

**A COMPARATIVE STUDY OF ANXIETY LEVEL AMONG UNDER GRADUATE  
STUDENTS.**

**Dr. H. G. Nandoliya**  
**Assistant Professor**  
**Head, Department of Psychology**  
**Vadnagar Arts and Commerce College**

**ABSTRACT**

The aim of the present study was to measure the anxiety level of the under graduate level students. The total sample consisted of 120 students belonged from vadnagar city. Out of which 60 boys and 60 girls were taken from under graduate level. For this study, A.K.P, Sinha and L.N.K, Sinha's Anxiety Scale was administrated. The obtained data was analyzed by using 't' test. The result show that there is no significant difference found between the under graduate level boys and girls with respect to the anxiety level

**INTRODUCTION:**

Anxiety is a common condition noticed in people of all age groups. It may be caused by a physical condition, mental condition, and effects of drugs or due to a combination of these. The common types of anxiety include: Panic disorder, Generalized Anxiety Disorder or GAD, Phobic disorders, Obsessive compulsive disorder or OCD, separation anxiety and stress disorders.

There are many external factors that may contribute to anxiety. These include: stress from school, stress in a personal relationship, stress at work, financial stress, stress that results from an emotional trauma such as the loss of a loved one, victimization by crime, a natural disaster, sexual abuse or physical abuse, side effects of medication, stress form a serious illness, intoxication with an illicit drug like amphetamines or cocaine, noticing symptoms of a severe medical illness, and lack of oxygen (as a result of emphysema, pulmonary embolism, altitude sickness)

Adams (1983, in Kamaruddin, 1997) stated that the biggest problem among schooling teenagers is the matters associated with their schooling. Other than that, problems that female students have to deal with are communication and family problems. For the male students, their side problems are problems with getting involved in sports, recreation and also financial

problems. The many responsibilities and pressure cause stress to the high school students like the need to achieve good academic grades, character building and also good attitude besides trying to comprehend with their personal needs.

Fariza (2005) who conducted a research on the stress among high school students found that this age group has to deal with the academic world. Therefore there exists demand and hope for themselves, their parents, teachers and the society to see them succeed.

Stress among college students and adolescents can be detrimental and have unintended side effects such as suicidal ideation, substance abuse, poor academic performance, and other physical and mental consequences (Kadison, 2005; Hirsch & Ellis, 1995; Naquin & Gilbert, 1996; Broman, 2005). Ross (1999) reviewed the major sources of stress reported by college students by administering the Student Stress Survey (SSS) to 100 students at a mid-sized university.

The question also arises whether an individual's gender will have an affect on their perception of stress. Research supports that gender can have an affect on these variables (Hudd et al., 2000; Lengacher, 1993; Misra & McKean, 2000; Peden et al., 2001; Sarafino & Ewing, 1999). females usually report a higher level of self-imposed stress and report more physiological reactions to stressors than males (Hudd et al., 2000; Misra & McKean, 2000). McBride (1997) states that females have often been socialized to be "good little females" and not to be self-reliant. Females are expected to depend on others and to look to others for approval. Females also tend to be involved in more activities such as taking care of families, working and attempting to achieve academic excellence. Misra & McKean (2000) believe that men may report lower stress levels as they have been socialized to be self-reliant and that a show of emotion is an expression of weakness and not masculine

Blum and Naylor (1984) say, 'anxiety is any combination of psychological, physiological and environmental circumstances that causes a person truthfully to say,

Hoppock (1935) defines anxiety as 'a pleasurable or positive emotional state resulting from appraisal of one's job or job experience'.

Thus anxiety is most important issues both for a man and the organization also, but it is not a God gift. It depends on some internal and external factors of mankind that is directly

or indirectly concerned with man's efficiency, work motivation etc and it contributes to anxiety.

**RESEARCH PROBLEM:**

The research problem of the study was to know the anxiety level of among under graduate students.

**OBJECTIVES:**

The purpose of the present study was to measure the difference related to anxiety level of among under graduate students.

**VARIABLES:**

❖ **INDEPENDENT VARIABLES:**

Gender: Boys and Girls

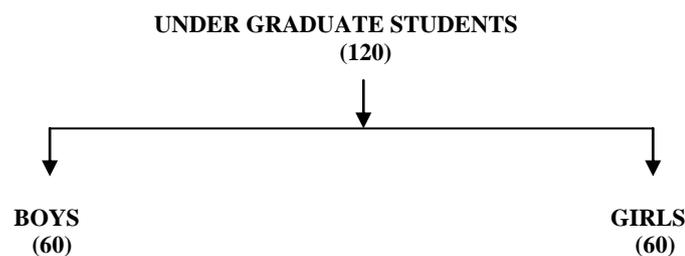
❖ **DEPENDENT VARIABLES:**

The raw scores of the anxiety test.

**HYPOTHESIS:**

- 1) There is no significant Mean difference between the under graduate level boys and girls with respect to the anxiety level

**SAMPLE:**



The total random sample consisted of 120 under graduate level boys and girls students, 60 boys and 60 girls were selected from under graduate student's vadnagar city of Gujarat.

**TOOLS:**

For this study, to know the anxiety level of the students ‘Anxiety Scale’ developed by A.K.P, Sinha and L.N.K, Sinha was administrated, which is highly reliable and valid. The test-retest reliability of the test is 0.85 and 0.92 according to Spearman-Brown Formula. It has validity of 0.62.

**PROCEDURE:**

The students who were studying in the under graduate level in vadnagar city were randomly selected and Sinha’s comprehensive Anxiety Scale was given to them and the data was collected. The data was analyzed by using ‘t’ test; the Mean and S.D were also calculated.

**SATISTICAL STRATEGY:**

‘t’ test was applied to measure the difference related to anxiety level of among under graduate students.

**RESULTS AND DISCUSSIONS:**

**Table No.1**  
**Table showing Mean, S.D an under graduate d‘t’ Value of the Higher Secondary Students**

<b>Groups</b>	<b>N</b>	<b>Mean</b>	<b>S.D</b>	<b>‘t’ value</b>	<b>Level of significance</b>
BOYS	60	32.77	17.20	0.025	<b>0.05/0.01</b> (NS)
GIRLS	60	32.7	12.56		

Looking into the table it is seen that the ‘t’ value for both group is found 0.025 which is much less than table value, so the hypotheses is rejected here. Besides, the Mean of the boys is found 32.77 and the Mean of the girls is found 32.7, which are approximately seen same. The S.D of the boys is found 17.20 and S.D of the girls is found 12.56. Despite of having little difference in S.D between both the groups, their Mean values not show longer difference. The results show no significant difference in anxiety level between the under graduate level boys and girls.

**CONCLUSION:**

According to the above research paper anxiety of boys and girls are same. Saw well none belief in the society that “girls have more anxieties compare to the boys” has been proven absolutely in logical and imaginative.

**REFERENCES:**

Bhatt, K (1996). Theory of Personality. University Granth Nirman Board, Gujarat Rajya, Ahmedabad.

Patel, M, University Granth Nirman Board, Gujarat Rajya, Ahmedabad.

Prajapati, J. S, and Vaghela, P. M. (2011). A Comparative Study of Anxiety level of Secondary Level Students, p. no 1-6.

Raval, P.(1999). Aankdashashtriya Anumaan Paddhati, 1<sup>st</sup> Edi. Ahmedabad, Anada Prakashan.

Shah, A. (2007). Asadharan Manovignan. 1<sup>st</sup> Edi, Ahmedabad, Divine Publication,

<http://www.athayurdhamah.com/anxiety.html?gclid=CLDG69LuusMCFYeCvQodloYAIw>

Fariza Md Sham. (2005), *Tekanan Emosi Remaja Islam*. Islamiyyat; 3- 24.

<http://ashadalikhan.blogspot.in/2012/08/comparative-study-of-academic-stress.html>