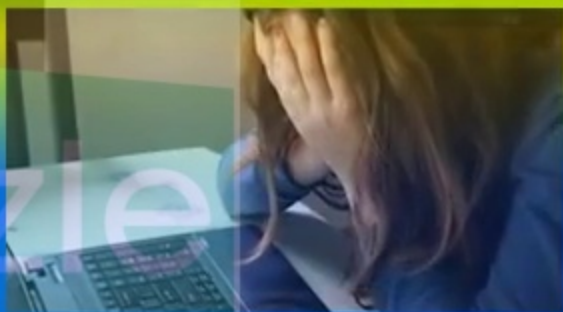


Difference Between

**Facilitative
Anxiety**

**Debilitative
Anxiety**

ANXIETY





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Facilitative Anxiety

Facilitative anxiety assists performance
(American Psychological Association, 2020).
It is the level of anxiety which is perceived
as motivating.



Debilitative Anxiety

Debilitative anxiety interferes with performance (American Psychological Association, 2020). It is the level of anxiety which is perceived as threatening.



Difference Between

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Characteristics**Facilitative
Anxiety****Debilitative
Anxiety****Definition**

Facilitative anxiety assists performance. It is the level of anxiety which is perceived as motivating (American Psychological Association, 2020).

Debilitative anxiety interferes with performance. It is the level of anxiety which is perceived as threatening or emotionally exhausting (American Psychological Association, 2020).



Academic Performance

A research conducted by Strack and Esteves (2014) found out that perceiving anxiety as facilitative has been positively associated with academic performance. A related study concluded that students who experienced more facilitating test anxiety were able to have higher average test scores (Kader, 2016).

A research implies that perceiving anxiety as debilitating is associated with a low level of academic performance (Strack & Esteves, 2014). A related study concluded that those who experienced debilitating test anxiety had lower average class scores for the semester (Kader, 2016).



**Attitude
towards Tasks**

Motivated to
accomplish tasks

Task avoidance

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