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THE NEWSLETTER

BY THE DEPARTMENT OF PSYCHOLOGY Ψ





DEAR READERS, exam stress is common all around the world, but is it as bad as the students play it out to be?

In this edition of INPSYCHFUL let's delve into the topic exam paranoia and how to deal with it.

-Happy Reading

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EXAM PARANOIA

What is exam paranoia or stress?

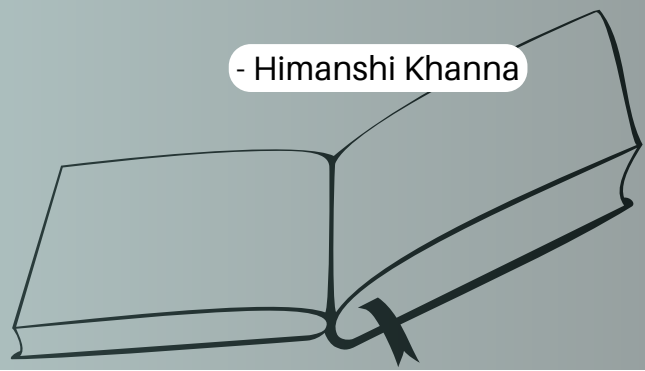
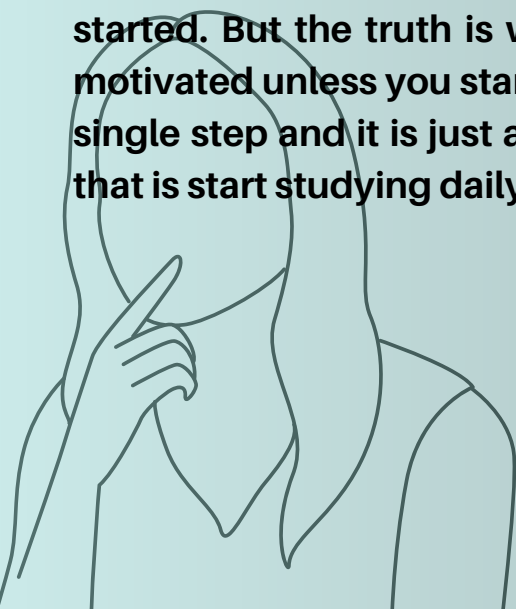
It is normal to feel some stress about upcoming tests, exams, papers or presentations. Exam stress is the feeling of tension and worry that comes from test-taking situations. Exam stress is normal and very common. You might have experienced it at least one in your life.

If you're experiencing exam stress, it's important to remind yourself that this is only a small part of your life, even though it might not feel like it at the time.

Indeed, a small amount of stress can challenge you and stimulate you to work harder. Exam stress becomes problematic when it interferes with your ability to perform and achieve your academic and learning goals. The never-ending rat race to score the highest in examinations, constant pressure from parents, and unhealthy competition from peers may lead to the development of psychological disorders in students such as depression, anxiety, etc. This grave situation speaks volumes louder about the need to instill the skill of emotional intelligence and stress management in students.

Various factors lead to an increase in stress among students. Those factors are poor time management skills, low-self esteem, spending too much time on the phone, bad company, negative comparisons by teachers and parents, and procrastination. The most important factor according to me is procrastination because most of the students wait for some sort of motivation or spark to get them started. But the truth is waiting for motivation is useless because you won't get motivated unless you start working. The journey of a thousand miles begins with a single step and it is just about that one step which the student needs to take and that is start studying daily instead of piling up at the last moment.

- Himanshi Khanna



Exam stress is the feeling of tension and worry that comes from test-taking situations. It is normal to feel some stress about upcoming tests, exams, papers or presentations. Indeed, a small amount of stress can challenge you and stimulate you to work harder. Exam stress becomes problematic when it interferes with your ability to perform and achieve your academic and learning goals.

Biological effects of exam stress

Examinations act as stressor and activate hypothalamic-pituitary adrenal axis causing an increase in cortisol (Stress hormone) level, which is reflected in saliva.

Various studies have found that students under high exam stress have shown suppressed immune function due to the increase in cortisol levels in their blood stream:

1. A study found that while medical students were undergoing the stress of exams, their levels of salivary immunoglobulin (IgA; a measure of immune functioning) were suppressed more than six days following the examination period (Deinzer & Schuller, 1998).
2. Dental students were given two small wounds in their hard palates, one during summer vacation and right before exams. Wounds healed 40 percent slower just prior to exams which can reasonably be assumed to be a time of higher stress (Marucha, et al., 1998).

Psychological effects of exam stress

Some psychological responses to stress are feeling under pressure, frustration, aggression, tense, unable to relax, mentally drained out, fussy, gloomy or suspicious, being constantly frightened or irritable, inability to concentrate or complete the task.

Behavioral effects of exam stress

Behavioral signs include fidgeting, nail biting, and increased smoking, drinking or eating.

Mental and emotional effects of exam stress

Mental and emotional signs include difficulty concentrating, racing thoughts, "going blank," worry, and uncontrolled feelings of fear, dread or helplessness.

WHAT IT LEADS TO SUICIDE DUE TO EXAM FEAR IN INDIA?

Exam season in India is also known as the suicidal season when students buckle under parental pressure to get high marks and into a top university for the golden chance of a high-paying job.

As per the NCRB (National Crime Records Bureau) data, almost 2500 people commit suicide every year due to failure in exams. In the last 7 years between 2014 to 2020, the country has lost 12,582 lives due to stress caused by exams.

CASE STUDIES

1) Exam fear drives teen to suicide

HYDERABAD: An engineering student died by suicide at Musheerabad, allegedly due to the fear of examinations. The 19-year-old was found hanging in her home late on Tuesday. According to the police, the victim had on Tuesday asked her father to get her study material to prepare for the examination. Her father did get her the study material and later, the victim's parents went to visit a relative admitted in a hospital at Medchal. When they returned home, they found her hanging. Police found that the victim was worried over her lack of preparation for the examination. Following a complaint by the parents, a case was registered at Musheerabad police station. The body was handed over to the family after post-mortem. (The New Indian Express, 3rd feb, 2022)

2) Class 10th Student Suicide Case

Shubham, a Class 10 student from the village Laumar, Chilla, was found hanging in his room on 20 February 2019. "He was very stressed about his exams," said Sumitra, his mother, "He didn't perform well in his Hindi exam and thought he was going to fail the others as well." Sumitra shared that the day of the suicide was a 'no exam day', and so Shubham was at home. "I had gone to the market to buy a few things," she said, and added, her voice cracking, "When I came back, the room was locked — my daughter climbed up to unlock the door and that's when we found him hanging." As she finished that sentence, Sumitra seemed at a loss for words. Chandraman, Shubham's brother, reiterated what his mother told us, "In his last exam, he hadn't performed well. He was mentally disturbed about it. He thought he would fail the rest of the upcoming exams as well." (First Post - Feb 28, 2019)

3) Student preparing for medical entrance dies by suicide in Rajasthan's Kota

A student who had been preparing for the medical entrance examinations died by suicide in Rajasthan's Kota on Saturday. The student was identified as Ashish Ranjan, who hailed from Odisha. He was in Kota to prepare for the upcoming medical entrance examination. The student seems to have died by suicide after he was unable to cope with the pressure of his studies. Ranjan was staying in Kota's Landmark city. Thousands of students reside in Kota to prepare for medical and engineering entrance examinations. This isn't the first time such an incident has occurred. In the past as well, there have been incidents of students dying by suicide in Kota, which is considered as the coaching hub of the country. (India Today- April 23, 2022).

-Khushi Garg

WHAT TO DO??



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EXAM STRESS COPING TECHNIQUES.

It is normal to feel a bit worried about exams, especially if you're under pressure from school or family. Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits. There are many ways you can cope your exam stress. If you recognize any of these feelings, or are worried that exam pressure is taking over your life, you are not alone, and there are things you can do.

1. Make a time table:

Plan your study time. Too much material + Too little time = Anxiety. Plan your studying with regularly scheduled study sessions about 50 minutes long separated by 5 - 10-minute breaks. Write down in a sheet what topics you have to cover for each subject. Start from most important topics. If you don't know the important topics ask your friends for help. (don't write any time in your time table, for e.g. - 3:00pm to 4:00pm - science.)

2. Help for friends or teachers:

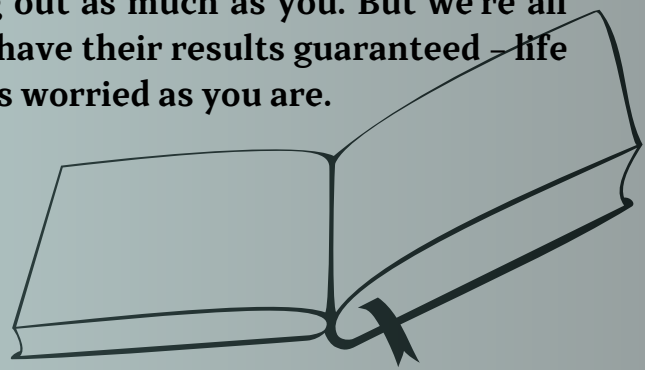
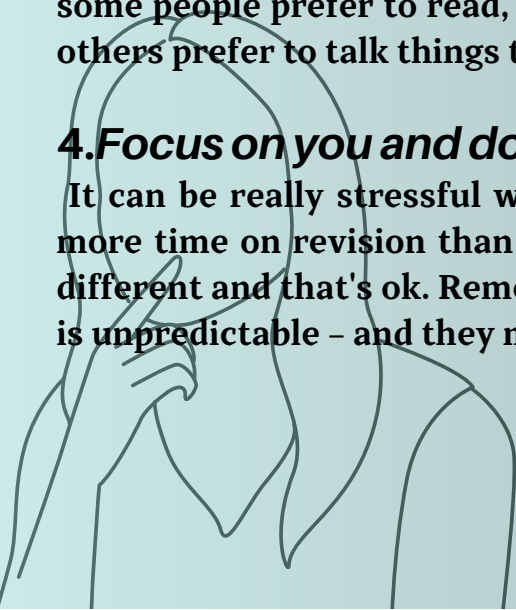
You are allowed to ask for help. Talk through your concerns with your teacher/tutor who can let you know what support your school, college or units can offer you. They will have spoken to lots of students before who went through similar things. You can ask your friends or teacher to help understand important topics. Working through problems with other students can be a nice way to study as everyone's doubts can make a better understanding and we get to learn more.

3. Revise!:

Compliment your home revision by attending revision lessons and don't be afraid to ask your teacher if you do not understand something. Not everyone studies the same way, some people prefer to read, others find it helpful to make notes or draw diagrams, while others prefer to talk things through. Do what works for you.

4. Focus on you and don't compare yourself to others:

It can be really stressful when you think everyone is doing better than you, spending more time on revision than you, or just not stressing out as much as you. But we're all different and that's ok. Remember, your friends don't have their results guaranteed - life is unpredictable - and they might well be feeling just as worried as you are.



WHAT TO DO??

5. Believe in yourself:

If you prepare for the exams properly you should do fine, meaning that there is no need to worry excessively.

6. Look after yourself. -

A healthy, balanced diet will give you energy and remember your brain needs water, so drink plenty. Your body needs the nutrients it gets from food in order to keep functioning properly. The food you eat affects how you feel both emotionally and physically. When our body has the fuel and nutrients it needs, it makes it a lot easier to manage feelings of stress and anxiety. So, make sure that when you're thinking about how to use your time before exams, you factor in time to look after yourself. You deserve it!

7. Sleep Well:

Wind down before bed. Your bed is a sanctuary, not a desk. A good sleep helps you remember what you learned. Get enough sleep, especially in the days before your exams.

8. Relaxation Techniques:

Reduce feelings of stress or anxiety when studying or writing exams by using breathing exercises. For example: take a minute to close your eyes, inhale for a count of three, then exhale for a count of five and then repeat. It only takes a moment and helps your body and mind relax so you will be in a better frame of mind to concentrate.

OH GOD EXAMS ARE COMING....!!! I HAVE LOT TO STUDY....!! EXAMS ARE SO STRESSFUL....!! I DON'T WANT TO FAIL....!!!

THESE THOUGHTS ARE PRETTY NORMAL IN EXAM TIMES. PRESSURE TO DO WELL IN EXAMS CAN BE OVERWHELMING AND CAN AFFECT YOUR MENTAL HEALTH.

TRY SOME OF THESE TIPS AND TRICKS AND CONCENTRATE!!

STUDENT CORNER

Collaborative learning has been shown to result in higher student achievements, higher self-esteem and higher motivation. Our college is encouraging the same through various interesting activities. Recently an activity held for the students of psychology hons first year encouraged the students to know the importance of team work.

During the activity students were first asked to form a team and then they were given a task. It was a rather interesting Task in which they were asked to create something from newspapers. Each team was given two newspapers. The condition being whatever they made should be out of the box and should be able to stand on its own. In all there were 5 teams. All the teams and their members did their best at both individual and group level. This showed how effectively and efficiently each member coordinated and contributed in the completion of task. Their efforts at both individual and group level shows no matter how big the task is strength of the team is each individual member and strength of each member is the team.

To conclude it the activity taught us how to work effectively and efficiently in a team. It also taught us to respect and trust our team members to help achieve the goals. This team building exercise guided us to acknowledge the importance of team building and team work. Hence, we can all agree to the fact together everyone achieves more.

- Purnima Manektalia



WHAT DO I WANT FREEDOM FROM??

I want freedom from the competition that we currently have in our society. Competition of being the best and the one to accomplish in society. Competition of being perfect in the eyes of society. Some say competition is good as it acts as a means of motivation to accomplish something. Indeed, competition is essential in someone's drive to achieve something but that is the case when we talk about healthy competition which we can hardly see today.

Rather than improving one's potential, people prefer to drag others down by any means. To win in this race of becoming the best and perfect, people try any means possible. In today's cunning world, very few compete with fairness and morals and the people who do don't succeed as other competitors are not moralistic like them and prefer to win than to consider what they are doing to accomplish. In this race, people are getting so busy competing and dragging each other down that they forget to see the beauty of the process, the process of life. And it is not like everyone is competitive and have same goals, it has become more like 'YOU HAVE TO COMPETE', even if you don't want to because if you don't others will trample over you. This unhealthy and unnecessary competition has becoming so suffocating and toxic that many people prefer to die than to compete since it is preferred to be more peaceful. Competitions have become such a trend in the society, like in school where we are supposed to learn and understand ourselves, our surroundings and shape ourselves and to decide how we are going to live our life but instead of this WE ARE FIGHTING EACH OTHER AS WHO WILL GET GOOD GRADES and if you don't want to compete with your peers for grades and just want to live peacefully, your parents will starts comparing you with others as why are you getting such poor grades and sitting peacefully when others are being so productive and utilizing their time.

The list of consequences and the amount of competition we have is today is so long that I can hardly cover one fourth of it in the space of newspaper I have been provided so I will just leave at some examples today.

But at the end I just want to say one thing that....

We all live just once and wasting more than half of our life span and regretting it during our old age why didn't we stop just for once and enjoy the present.

Freedom from constraints of society


Social constraints are the external controls on an individual's freedom maintained by the society. The government as a part of the society, controls individual freedom through laws that embodies the power of the government and are legitimized. constraints on freedom are also a result of social inequality.

sources of constraints on freedom of individual are:

- 1) Economic disparity**
- 2) Social norms**
- 3) Political participation**

How much freedom do we have to direct our lives?

Our understanding of freedom can give us insight into what motivates us so we can direct and move our lives toward what we desire.



Jean-Jacques Rousseau the eighteenth century French philosopher observed that man is born free and everywhere he is in chains. These chains are oppressive societal rules that restrict what we can do physically, but there are also mental chains. chains that restrict what we believe we can do. These are the chains of social conditioning, the values society projects onto us. We feel we have no power to move ourselves in the direction we want to go in our lives. Rather we feel we are moved by society, moved by whatever society deems valuable. For example, we want to climb a mountain but if society tells us its crazy and dangerous then we don't climb. this is by societal pressure and we want freedom from that. somewhere along the way, people stopped chasing their dreams. They stopped imagining what their perfect day looks like and they started handing over the reigns to society who told them what to do and how to live.

75th Independence day

How well do you know the history of our nation?

Who designed the current national flag of India?

Kolkata. The first variant of our current national flag was designed by Pingali Venkayya in 1921.

Who chose August 15 as India's Independence Day?

Lord Mountbatten chose August 15 as India's Independence Day. Although the Indian Independence Act was approved on July 18, 1947, it coincided with the date of Japan's surrendering to the Allied Forces after World War II on August 15, 1945.

Who gave the speech of India's Independence?

Jawaharlal Nehru delivered the Tryst with Destiny speech proclaiming India's independence.

How old is India?

India was inhabited approximately 250,000 years ago.

The first national flag in India is said to have been hoisted on August 7, 1906, in the Parsee Bagan Square (Green Park) in Calcutta now Kolkata. The flag was composed of three horizontal strips of red, yellow and green.



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