

The impact of anxiety on the academic performance of Dawadami applied medical science students

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Introduction:

Medical education can lead to anxiety among medical students. This study aimed to investigate level of anxiety among Dawadami medical applied students, female branch and identify its impact on the students' academic performance.

Methods:

This study aims to Investigate the level of anxiety among Dawadami medical applied students at the female branch and identify its impact on students' academic performance. We collected our data from December 2022 to January 2023 and a Descriptive design was used. A Simple randomized sampling was used on 101 Dawadami applied medical science college female students. Study tool: Prepared questionnaire by the researcher includes 5 parts as follow:

- Part 1: Assess the Prevalence of anxiety among studied subjects.
- Part 2: Assess anxiety level among studied subjects.
- Part 3: List the most common causes of anxiety among studied subjects.
- Part 4: Most common manifestation of anxiety among subjects.
- Part 5: Describe students' GPA compared to their anxiety level.

Result:

As per the part 5 which assess the student's GPA and their anxiety level. Most students of criteria (A=5-4.50) indicate severe anxiety level (52.78%) and compared with 49.91% from students with B and 45% from C GPA . The highest anxiety score was achieved by students aged of 20 years; reported by 29.70% and age 21 by 26.73%. A high prevalence of anxiety was noticed as clear from table one.

A 51.50 % of subjects suffer from severe anxiety, prevalence of moderate anxiety by 20.79%, while mild and high level of anxiety was both scored by nearly 8.91% and low anxiety manifested by 9.9% from the studied students.

As mentioned by studied subjects most common causes of their anxiety are; feeling stress from exams 94%, worry about achieving college requirements and worries about their grades by 89%.

The most common subject manifestations resulting from anxiety. The majority of them reported: Stomach problems 80%, feel anxious while doing work 88%, feel worried all the time 93%, fear from challenges 94%, Life is hard for me all the time 94%, 98% can concentrate only in one thing at least and 87% have nightmares usually.

Conclusion:

More than half of the students suffer from severe anxiety and there is a correlation between the student' anxiety level and their academic performance.

References:

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