Nursing Students Perception on the Effects of Relaxation Methods to Decrease Test Anxiety

Laraine Amoia-Watters, Ed.D, MSN, CRNP
Assistant Professor
Catherine C. Razzi, DNP, RN, ACNS
Assistant Professor
Frances M. Maguire School of Nursing and Health Professions
Gwynedd Mercy University
This presentation is based on an evidence based intervention, designed to determine student’s perception on various relaxation methods used to decrease their test anxiety.

- No sponsorship or commercial support was given to the authors.

Laraine Amoia-Watters, EdD, MSN, CRNP
Catherine Razzi, DNP, RN, ACNS
Frances M. Maguire School of Nursing and Health Professions
Gwynedd Mercy University
Objectives

- Discuss test taking anxiety in nursing students
- Discuss existing literature and evidence related to test taking anxiety
- Describe an evidence based intervention utilized in sophomore nursing students to decrease anxiety
- Identify faculty and student perceptions and future plans for research to evaluate intervention
Problem

There is a direct correlation between test anxiety and academic performance in nursing students.

How can we, as educators, decrease test anxiety?

Are there specific methods that students feel address their anxiety better than others?
Purpose Overview

• Definition
• High stakes environment
• Barrier to student success
• Role of faculty
Literature Review

Design and Review Methods
- PRISMA guidelines
- Databases
- Keywords
- Applied limits

Methods
- Physiological
- Psychological
- Sensory
Setting and Sample

• Small Suburban University outside of the Philadelphia area
• Sophomore Level Nursing Students enrolled in the Fall in Health Assessment in Nursing course
• 2 sections
• Sample Size: 212 total
Intervention

Relaxation methods

- Test 1-Two minute meditation video
- Test 2- Aromatherapy using Lavender oil and relaxation music
- Test 3- Aromatherapy with Lavender oil, Relaxation music with relaxing video image, darkened room, and two deep breaths
Limitations

- Large testing room(s)
- Multiple testing rooms
- Inconsistency in delivered methods
- Students unwillingness to participate
- Increase anxiety related to relaxation methods
Outcomes

Informal results

• Students had no overall preference of the type of intervention used to decrease stress.
• Students reacted favorably to the intervention and suggested continuation.
Future Plans

• Formal research
• Consistency in principal investigator(s) methods
• Further research in best methods to induce relaxation
• Mixed Method
• Dissemination of Results through Publication
• Types of oils
• Music genre
Recommendations

- Incorporate test taking strategies into all nursing courses in the curriculum
- Incorporate relaxation methods into practicum assessments
- Encourage relaxation strategies prior to high stress situations, ie; clinical setting
References


References
