

TRANSFORMING EDUCATION

— **FOR THE FUTURE:** —

Leadership, Technology,
and Learner Development

— Editor —

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Transforming Education for the Future: Leadership, Technology, and Learner Development

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HOME ENVIRONMENT, EXAMINATION ANXIETY AND ACADEMIC ACHIEVEMENT OF HIGHER SECONDARY STUDENTS

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Abstract

Education plays a significant role in shaping the future of individuals and society. Academic achievement among higher secondary students is influenced by several psychological, social, and environmental factors. Among these, home environment and examination anxiety are considered highly influential. A supportive home environment contributes positively to the emotional stability, confidence, and academic performance of students, whereas examination anxiety may negatively affect concentration, memory, and performance during examinations. This paper aims to examine the relationship between home environment, examination anxiety, and academic achievement among higher secondary students. The study also highlights the importance of parental support, emotional balance, and stress management techniques in enhancing student performance. The paper concludes with suggestions for educators, parents, and policymakers to create a healthy educational atmosphere that promotes academic excellence and emotional well-being among students.

Introduction

Education is one of the most powerful instruments for social transformation and individual development. The higher

secondary stage is a crucial period in the life of students because it determines their future educational and career opportunities. At this stage, students experience increased academic pressure, parental expectations, competition, and emotional challenges. Their academic achievement is not merely determined by intelligence but also by several environmental and psychological factors.

Among the many influencing factors, home environment plays a vital role in shaping students' attitudes, behaviour, emotional stability, and learning habits. The home is the child's first school, and parents are the first teachers. A peaceful, encouraging, and resourceful home environment can motivate students toward better academic performance.

On the other hand, examination anxiety has become a common issue among higher secondary students. Fear of failure, pressure to score high marks, competition, and parental expectations often create stress and anxiety among students. Moderate anxiety may motivate students to study harder, but excessive anxiety negatively affects concentration, confidence, and academic achievement.

This study focuses on understanding how home environment and examination anxiety influence the academic achievement of higher secondary students and emphasizes the need for balanced emotional and educational support.

Concept of Home Environment

Home environment refers to the physical, emotional, social, and intellectual atmosphere within the family that influences the growth and development of children. It includes parental attitudes, family relationships, communication patterns, educational support, socio-economic status, and availability of learning resources.

A positive home environment generally includes:

- * Emotional support and encouragement
- * Healthy parent-child relationships
- * Proper study atmosphere
- * Availability of educational materials
- * Parental involvement in education
- * Motivation and appreciation
- * Discipline and moral guidance

A negative home environment may include:

- * Family conflicts
- * Lack of parental attention
- * Financial stress
- * Emotional neglect
- * Excessive pressure on children
- * Lack of educational support

Students who grow up in supportive homes tend to develop confidence, discipline, emotional stability, and better academic habits.

Examination Anxiety

Examination anxiety refers to the feelings of fear, tension, nervousness, and worry experienced by students before or during examinations. It is a psychological condition that affects students' mental balance and academic performance.

Examination anxiety may arise due to several reasons such as:

- * Fear of failure
- * High parental expectations
- * Lack of preparation

- * Poor time management
- * Competitive educational environment
- * Negative thinking
- * Low self-confidence

Symptoms of Examination Anxiety

Physical Symptoms

- * Sweating
- * Rapid heartbeat
- * Headache
- * Fatigue
- * Sleep disturbances

Emotional Symptoms

- * Fear and nervousness
- * Irritability
- * Lack of confidence
- * Mood swings

Cognitive Symptoms

- * Poor concentration
- * Memory blocks
- * Negative thoughts
- * Confusion during exams

Excessive anxiety can reduce students' efficiency and lead to poor academic performance despite adequate preparation.

Academic Achievement

Academic achievement refers to the level of success attained by students in their educational activities, generally

Parents, teachers, and educational institutions must work together to create a supportive atmosphere that promotes both academic excellence and emotional well-being. Instead of imposing excessive pressure on students, emphasis should be placed on encouragement, understanding, counselling, and balanced development. A healthy educational environment can help students overcome anxiety, realize their potential, and achieve success in life.

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