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NEWSLETTER

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## Causes and Impacts of Test Anxiety of Chinese Primary School Students: An Analysis Based on Data from the SSES 2019

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Test anxiety is a negative emotion mainly elicited in the assessment scenarios. Effective intervention on text anxiety of primary and secondary school students is crucial for safeguarding their mental health. This study examines the state, impacts, and causes of test anxiety of Chinese primary school students, drawing on data from the Survey on Social and Emotional Skills (SSES) 2019 sponsored by the Organization of Economic Cooperation and Development.

### Research Findings:

- More than 30% of the primary school students surveyed suffered from test anxiety with the lack of confidence in their test ability being the chief symptom.
- Test anxiety had adverse effects on student academic results with the most significant negative effect on their reading performance.
- Teachers' and parents' academic expectations were positively correlated with test anxiety in pupils and were the leading cause of it.

### Suggestions:

- The school should improve its evaluation system by lowering the frequency and difficulty of tests and providing mental health education and counseling service to pupils.
- Parents need to upgrade their notions of education to focus on the all-round development of their children rather than their test scores and academic rankings.
- It is important for the school, family, and community to work together to create plural education channels, providing students with diverse learning opportunities and resources.

Source: *Journal of China Examinations*, 2024; 2024(6):90-99.