

ARTICLE

National Eligibility Test (NET): Computer-Based Test (CBT) and Anxiety for Online Exams

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Abstract

This research paper explores the prevalence and intensity of anxiety among candidates appearing for the National Eligibility Test (NET). A sample of 455 participants was recruited through purposive sampling from various examination centers in Bengaluru, Karnataka state, India. The data collection instrument utilized was the Test Anxiety Scale for Online Exams developed by Dikmen (2023), which measures two variables: Physiological and Psychological Anxiety, and Technical Anxiety. The scale demonstrated high internal consistency, with Cronbach's alpha values of .94 for the whole scale, .93 for the psychological and physiological anxiety factor, and .90 for the technical anxiety factor. Descriptive analysis was conducted to summarize the scales and facilitate subsequent validation. Inferential analysis employed chi-square and Kruskal Wallis tests to validate the relationships between anxiety variables and demographic features such as gender and geographical location. The findings indicate a significant association between Field of Study and Computer-Based Number of Attempts in relation to Physiological & Psychological Anxiety, as well as Technical Anxiety. Additionally, statistically significant differences were observed in Physiological and Psychological Anxiety, as well as Technical Anxiety, concerning 'Gender' and 'Geographical Location'. These results highlight the importance of addressing anxiety among candidates undertaking the National Eligibility Test and emphasize the role of demographic factors in anxiety differentiation. The implications of these findings suggest the need for targeted interventions and support systems to alleviate anxiety and promote better mental well-being among young aspirants. This study contributes to the existing literature by providing insights into the anxiety experiences of candidates in relation to online examination environments.

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