Abstract: The Efficiency Of Cooperative Learning On The Reduction Of The Students’ Test Anxiety
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Test anxiety is a type of anxiety that is associated with multiple unpleasant emotional and physiological consequences. Various factors cause to create test anxiety; but one of the most important is learning circumstances and especially, teaching method. So, employing an efficient teaching method is the most impressive way to control the students’ test anxiety. Among different teaching methods, cooperative learning, arising from social constructivism, can improve the students’ self-awareness and self-esteem through providing the equal educational opportunity; hence, it can be expected that this method will reduce students’ test anxiety. In this regard, according to the favorable consequences of cooperative learning on cognitive and also emotional improvement, and with the aim of increasing the efficiency of educational programs on the students’ mental health promotion, this study has investigated how cooperative learning influences on test anxiety.

The participants of this semi-experimental study, were selected by using cluster sampling method and then were divided in experimental and control groups, randomly. The research tool was Sarason’s test anxiety scale. The participants were measured two times, before and after the intervention, including eight sessions. The collected data was analysed by using independent “t” test. The results (α = 0.05, df = 60, t = -15/7) showed that cooperative learning, which is manifold approach to education, not only improves the students’ cognition but also it causes the emotional growth, and therefore reduces test anxiety.

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