

# Students' Anxiety in Research: Basis for Action Plan in Research Development

Anna Theresa M. Recto\*

*Teacher, DepEd, Sta. Teresita, Batangas, Philippines*

**Abstract:** Anxiety is one of the major predictors of academic performance. One of the most common anxieties in education is research anxiety. This action research was conducted to determine students' anxiety in research which affects the academic performance in Practical Research with the end view of proposing plan of action to minimize the research anxiety among students. A descriptive method of research design was used which aimed to present information on how research anxiety: grammar, statistics, time constraint and limited resources affect the performance of students in terms of research writing and oral defense. Based from the study it revealed students agreed that they have experienced research anxiety in grammar, statistics, time constraint and limited resources. In terms of Practical Research performance students believe that their performance is being influenced by the research anxiety which affect most their research writing. Students also face some common problems in doing research. It can be stated that formulating statement of the problem is the most common problem for researchers. Make own figures and tales ranked the least. The result incurred the need for the students to reduce their anxiety in research and elude the common problems encountered in doing research to improve their performance in Practical research. The proposed action plan should be carefully studied by the administrators and teachers to effect modification before its implementation. Studies of the same nature but in different disciplines and schools may be conducted by other research enthusiasts.

**Keywords:** anxiety, grammar, limited resources, research development, statistics, time constraint.

## 1. Introduction

Learning is the center of every educational institution. The Basic Education Act of 2001 underscored the role of research on the management and administration of the basic education system. With this mandate, DepEd has strived to strengthen research in the Department. Likewise, in accordance to DepEd order no. 39, s. 2016 Basic Education Research Agenda will guide all DepEd researchers from schools, divisions, regions and central office. While there are myriad topics to probe in the education sector, the Department's research thrust are strategically geared towards supporting its mission to protect the right of every Filipino to quality, equitable, culture-based, and complete basic education where students learn in a child-friendly, gender-sensitive, safe and motivating environment.

Given that we have all been to school, we all have views on how and what we were taught. The trouble is that we were

taught in an age gone by new theories and technological advances have taken, and are taking place. Basing our practice solely on our own learning experiences, without reflection, mean education runs the risk of being outdated and not being forward. Research can help students to understand what works and why, what short and long- term implications are, provide a justification and rationale for decisions and actions, help to build a repertoire to help with unexpected, identify problems, inform improvement and so forth.

Subsequently, research is a part of DepEd curriculum for Senior High School. It aims to build new knowledge on less explored but priority fields of the curriculum. Systematically focus the Senior High School students' attention to relevant issues regards to their strands and maximize available resources for research within and outside the school.

On the other hand, students have a great deal to create anxiety, especially in study process. These are like difficulty of subjects, identity crises, shock, and relationship problems in increase the anxiety. Anxiety disorders are rising among students especially in research. Research is considered as the main pillar of sustainable cultural, social, and economic development, and the assumption of long-term development is impossible without the establishment of a coherent research system.

One of the most common anxieties in higher education is research anxiety. Anxiety is one of the major predictors of academic performance. Students with anxiety disorder display a passive attitude in their studies such as lack of interest in learning, poor performance in exams, and on assignments. The researcher have shown that personal barriers have been one of the most important in students experiences with the research process, and anxiety surrounding research was shown to be one the most influential personal barriers.

## 2. Significance of the Study

The result of the study would be great help and important in different aspects of the administrator, research teachers, students and the researchers and lastly to the future researchers.

To school administrator, the result of the study will give them the basis on how the teachers can reduce the anxiety of the students in conducting research. It will also inform them the reasons of research anxiety of students.

\*Corresponding author: [annatheresa.molina@deped.gov.ph](mailto:annatheresa.molina@deped.gov.ph)

To research teachers, especially to the teachers of Sta. Teresita National High School being the prime mover in the classroom, the results of the study will open their perspective about the possible action for the anxiety of students in research.

To students, the result of this study will help them to discover new and vital ways of facilitating their learning to be better researchers. It will also enlighten them on the activities that they will use to reduce the anxiety in conducting research.

To parents, the result of this study would give them information and awareness in sustaining more support and love to their children. This study also becomes guide for them to assist their children to overcome research anxiety.

And lastly, to future researchers, this study will be a great help because it will provide findings that they can use as reference to their future study.

### 3. Research Question

A. *What is the level of students' anxiety in research in terms of:*

1. Grammar;
2. Statistics;
3. Resources; and
4. Time?

B. *To what extent does the students' anxiety in research affect their performance in Practical Research in reference of:*

1. Research writing and
2. Oral Defense?

C. *What are the common problems encountered in research?*

D. *What plan of action may be proposed to reduce anxiety of students?*

### 4. Research Design

The study used descriptive method of research to determine the in-depth knowledge about research anxiety of Grade 12 Senior High School students of Sta. Teresita National High School.

Descriptive research characterized as simply the attempt to determine, describe or identify "what is" through process of data collection that enables them to describe the situation more completely (Ethridge, 2014). This design showed the input, process and output of the study were relevant to the study.

### 5. Data Gathering Instrument

The study made use of the questionnaire that elicited data about the effect of research anxiety to the academic performance in Practical Research. It consists of statement which indicates the extent and a checklist to identify the perception of the respondents regards to research anxiety.

### 6. Results and Discussion

A. *Summary of Students' Assessment in Level of Research Anxiety*

Overall the Grade 12 students agreed the level of research anxiety is high which obtained 2.77 as manifested in the table 1

Based on the four categories, it reveals that students were agreed that research anxiety in grammar which got the highest average weighted mean of 2.93. Statistics the development and application of methods to collect, analyse and interpret data got average weighted mean of 2.83 and time, 2.77 were also high level in research anxiety among students. Resources got the lowest average weighted mean of 2.55.

Table 1  
Summary of students' assessment in level of research anxiety

Category	AWM	VI	Rank
Grammar	2.93	Agree	1
Statistics	2.83	Agree	2
Time	2.77	Agree	3
Resources	2.55	Agree	4
<b>Overall Weighted Mean</b>	2.77	Agree	

B. *Summary of Students' Anxiety in Research Affect their Performance in Practical Research*

Students believe that their performance in Practical Research is being influenced by the research anxiety with overall weighted mean of 2.83. Research anxiety of Grade 12 students affects most the performance in research writing which got the highest weighted mean of 2.93. However, oral defense got the lowest weighted mean of 2.72.

Table 2  
Summary of students' anxiety in research affect their performance in practical research

Category	AWM	VI	Rank
Research Writing	2.93	Agree	1
Oral Defense	2.72	Agree	2
<b>Overall Weighted Mean</b>	2.83	Agree	

C. *Common Problems Encountered in Research*

Table 3 shows the common problem encountered in research by the Grade 12 Senior High School students.

Formulating statement of the problem as the perception of the respondents was ranked first among the following common problems, which had a percentage of 80.51 and frequency of 95. This may be because, in writing research questions, it should be measurable and attainable. This gives the idea that research writing needs critical and analytical thinking skills.

Research also faces the problem of developing conceptual framework with the frequency of 92. It ranked second, with a percentage of 77.97. It means that every researcher generates conceptual framework to steers the whole activity of research. This serves as a map or rudder that will guide the researchers towards the intent of the study.

Make a list of references with a frequency of 90 and percentage of 76.27. It can be noted that the students' perception on this matter is considered as one of the common problem encountered in research. Accordingly, the students rated this item in third in the ranking.

Likewise, choosing right topic in research ranked fourth was also observed. It had a frequency of 89 and percentage of 75.42. These problems are followed by writing of findings, conclusions and recommendations with a frequency of 87 and percentage of 72.73. This problem may be caused by the apprehension in writing a paragraph in terms of grammar.

Linking theoretical framework in the conduct of the study gained a frequency of 81 and a percentage of 68.64. The respondents ranked this variable sixth maybe because there is lack of limited resources which related to their study. In the same way, choosing the right methodology ranked seventh, with a percentage of 66.10. Finding suitable articles for writing the literature review ranked eight, with a frequency of 65 and a percentage of 55.08; and finding study participants/respondents ranked ninth, with a frequency of 54 and a percentage of 45.76. Last in the ranking ns the common problems is making own figures and tables with a frequency of 51 and percentage of 43.22.

It can be noted that the following variables are just some of the common problem encountered in doing research, researchers which really need to be addressed properly toward systematic study. It can be stated here that formulating statement of the problem is the most common problem for researchers. Make own figures and tables ranked the least.

Table 3  
Common problems encountered in research

Common Problems	$\Sigma f$	Percentage	Rank
Choose the right topic.	89	75.42%	4
Choose the right methodology.	78	66.10%	7
Find study participants/ respondents.	54	45.76%	9
Formulate statement of the problem.	95	80.51%	1
Develop conceptual framework.	92	77.97%	2
Link theoretical framework in the conduct of the study.	81	68.64%	6
Find suitable articles for writing the literature review.	65	55.08%	8
Make own figures and tables.	51	43.22%	10
Write findings, conclusions and recommendations.	87	72.73%	5
Make a list of references.	90	76.27%	3

## 7. Conclusions and Recommendations

### A. Conclusions

Based from the findings of the study, the following conclusions are drawn.

1. The assessment of level of research anxiety resulted to high level in grammar.
2. Research anxiety affects most the performance in oral defense in Practical Research as assessed by the Grade 12 students.
3. The common problem mostly encountered in doing research was formulating statement of the problem.
4. A proposed plan of action may promote to minimize students' anxiety in doing research.

### B. Recommendations

Based on the above-mentioned findings and conclusions, the researcher suggested the following recommendations.

1. The school should provide quality programs and activities for students to enhance their skills in research writing.
2. The prepared action may be used in minimizing research anxiety among students in every school.
3. Similar studies on other aspects or management of public and private schools may be conducted.

## References

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