

5. LIMITATIONS OF THE RESEARCH AND FUTURISTIC IMPLICATIONS

The Paradox of Choice:

The Paradox of choice operates everywhere and this research work is no exception. The selection process can be considered as a project of rejection. When one selects one option it means, one rejects the possibility of 99 or more other options. Choices are paradoxical but unfortunately, the choices made by individuals design density. It's good to practice choiceless awareness in life. The limitations of the research are as follows:

The Research Group:

The researcher has selected the research groups of 501 paramedical college students of Pharmacy, Physiotherapy, and Nursing; hence the researcher has excluded the vast majority of college students apart from the target audience.

Limitations of the 12 Dimensions:

The research outcomes are based on the research tools, and methodologies implemented by the researcher in this research, hence it is implied that the investigation has excluded the tools, techniques, and methodologies not used in the analysis. Test Anxiety Research Inventory had 90 items based on 12 dimensions, so other dimensions apart from the 12 dimensions are not included in this research such as mobile phone addiction, internet addiction, online gaming addiction. (Reference: Index: 1.4. Causes of Test Anxiety: 12 Dimensions)

Limitations of the Research Outcomes:

The research outcomes are interpreted based on the first-hand data collection performed by the researcher through personal interviews of students, teachers, and academicians of the institutions. This researcher used the data collections tools such as a questionnaire, counseling sessions, Hypnotherapy sessions records, NLP Sessions observation records, measurement of test anxiety, stress anxiety, and evaluation of live test performance of the students' research observation performed by the researcher in the research analysis performed by the researcher on the research group. Data analysis and interpretation are evaluated. The responses recorded by the researcher are the responses shared by the candidates who participated in the various research groups; therefore, the research outcomes are derived based on the responses shared and recorded.

Socio-cultural barriers:

Paramedical students are highly sensitive, the academic pressure, expectations of parents, stability in life popularly known as a so-called settlement in life, resulted in social anxiety. The researcher observed that there were students who were hesitant to open up themselves and express themselves freely due to social shackles, cultural limitations considering gender bias in particular. Informal interrogation tasks were performed by the researcher to bridge the information gap.

Psychological barriers:

Paramedical students with higher test anxiety were having psychological barriers such as lack of expression, mood swings, emotional outbursts, anxiety, delayed response, self-image, lack of coping skills resulting in a lack of interpersonal communication skills.

These limitations summarize the probability of discrimination during the research evaluation. Self-image bias was likely present among most paramedical students in this research. That continued elevated by a shortage of information on paramedical students' selection processes and poor participation response rates in many of the investigations. Gender bias may also exist as a consequence of self-selection. The significance of cultural value bias must also be considered a result of self-proclamation or self-belief within many of the recorded feedback.

Social worth bias influences the efficacy of a questionnaire and can commingle connections among variables by shadowing or constructing affected associations between the variables.

The limitations of this research are inferred chiefly from the insufficient recounting of research methods or methodologies, which restrained the degree to which the researcher could derive definite judgments concerning study stress or anxiety. The limitation of testing and evaluation assessment be it formative assessments or summative assessments cannot be ignored.

Limitations of Academic Calendar:

Paramedical students were having hectic academic schedules, including regular classes, lab sessions, assignment submissions, viva, holidays, and incredible India, a country of celebrations and festivals, the intervention session schedules were being rescheduled as per the convenience of the academic calendar.

Limitation of Awareness:

During the intervention sessions, the researcher observed there were preconceived notions and misconceptions related to Hypnotherapy and Neurolinguistic Programming, hence the researcher included introductory sessions to eradicate the misconceptions.

Futuristic Implications for Research:

- This research is majorly focused on Paramedical students. This kind of intervention can be done on students giving board exams as there is a hype about board exams.
- Similar intervention programs could be carried out for different age groups.
- Intervention programs could include parents, teachers, peers, and other sources of stress to make it more holistic.
- The researcher has compared two therapies Hypnotherapy works at the subconscious level, and Neurolinguistic Programming works on the conscious level. There is a scope for further research, the researcher can combine the eclectic approach and prepare an intervention program which can have the best of all the therapies and applicable to all the students.
- In this fast-paced technological world, there is a further scope of research to explore the unexplored area of Test Anxiety of Students with gaming addiction, average screen time of students, and the rates of Test Anxiety development.
- Anxiety is a learned mechanism. It is acquired. Anxiety can be Unlearned either. There a scope to develop a program to deal with Test Anxiety using psychological methods like Hypnotherapy, Neurolinguistic Programming, Cognitive Behavior Therapy, Rational Emotive Behavior Therapy, Logotherapy, Music Therapy, Progressive Muscular Relaxation, Mindfulness Techniques, Breathing Exercises.