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Poster Presentation

The Role of State-Trait Anxiety and Resiliency in Test Anxiety

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Abstract

The current study aimed to examine the role of state-trait anxiety and resiliency in test anxiety. The research was conducted on a sample of 153 high students who completed questionnaire measures of state-trait anxiety (STAI-T), trait resilience (CD-RISC) and test anxiety (TA). Pearson correlation and regression analyze were used to data analyze. Consistent with the assumption, results indicated that both state-trait anxiety and resiliency were significantly correlated with levels of test anxiety. However, a multiple regression analysis showed that only state-trait anxiety could predict the test anxiety. Taken together, these findings provide further support for the relationship between state-trait anxiety and test anxiety. Findings also suggest the need to further explore the role of trait resiliency in test anxiety.

Keywords: State – trait anxiety, Resiliency, Test anxiety

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