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## **Assessing Impact of Testophobia among Undergraduate Learners**

**(The Case of Eastern Zone of Haryana)**

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### **Abstract:**

*The prime objective of this study was to survey the level of testophobia among undergraduate students in EFL/ESL students of Eastern Haryana. The study aims to explore the possible factors as to why test proves as an impediment for the adult learners in the selected regions of Haryana. Using purposive sampling technique, the data were collected through questionnaire, semi-structured interview, and participant observation. As for the methods of data analysis, the study used descriptive statistics and analytic induction to analyse the collected data.*

**Key words:** Testophobia, impediment, undergraduate learners

### **Introduction:**

Many of our time we see students crying with eyes becoming red, hands shaking, sweating, body trembling continuously, breathing becoming shallow, increased palpitation, vomiting, and high pulse rates before, during, and after English tests. So much so that, some of them even think of taking away their lives. This kind of mental and physical reactions we see in many students especially when they appear for English tests or examinations which are difficult to them. It's a