

EFFICACY OF COGNITIVE BEHAVIOUR THERAPY ON EXCESSIVE TEST ANXIETY REDUCTION IN SECONDARY SCHOOLS IN PORT HARCOURT METROPOLIS OF RIVERS STATE, NIGERIA

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ABSTRACT

The study investigated the efficacy of cognitive behaviour therapy on excessive test anxiety reduction in secondary schools in Port Harcourt metropolis of Rivers State, Nigeria. Four research questions and four hypotheses guided the study. The study adopted a quasi non-equivalent group experimental design. The population of the study was all the 4,304 senior Secondary School (SSI) students in the 15 schools in Port Harcourt metropolis. The purposive sampling technique was used to draw four intact classes that recorded highest level of test anxiety in four sampled school out of the 15 schools in the area. Three schools formed the experimental groups of rational emotive therapy, confrontation and systematic desensitization while the fourth school served as a control group. An instrument titled Excessive Test Anxiety Scale was used to identify students with excessive test anxiety while Excessive Test Anxiety Reshuffled Scale was used for data collection. Face and content validities were ensured by experts in relevant areas while Cronbach alpha through the internal consistency method was used to compute the reliabilities coefficients of ETAS and ETARS to be 0.87 and 0.76. Mean and standard deviation were used to answer the research questions while paired sample t-test and Analysis of Covariance (ANCOVA) were used to test the null hypotheses at 0.05 Alpha level of significance. It was found that systematic desensitization was more effective in test anxiety reduction followed by confrontation and finally rational emotive therapy. It was recommended among others that teachers should initiate every unit of lesson from simple to complex in order to exterminate subject associated anxiety. Class activities should be properly monitored and directed by the teachers in order to boost students' confidence towards academic pursuit.

Keywords: Cognitive Behaviour Therapy and Test Anxiety Reduction.