

CHAPTER II

This chapter presents and discusses about the review of related literature which includes the description about student's anxiety in facing thesis examination.

2.1 Anxiety

Anxiety is a common problem in human's life. Anxiety is a normal thing when someone is faced by the situations that are not commonly experienced before. Anxiety can be define as a natural reaction caused by the human body in facing stress or threats. Based on Spielberger (1983) Anxiety is a mental and physical reaction to deal with a self-concept characterized through subjective, consciously perceived feelings of anxiety. Moreover Rachman (2004) said that Anxiety is a threat anticipation of vague event and an uncomfortable feeling. Anxiety is also a phenomenon that people frequently encounter in their daily life. In line with Rachman's statement (DordiNejad et al., 2011) stated about the effect of anxiety that In several level anxiety may threate one's physical and mental health even if it often seen as a normal phenomenon.

Anxiety in perspective of Scovel (1991) is a psychological-assemble, as a state of apprehension, a vague fear this is simplest circuitously related to an object. Furthermore according to (Nevid & Dkk., 2005) anxiety is characterized as physiological arousal, uncomfortable feelings, and a comprehensive feeling that something bad will an emotional state and as the contradict (Clark & Beck, 2013) stated that anxiety is an experience of a mental process. People usually find anxiety in their daily life especially those who have a lot of things to do as well as students. Therefore based on (Santosa et al., 2021) in the perspective of developmental psychology students are individuals who are in a period of conformity with a strong interest in gathering with peers because of this everyone can experience anxiety including students.

2.1.1. Anxiety Symptoms

Anxiety symptom is the sign that happens when a person feels anxious. The symptoms may be different for each individual. (Shukla, 2013) divided anxiety symptoms into four elements such as; cognitive, behavioral, physical and emotional.

a. Cognitive

This symptom is characterized by fear, having negative thinking, feeling difficult to concentrate, going blank, getting hard to organize thought, negative self-talk and having self-comparing to others.

b. Behavioral

Behavioral symptom is characterized by nervousness and pacing

c. Physical

Physical symptom characterized by headache, extreme changes of body temperature, sweating profusely, dizziness, fast heartbeat, hard to breath, and dry mouth.

d. Emotional

The last symptom is emotional categorized by powerless, excessive fear, anger, feeling disappointed, uncontrollable crying, and depression

2.1.2 Kinds of Anxiety

Spielberger's theory in 1966 divided two types of anxiety. There are state anxiety and trait anxiety.

a. Trait Anxiety

Trait anxiety is an intrinsic characteristic of a person which means someone with trait anxiety has a stable characteristic that leads a person to a permanent state also known as innate nature.

b. State Anxiety

State anxiety is a reaction to certain stimulation or a set of circumstances. This kind of anxiety is a temporary emotional response that usually arise in particular situations that perceived as a threat. State anxiety is an emotional state that occurs suddenly, characterized by fear, anxiety and tension that mostly happens in several times such as competition and examination.

c. Test Anxiety

Test anxiety is a type of anxiety disorder which means a tension that usually appears before, and during a test. Based on Zeidner (1998) Test anxiety is an issue about possible negative result or failure on examination or comparable situation which is a set of phenomenological, physiological and behavioral responses. On the other hand, test anxiety is a kind of anxiety which the students experience before, throughout, or after the examination (Lawson, 2006; Duraku, 2016).

According to the experts test anxiety commonly is the tension that happens before and during the examination that makes people feel uncomfortable. According to (Dinga et al., 2018) test anxiety is an undesirable response toward assessment. It is the most critical problem that is faced by the students in their education. Therefore Manifestations of test anxiety can consist of cognitive responses consisting of worry and fear of failure, physiologic responses—also known as physical-affective responses—such as increased heartbeat, and behavioral responses which includes procrastination and avoidance of studying (Zeidner, 2007). According to the kinds of anxiety, test anxiety tend to the state anxiety which a temporary feeling of anxiety that people usually experience during or after some situations such as examination.

2.1.3 The Factors Cause Test Anxiety

Every researcher has a different point of view about the factors that cause examination anxiety. According to (Sarason, 1980) there are some factors cause test anxiety such as lack of preparation before examination, fear of getting low score, student's capacity and task difficulty.

Meanwhile, (Mealey & Host, 1992) stated that the habitual, irrelevant, negative thoughts become the main cause of anxiety during test situation. Related to these statements, test anxiety specifically in thesis final examination, lack of performance always becomes student's problem when they are going to face final examination therefore, they will show poor performance. Meanwhile, according to two statements above having a negative thoughts and fear of getting low score are the same thing which students usually having some negative assumptions before the examination therefore, they will start to feel anxious before the examination day.

2.1.4 The Effect of Test Anxiety

Some studies proved that anxiety affect student's performance especially those who experience high level of anxiety. Sansgiry and Kavita (2006) stated that an excessive amount of anxiety can interrupt exam performance therefore based on some researchers test anxiety usually to negative impact on academic performance. Furthermore test anxiety effect low academic performance such as block thoughts, create negative frame in mind, and potential of poor exam performance (Vitasari et al., 2010). On the other hand (Kumari & Jain, 2014) also stated that stress and anxiety that faced during examination is frequently attributed to fear of failure might have lasting terrible affects on the self confidence of the student. (Zahrakar, 2008) add that individuals' mental and physical health can be threatened by the high level of anxiety and it gives negative impact on their personal, social, familial, occupational, and educational performance.

2.2 Examination

Examination is a way to test the ability of someone, a group of students or people in particular subject. In university live there are two times of examination in every semester those are midterm examination and final examination. Besides, there is also final examination also known as thesis examination for last semester students especially those in 8th semester.

2.2.1 Thesis examination

Thesis examination or thesis defense examination (TED) is the final examination for university students to finish their degree. Thesis examination is an important event for university students to complete a thesis. Based on Kiley (2009) Thesis examination is student's opportunity to make arguments and to give an explanation verbally for the unclear parts in their thesis. Tinker and Jackson (2000) stated that thesis examination is students demonstrate opportunity of original contribute to the knowledge moreover not only as opportunity, thesis examination also becomes an event for students to show their competence in their research field (Manigueneau, 2002). Thesis examination usually has four lecturers consist of two thesis advisors, and two examiners with relevant expertise. (Tinker & Jackson, 2000) stated that in thesis examination aim to reduce possible biased result therefore students are examined by the examination team consist of academic advisors and at least an external examiner.