

Abstract

Original Article

## Anxiety Levels and their Relation to Evaluation of the Courses among Greek Nursing Students

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**Abstract**

**Background:** Levels of stress (both trait and state) have been found to significantly increase during the exam period for students as this period has been considered to be really demanding for students.

**Objective:** This study was aimed to examine whether the exams' evaluation might be affected by the level of state/trait or total anxiety at the time of exams.

**Methods:** An observational pilot study was conducted among nursing students using the Greek version of the State-Trait Anxiety Inventory for adults (STAI). We enrolled 145 first-year students (mean age 19.2±2.5 years old, 81.4% female). Chi-square and Student's t- test were used to explore associations between students' demographics and other characteristics and exams' evaluation, whereas the associations between student's characteristics and courses' rating were controlled using linear r-Spearman and multiple linear regressions. P-values ≤0.05 was considered statistically significant using the SPSS version 19.0.

**Results:** The mean age of 145 students was 19.2±2.5 years old while the majority of students (81.4%) were females. According to our analysis, the total courses' grades of students was not affected by Total Anxiety (t=-1.26, p=0.209), but negatively affected by Trait Anxiety (t=-2.42, p=0.027). Also, both; lower levels of State Anxiety (r=-0.528, p<0.05) and Total Anxiety (r=-0.424, p<0.05) were significantly associated with higher grades in the course of Sociology.

**Conclusion:** Total academic evaluation is mainly affected by non-academic related factors including students' socio-economical background which has been substantially affected during a period of economic crisis.

**Keywords:** academic evaluation, state/trait anxiety, anxiety, nursing students