



The Investigation of the Group-Therapeutically Effect on the Selection Theory to Reduce the Students' Examination Anxiety

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KEYWORDS Affectivity. Emotion. Exam. Excitement. Worry

ABSTRACT The aim of this investigation was to determine the effect of group therapy following the selection theory on the examination anxiety of second-grade high-school girl students of Tabriz city. The method of the investigation was quasi-experimental, with pre-test and post-test designs involving one control group. The population included all second-grade high-school students in Tabriz in the 2014-2015 academic years. Using the non-random sampling method, 24 students were selected and divided into two groups-experimental and control-with 12 members each. Data were collected using the Spielberg's Examination Anxiety Questionnaire. The questionnaire was used as a pre-test and post-test for the groups. The experimental group underwent a 10-session group-therapy intervention following the selection theory. But the control group faced no intervention. The results showed that group therapy following the selection approach was significantly effective in decreasing the exam anxiety of the experimental group compared with the control group ($p < 0.001$). This treatment was also effective in decreasing excitement and worry about the exams.