

STRESS FROM THESIS EXAMINATION OF THE STUDENTS: CASE STUDY AND HOW TO SUPPORT THEM?

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ABSTRACT

Stress is an important problem in psychology. Many activities can induce stress. The stress from examination is the big problem of the student. Sometimes, the students might express stress in different interesting forms. Here, the author presents an interest case of stress of the students after thesis examination. The author discusses and suggests for how to relief the stress for the student which can be an important issue in educational psychology.

KEYWORDS: Examination, Stress, Student, Psychology.

INTRODUCTION

Stress is an important problem in psychology. Many activities can induce stress. The stress from examination is the big problem of the student. The physical and psychological reaction to stress by examination can be seen [1]. Sometimes, the students might express stress in different interesting forms. Here, the author presents an interest case of stress of the students after thesis examination. The author discusses and suggests for how to relief the stress for the student which can be an important issue in educational psychology.

CASE STUDY

After thesis examination for master degree of science could not pass the examination. The main problems of those students are usually lack of scientific knowledge and background competency to complete the research. The students require re-register and take new examinations. During the transit phase of

curriculum adjustment, the new team of curriculum advisor and director is changed and A student in this group of the students who fail the examination express their stress via the facebook as the following.

The content of the post is “ชัดเจนในพลังหมู่มิตรดีและพลังเคียวแบบย่ำยีมารดอนทำป. โทคนเดียวไปไม่ถึงไหนกะ ขอมรับว่าท้อ แต่คิดว่าจะไม่ยอมหยุดเรียนหรือจะไปต่ออยู่ แต่ยังไม่รู้ว่าจะไปต่อยังไง มาวันนี้คงหมดวิบากแล้วที่เคยทำชั่วทำเลวมาก็ได้ชดใช้ไปชุดใหญ่ อจ.ที่เคยดูแลพวกเราเคยบอกพวกเราว่าทำหัวข้อเรื่องของเราไม่ได้หรือก็ได้พ้นจากภาระหน้าที่ตรงนี้แล้ว อจ.ชุดใหม่เข้าบอกว่าทำได้ ลุยไปเลยเวลาเหลือน้อยแล้ว พวกเราก็เลยมาจุ่มหัวกันช่วยกันทำลุยไปที่ละหัวข้อทีละคน”, which can be translated as

“Clear in power, friendly and chewing power against bad Satan and devil, I do not know how to do it, but I do not think that I will not stop studying, but I still do not know how to continue. Today is the end of the motocross. I've done bad things to do bad to pay a large sum.

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Oh, who ever took care of us. Ever told us that we cannot do our topic? It is out of obligation here. The new series to say that it is possible to go to the rest of the time. So we came to the head to help each other to do it one by one."

Considering the background, the student is a female student and do have no background of scientific bachelor degree and do not have scientific regular work. The student strictly practiced religious activities and strict vegetarianism for many years.

DISCUSSION

Thesis is a common practice of higher education. The student has to take the examination and pass it to qualify for master or doctor degrees. Some students have no competency and cannot pass the thesis examination and this can result in stress. For the present case, it can see that the students get anxious and stress from repeated failure for thesis examinations and express as a bad feeling to the advisors and administrators of the curriculum. The student compared the advisor as devil to destroy her. Despite, the student expresses strict Buddhist practice, the student still presents bad feeling to the teacher.

It is no doubt that the thesis examination is a stress event. Failure is possible. How to solve the problem is interesting. In the present case, the poor relationship between student and advisor might be possible. The curriculum has to play role in management of the course. The screening for students at admission is needed. Unqualified students or students without good academic background should be rejected for education. Nevertheless, many universities in developing countries want "money" and admit the low qualified students for education. For completeness of education, some poor curriculums or universities might give easy pass to the student without quality control and this becomes the big problem in educational system.

For the stress management, the training for the advisor to cope with the student's stress is needed. Background of religious practice has no protective role for students to cope with stress. The university should set a specific team for stress management for students who need it. Special care should be provided to any students who fail the examination. The group who required repeated reexamination needs special care [2]. As suggested by Bazrafkanet al. [3], "4 themes including "thesis as a major source of stress," "supervisor relationship," "socio economic problem," and "coping with stress and anxiety" should be focused. Also, there should be a course to promote self-esteem of the student for successful study and examination [4].

CONFLICT OF INTEREST: None

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