

Exam Stress of the Grade Five Students and Types of Personality

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Stress is a part and partial of the current social life and exam stress is one of main types of stress. Due to its competitive nature, Grade five scholarship exam is considered as a stressful exam which can create number of negative impacts on child growth and development. Thus, a proper psycho-social study on this issue is yet to be done. This research aims to examine the link between the nature of child's personality and the exam stress. The study used the mix method on data gathering. 125 students and 15 parents and teachers were selected from Colombo and Gampaha districts of the western province. A questionnaire system, interviews and observation were utilized to collect data. Further the case study system was used for the student that shows the high stress rate according to the stress scale. Gathered data were analyzed using symbolic interactionism theory by Gorge Herbert Mead and the Psycho analysis theory by Sigmund Freud. The study finds that exam stress of the child determines by the Ed, Ego and Super Ego influence. Children with strong Ego system well maintain their exam stress based on the realty principles. Children with strong Ed systems neglect their exam stress based on the pleasure principles. Children with the great influence from their Super Ego system have a great determination to fulfill their parent's and teacher's expectations, dream based on the morality and therefore find a negative stress such as morality anxiety. The study also finds a strong inter relationship between personality type and the stress. Negative impacts of the exam stress can cause for future personality disorders of child.

Key words: Personality type, Education, Exam Stress, Grade Five Scholarship.

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