



Virtual Test Anxiety of the General Physical Education course in the Covid-19 Pandemic

Poster Presentation

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Abstract

Introduction: Test anxiety can impair learning motivation and lead to procrastination. Thomas et al. (2018) found that about 25% of undergraduate university students to be highly test anxious. Test anxiety may debilitate academic performance and impair subjective well-being. In Addition, Covid-19 Pandemic had the negative impact on social activity, public health, social isolation, and media information overload that all led to an atmosphere of anxiety. Current ongoing crisis is revitalizing the necessity for virtual learning opportunities. Some part of General Physical Education Courses is presented theoretically. Because of that the purpose of this study was to investigate the level of test anxiety in female college students who had Virtual General Physical Education course.

Methods: The cross-sectional survey was adopted test anxiety by using an online questionnaire through an online survey platform during February 2021. From 190 available samples, a total of 171 valid questionnaires were collected. The research instruments included basic demographic information and Fridben Standard Test Anxiety questionnaire (1997) that assessed three dimensions: Social humiliation, Cognitive error, Tension. Test reliability was calculated by Cronbach's alpha coefficient. Data were analyzed using descriptive Statistics, the Kolmogorov–Smirnov test and independent sample t-test through SPSS Software.

Results: Mean anxiety of undergraduate students were lower than doctoral students (medicine and dentistry). The result of compare means between two groups showed that there was no significant difference between them. Also, there was no significant difference between student's test anxiety in course 1 and 2. The mean score of total test anxiety indicates that, respondents experienced middle levels of test anxiety. Reliability of the questionnaire was 0.82.

Conclusion: Due to the moderate anxiety of the virtual test, it is recommended using this method by providing a suitable platform and maintaining the security of the Virtual test for the theory section of these courses in the future.

Keywords

General Physical Education; Test Anxiety; Covid – 19 Pandemic

Reference:

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