



# **STUDENTS' EXAMINATION ANXIETY TEST (SEAT)**

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Anxiety generally means “a state of emotional and physical disturbance induced in a person by a real or imaginary threat”. It is a failure to meet a standard, or fear that one does not hold the appropriate standard.

Examination Anxiety (EA) refers to the distress one experiences when being evaluated or when thinking about prospective evaluations, which typically leads to reduced performance.

According to S. Lali, examination anxiety is a factor that is far more harmful than general anxiety.

## **INSTRUCTIONS FOR ADMINISTRATION**

- 1) The instructions printed on the test form may be read aloud by the examiner to the testee.
- 2) There is no fixed time limit. Usually an individual takes 12 to 15 minutes to complete the testee.

## **SCORING**

The test can be scored by hand. Each “Yes” response is indicative of anxiety, hence one mark is awarded for each “Yes” response. The sum total of “Yes” responses would be the total anxiety score of the individual.

**Table 1**  
**Showing Percentile Norms for Boys**

Percentiles	Class IX & X	Class XI	Class XII	Interpretation
99	30	36	35	Extremely high anxiety
95	27	31	29	
90	24	27	24	
80	21	23	22	
75 (Q <sub>3</sub> )	20	22	20	High anxiety
70	18	20	19	
60	17	18	17	Normal anxiety
50 (Md)	15	16	15	
40	13	14	13	
30	10	11	11	Low anxiety
25 (Q <sub>1</sub> )	9	10	10	
20	8	9	9	Extremely low anxiety
10	6	6	6	
5	5	5	5	
M	19.7	16.18	15.27	
σ	6.6	7.9	7.3	
N	89	110	159	

**Table 2**  
**Table Showing Percentile Norms for Girls**

Percentiles	Class IX & X	Class XI	Class XII	Interpretation
99	38	31	33	Extremely high anxiety
95	35	30	29	
90	33	28	26	
80	29	26	23	
75 (Q <sub>3</sub> )	28	25	22	High anxiety
70	27	23	21	
60	25	22	19	Normal anxiety
50 (Md)	23	20	17	
40	20	18	16	
30	18	16	14	Low anxiety
25 (Q <sub>1</sub> )	16	14	13	
20	15	13	12	Extremely low anxiety
10	11	10	10	
5	7	7	8	
M	22.15	19.25	17.7	
$\sigma$	8.16	6.87	5.38	
N	237	198	100	