

ACADEMIC ANXIETY AMONG STUDENTS IN THE SCHOOL OF HEALTH
SCIENCES AT THE UNIVERSITY OF VENDA, SOUTH AFRICA: ASSOCIATED
FACTORS AND EFFECT.

By

Adediran Olawumi Adedeji

(14008283)

A dissertation submitted to the University of Venda in fulfillment for Master of
Arts Psychology Degree in the School of Health Sciences.

Supervisor: Dr. J.F Takalani.

Co-supervisor: Dr. T.D Sikhwari.

Co-supervisor: Prof. T. Mashamba.

UNIVEN LIBRARY

Library Item : 20161800



Submission Date: April 2016

ABSTRACT

Background: Today's society tends to overemphasize the importance of examination and academic achievements. This culture pressurizes students to "succeed", resulting in increased phobia and stress which subsequently affects the individual's academic, vocational and emotional state.

Aim of the study: The aim of the study was to investigate the factors and effects related to academic anxiety faced by students in the School of Health Sciences in the University of Venda.

Objectives of the study: To determine the level of academic anxiety among School of Health Sciences students, to establish the factors associated with academic anxiety among School of Health Sciences students, to establish the relationship between academic performance and anxiety as perceived by respondents among School of Health Sciences students, to determine the perceived effects of academic anxiety on the overall functioning of students in the School of Health Sciences and to identify coping strategies used by students under academic anxiety.

Methodology: The study was quantitative using a self-administered questionnaire formed by the literature review and the FDN scale to collect data from the participants. Data was entered and analyzed using SPSS-23. For continuous variables (e.g. age) descriptive variable were calculated. For categorical variables frequencies and percentages are presented. Chi-square (χ^2) test was used to associate gender, level of study and department/degree programme with students' personal feelings, attitudes and experiences. The $p < 0.05$ was considered significant.

Using Slovin's formula, the sample size for this study were two hundred and seventy eight (278) respondents from the four departments in the School of Health Sciences ranging from first year to the final year students.

Questionnaires were administered face to face to respondents in the respondents' classrooms. The researcher, with the help of the research assistants, waited for the respondents to complete all the sections of the questionnaire and collect the questionnaires. The validity and reliability of the instrument were be ensured.

Data was analyzed using (SPSS) Statistical Package for Social Scientist (23.0) programme.