

Strategies of University Students to Cope with Academic Anxiety

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The study was intended to find out whether or not a relationship exists between academic anxiety and academic achievement of university students. The study also aimed at exploring various coping strategies that university students may use to deal with anxiety. The participants of the study were 150 students of three teacher training programs in the Department of Elementary Education, Institute of Education and research, Punjab University, enrolled in the first semester. Data was collected through survey method. Results revealed a significant negative correlation between academic anxiety and GPA of the students. Most of the students were found to use problem solving and emotional focused coping strategy. The use of avoiding strategies was not common in the students.

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