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The psychological and behavioral impact of secondary school students during the examination period

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Abstract

This study aims to know the views and impressions of high school students during the exam period, what are their behaviors and psychology towards recalling their lessons during the exam period, and do they maintain or divide the periods of sleep, study and eat meals, and do they maintain their activity and the extent of their study hours for the test subjects, and do they get a lot of stimuli during their review of their lessons because of their fear and the extent of their anxiety about failing and fearing the consequences from the parents. An electronic question was handed through WhatsApp friendly networking implementation, where it was doled out to about 660 people in the city of Mecca, And 550 replied were gained.

Keywords: Psychological, behavioral, school student, examination period

1. Introduction

Rational health or mental health is the level of psychological well-being or a mind free of troubles [4], "It is the psychological case_of a person who has a good sentimental and behavioral level" [5]. From the point of view of positive psychology or the holistic view of mental health, it can contain the person's ability to revel life and make a equation between life's activities and demands to realize psychological resilience" [6]. Mental health, according to the WorldHealth Organization, means a life that includes well-being, independence, merit, intergenerational self-efficacy, and an individual's cultured and emotional potential [7]. Also, the World Health Organization specified that the well-being of the individual implicates the ability to achieve their, capacities accord with the pressures of normal life,make and help society [8, 9]. However, the introduction of "mental health" varies as a outcome of cultural difference, self-evaluation, and competing theories" [10].

A person who sticks from a trouble in his behavioral health condition snouts many problems, likely the most distinguished of which are pressure, depression, anxiety, problems in his relationships with others, and he may suffer from distress, addiction, attention deficit, hyperactivity, learning hardness, mood disorders, and other psychological unrests [9]. Counselors, therapists, life coaches, psychologists, nurse practitioners, and physicians can help administer behavioral health disorders by addressing them in ways such treatments counseling, or therapy. The new field of global psychical health is "the field of study, research, and practice that prefer improving cerebral health and achieving justice in The field of liberal health for all people in the world » [10]. By the time of the exams, most homes live in a state of worry and stress, a state of emergency is stated, and the children's collection hours rise as they pull their books trying to take in the information in them. marks of anger and limpress show on the faces of the male and female students as a score of the stress they are making. Examinations are, in fact, a way to know the ability of male and female students and to locate the range of their personalities and academic level. Standing on their strengths and weaknesses, exams are considered an end in themselves for which the Ministry of Education crowds all its capabilities to extradite the attention of male and female teachers, male and female students. Also, choosing the time is important for the study, so a student

should not study it in a time of stress and fatigue, or in a time of tedium and hunger, and the students should not extend the study period until midnight, because it has been certain that staying up at night until late hours under the argument of collecting as much information as possible and increasing grades driving to It leads to counterproductive outcomes that raise stress and anxiety, cause nervous exhaustion, and not getting enough sleep source confusion of information and inability to focus. The school is more accessible because of the depness of focus ^[11].

2. Material and Methods

this study was started in (city of Mecca), keep writing the research and then lettering, the question in June 2022 AD, and the study concluded with data combination in October 2022 AD, The examiner applied the adjective analytical path that employs a qualitative or qualitative description of the social phenomenon, and (The psychological and behavioral impact of secondary school students during the examination period). This type of study is characterized by analysis, effect, objectivity, and fact, as it is interested in individuals and societies, as it surveys the changeable and their effects on the health of the individuals and societies, and expander, the expansion of illness and their connection to demographic change such as age, sex, nationality, and marriable cases, condition function ^[1], the results of this study were analyzed by using the Excel program from the office 2010 group, and the results were presented using tables and percentages ^[2].

3. Results and Discussion

The questionnaire is a suitable and major instrument to combine data. However, examiners cannot have personal meetings with entrants' answers to the online question, because the public excluded arrangements at that time directing a study to block contagion between entrants and examiners and vice versa. it is also enough to answer the question electronically only as the questionnaire contains fourteen questions, all are closed. The online methods have also been utilized to breed good specimens in comparable projects in Saudi Arabia and others ^[3]. The first question was about whether you take stimuli while studying a lot during exams? 53.3% answered yes and 46.7% said no. As for the second question, do you eat your meals regularly during the examination period? 40% of the participants answered "yes" while 60% answered "no." The third question is, "Are you one of those who study late at night during exams?" 71.4% answered yes, while 28.6% said no. The fourth question is: Are you one of those who organize

study time during exams? 66.7% answered yes 66.7% and 33.3% answered no. The fifth question is: Do you set an alarm while you sleep to better organize your study time during exams? 46.7% answered yes and 53.3% answered no, and the sixth question was about do you stay up late to review your lessons during exams? 80% answered yes and 20% no. The seventh question was about Do you eat your meals while studying to review your lessons during the exams period? 60% answered yes while 40% said no. The eighth question is about do you drink coffee and tea a lot while studying your lessons? 53.3% answered yes and 46.7% answered no. The ninth question was about whether some students resort to cheating by making small papers or writing on their hands during exams? 66.7% of the participants answered yes and 33.3% answered no. The tenth question is about whether you are in a good mood while reviewing your lessons during the examination period? 20% answered yes, while 80% answered no. The eleventh question is, is there a reason for the student's tension while reviewing or recalling his lessons during the exam period? 86.7% answered yes, and 13.3% b answered no. The twelfth question is: Did you have any diseases or accidental conditions during the examination period? 40% answered yes, while 60% said no. As for the last question, was it about whether or not you have an obsession with fear and anxiety in terms of the final average of grades at the end of the secondary stage, for the university? 93.3% answered yes, while 6.7% said no. This study showed that students eat stimulants by 53.3%, they do not eat their meals regularly by 60%, they remember their lessons late at night by 71.4% to 80%, and they do not have an organization of study time during the examination period by 66.7% and less than 50% set an alarm to organize the study time, and the percentage of those who use alarm 46.7% while 53.3% No, and few of them enjoy a good mood to study at a rate of 20%, and the percentage of those who resort to cheating during the exam period is 66.7%, and many of them have tension during study and revision, which is 88.7%, and the percentage of fear or anxiety about the GPA and whether or not enter the University is (93.3%). Students in this stage feel anxious about the future and the unknown (Table No.1). This study agrees with that of Sharaz ^[12], in the importance of the parental method with children on their academic achievement. The study of Abdelghaffar ^[13] fund that there is negative significant relationship between the variables of academic achievement and intelligence and each of emotionality, anxiety and exam anxiety, and there differences between commercial secondary students in emotionality, and exam anxiety in favor of the students.

Table 1: Table of opinions and attitudes of high school students during and during the examination period

Questions	Yes	No
Do you take stimuli while studying a lot during exams?	53.3%	46.7%
Do you eat your meals regularly during the examination period?	40%	60%
Are you one of those who study late at night during exams?	71.4%	28.6%
Are you one of those who organize study time during exams?	66.7%	33.3%
Do you set an alarm while you sleep to better organize your study time during exams?	46.7%	53.3%
was about do you stay up late to review your lessons during exams?	80%	20%
was about Do you eat your meals while studying to review your lessons during the exams period?	60%	40%
Do you drink coffee and tea a lot while studying your lessons?	53.3%	46.7%
Whether some students resort to cheating by making small papers or writing on their hands during exams?	66.7%	33.3%
Whether you in a good mood while reviewing your lessons during the examination period?	20%	80%
Is there a reason for the student's tension while reviewing or recalling his lessons during the exam period?	86.7%	13.3%
Did you have any diseases or accidental conditions during the examination period?	40%	60%
whether or not you have an obsession with fear and anxiety in terms of the final average of grades at the end of the	93.3%	6.7%

4. Conclusion

This stage of the learning stages of the students' life determines the future for the student, whether he continues his education to the university or goes to another field. this study concluded the following:

1. The importance of the role of parents in guiding children in a positive way, removing anxiety and fear from the future for students, and rooting their ambition in a very large way.
2. The importance of studying first-hand for students from the beginning of the academic year, so that revision and recall of their lesson are easy, and comfortable for them during the examination period. This is effective and is consistent with the recommendation of Sharaz^[12] regarding the role of the student and the family in this field,
3. Conducting more studies in this field.

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