Short Communication

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

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Improvement of mental health among young adult population is one of the main aims of the World Health Organisation, in 21st 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 attempted suicide [1]. Anxiety disorders, including phobias, social anxiety disorder, obsessive-compulsive disorder, panic disorder, generalized anxiety disorder, and acute and post-traumatic stress disorders, are the most common classes of mental disorders typically appearing by young adulthood. For early recognising, it is very important to make an appropriate difference between normal and pathological anxiety. Normal anxiety is a universal human emotion. It is necessary for living, and everyday functioning. Problems arise when fear grow up to pathological level, when fear is not induced by real dangerous situation, has great intensity and is not self-control. Such anxiety will disrupt quality of life, lead in depression, and very often alcohol or drug abuse. In worrisome setting, pathological anxiety can be reason for suicide ideation or attempt [1]. Pathological fear is a common symptom in a 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 now days made in a lot of national health services for make adequately diagnostic and therapeutic strategies [2].

Special kind of pathological anxiety, part of social anxiety is pre-exam 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, vocabulary, 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 normal activities. This interview was made from March 2015-January 2017. At University campus in Novi Sad, Serbia. BAI- questionnaire for anxiety, with 21 questions, was used for self-evidence symptoms. Student who fulfill 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 fulfill 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 pre-exam anxiety between two group 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 moderate 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 exercises, 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 recognize symptom which affected functioning, resulting in isolation from colleges and activity, sometimes in excessive use of alcohol or drugs, feeling 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, spatially, preexam anxiety. Without anxiety students will improve their performances, functioning and lead to better quality of life.

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