

LOSING EMOTIONS BEFORE AND DURING MAIN EXAMS

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Abstract: *the main purpose of this article give information about the exam stress (health problems) and tips for what can we do to decrease exam stress. In addition, you will be given one or two exercises and activities to concentrate yourself and focus on exam.*

Key words: *exam stress, concentration, tips, health problems connected with exam stress.*

You know that exam comes with pleasure and stress. Therefore, most of us have stress during exam, sometimes this causes to decrease our result because of extra emotions and actions. The number of people attempt to lose their stress. First of all, you will find respond for question like what is the exam stress?

REMINDER:

A little stress can be a good thing: it can be the motivational push that we need to get things done.

What is exam stress?

Lots of us know what it's like to feel stressed, but it's not easy to describe what stress is. There's no single definition of stress, and it might feel different for you than it does for someone else. How we experience stress can feel different at different times. It can also depend on what's causing it. Feeling stressed, worried, or under pressure around exams can be difficult to manage. But there are things that can help – it's about finding what's right for you. Exam stress is the feeling of tension and worry that comes from test-taking situations. It is normal to feel some stress about upcoming tests, exams, papers or presentations. Indeed, a small amount of stress can challenge you and stimulate you to work harder. Exam stress becomes problematic when it interferes with your ability to perform and achieve your academic and learning goals.

Signs and symptoms of exam stress

Below are some signs that indicate you may be experiencing exam stress:

- Physical signs include a fast heartbeat, tense muscles, headache, sweating, upset stomach, nausea, diarrhea, dry mouth and difficulty sleeping.

- Behavioural signs include fidgeting, nail biting, and increased smoking, drinking or eating.
- Mental and emotional signs include difficulty concentrating, racing thoughts, "going blank," worry, and uncontrolled feelings of fear, dread or helplessness.

It's normal to feel stressed and worried about exams. Stress is your body's natural response to pressure. While it can help you focus and feel motivated to get things done, sometimes, dealing with stress (especially during exam season) can be a difficult thing to do, it's clear that we're under more pressure than ever before. So, here the best approaches will be learned to lose exam stress to help you through the stressful exam period:

1. The most effective way to reduce exam stress combines skill-focused approaches (e.g., building your study skills) with behaviour or cognitive approaches (e.g., learning stress management strategies).

2. Pressure to perform well: Students may feel pressure from themselves, their parents, or their teachers to do well on exams. This pressure can be internal, such as a desire to succeed, or external, such as a desire to get into a particular college or university.

3. Take breaks: It is important to take breaks during your study sessions to give your mind a chance to rest and recharge. Go for a walk, listen to music, or do something else you enjoy to help you relax.

4. Be flexible and adaptable: No matter how well you plan and organize your time, there will always be some unexpected events and challenges that can disrupt your schedule and affect your performance. Therefore, you need to be flexible and adaptable to cope with the changes and uncertainties that come with exams. Being flexible and adaptable will help you adjust your goals and plans according to the new circumstances, overcome the obstacles and difficulties that arise, and find alternative solutions and strategies to achieve your desired outcomes. To be flexible and adaptable, you need to do the following: anticipate and prepare for possible scenarios and contingencies; monitor and evaluate your progress and feedback; seek and accept help and support from others; and learn from your mistakes and failures.

5. Manage Exam Pressure and Expectations. Examinations can elicit a variety of expectations. Some of these expectations are placed upon you by other individuals and some of them you place on yourself. While you should always do your best, placing stringent expectations on yourself can increase the pressure you feel to succeed. Try to avoid establishing expectations based on your past performance in previous exams. Discuss with others what their expectations are of you, the clarity gained from this can also reduce the stress you are experiencing. Ultimately, you should study hard and do your best, this will always yield a good result.

To conclude, you will be given the best useful activity (exercise) to reduce stress:

Chest Thump

Using your hands closed into loose fists, gently tap on your chest, on either side of your chest bone.

Tap on one side, then the other, in an alternating, rhythmical pattern.

This can help release stress, and raise your energy levels.

OR, just use one hand and tap in the middle of your chest, in a gentle, rhythmical fashion, until you feel calmer.

In conclusion, losing emotions before and during main exams is a common experience that can significantly impact a student's performance. This emotional numbness can stem from high levels of stress and anxiety, which, if not managed properly, may lead to decreased cognitive function and poor exam results. To mitigate these effects, it is crucial for students to adopt stress management techniques, such as mindfulness, adequate preparation, and proper sleep, which can help maintain emotional balance and enhance exam performance. Schools and educators can also support students by providing a supportive environment and resources to manage exam-related stress effectively. Ultimately, understanding and addressing the emotional challenges associated with exams is key to achieving success and maintaining well-being during these critical academic periods. Losing exam stress is trouble, but if we use the number of exercise and methods, they help to work with stress. Every time try to be sociable with everything.

Nothing is easy, nothing is free. (Jack Ma)

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