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About the Presenter:

Dr. Vyas Rudresh Bhai Mulshankar interested in research work, Indian Psychology, reading, writing, and traveling, is working as a Head of department of Psychology at M.T.B Arts College Surat, Gujarat. He has published two research papers in Journals and presented ten research papers in various conferences. He has also written number of articles in magazines, newspapers and souvenir. He has offered interview to CNN-IBN after flood in Surat on the subject of Post Traumatic Treatment for psycho-social help of people and was telecasted on the same Channel on 11th September 2006. His involvement through media includes live interview on ZEE Gujarati channel on Mind Machine on 25th May, 2007; and frequent interviews and talks on Local Television Channel. He is the Managing Director of AATMIYA, a school for mentally retarded children in Varachha and member of Learning Disabled Cell, Surat. He is the member of Gujarat Psychology Association, Gujarat Academy of Psychology, and World Association of Dyslexia. He is a member of Core comity on Dyslexia GCERT Gujarat State and Member: Board of Editorial Journal of social science published by: Higher Education department.

Title of Paper: **Telephonic Helpline For Exam Phobia**

Abstract:

Present study is to know something special about our Indian student's typical and common Phobia for examination as a context of psycho-somatic disorder. In real meaning of disorder if we make our perception than we must accept that this problem is not only a psycho-somatic problem but somehow it contains psycho social elements also. So, this is not only the problem to discuss about the terms of psychology only but it should also be discussed as the inter discipline of psycho social context also.

During the academic year of 2007-2008, we have a small study come serve about Exam phobia of S.S.C.& H.S.C. student's. The data for a bow study had been taken from schools of urban area of Ahmadabad by telephonic guidance and counseling. 20 Parents had also given guidance and counseling with interview method and & telephonic help line.



As a part of this study, our motive was to understand about the anxiety level of students and also to give them proper scientific guidance and counseling with practical knowledge. Here by we had produced the statistical data and information as under we obtained from this serve. Between two months time period of our work schedule we had about 1035 phone calls received and 92 parents had directly been given interview for counseling and guidance work.

Findings:

As we can see hear, these are the common problems from parents point of view has per available statistical details, we received about 60 percentage calls from S.S.C. students, 40 to 45 percentage calls were from boys and rest of calls were from girls end. 40 percentage calls were H.S.C. students. From this 40%, 20% calls were from 12th science and 15% calls were from 12th commerce. Out of all science students calls, 15% were from boys and 5% from girls. Whereas from commerce faculty 10% boys and 5% girls students made a call to us and 5% of arts students were there which was all the part of male students only.

Parents who came to meet us were 50% from S.S.C. students and 40% from H.S.C. students, rest of 10% calls were from the parents of students of 12th commerce. We have got 90% calls all the way from urban area instead of this only 10% calls were from rural area.

Looking to the subject vise difficulties of the students, it is observed that students of standard 10th were confused in subjects like Science, Mathematics, English and Social Studies whereas 12th science stream were facing problems in Physics and Chemistry (Particularly Physics more), While students of 12th commerce stream were facing problems in Economics , B.A. and English. Equivalently the students of arts were having difficulties for Psychology and Logic.

Ultimately, we came to the conclusion to come out from this problems that if such suggestions given as under should lead us towards the better solution.