggest* pp. 1-16.
6. Soldatovic Stajic S, Cvjetkovic Bosnjak M (2013) Stigma in psychiatry, *Med Pregl* 66 (9-10): 357-359.



This work is licensed under Creative Commons Attribution 4.0 License
DOI: [10.19080/JYP.2017.01.555574](https://doi.org/10.19080/JYP.2017.01.555574)

Your next submission with Juniper Publishers will reach you the below assets

- Quality Editorial service
- Swift Peer Review
- Reprints availability
- E-prints Service
- Manuscript Podcast for convenient understanding
- Global attainment for your research
- Manuscript accessibility in different formats
(Pdf, E-pub, Full Text, Audio)
- Unceasing customer service

Track the below URL for one-step submission
<https://juniperpublishers.com/online-submission.php>