

A Comparative Study of Anxiety Level of 12th Arts and Science Students with Relation to their Gender.

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ABSTRACT

Occasional anxiety is a normal part of life. You might feel anxious when faced with a problem at work, before taking a test, or making an important decision. Anxiety disorders involve more than temporary worry or fear. For a person with an anxiety disorder, the anxiety does not go away and can get worse over time. These feelings can interfere with daily activities such as job performance, school work, and relationships. An attempt has been made to measure A comparative study of Anxiety level for 12th Arts and science students with relation to their gender. The anxiety level was measured by Sinha's Anxiety Test. The sample consisted of 120 Students 60 Arts and 60 science 12th Students of north Gujarat area. Anxiety measured by the result indicates that there is no significant difference between the arts and science students with relation to their gender.

Keywords:

INTRODUCTION

Anxiety is a general term for several disorders that cause nervousness, fear, apprehension, and worrying. These disorders affect how we feel and behave, and they can manifest real physical symptoms. Mild anxiety is vague and unsettling, while severe anxiety can be extremely debilitating, having a serious impact on daily life. People often experience a general state of worry or fear before confronting something challenging such as a test, examination, recital, or interview. These feelings are easily justified and considered normal. Anxiety is considered a problem when symptoms interfere with a person's ability to sleep or otherwise function. Generally speaking, anxiety occurs when a reaction is out of proportion with what might be normally expected in a situation. Anxiety disorders can be classified into several more specific types. The most common are briefly described below.

TYPES OF ANXIETY DISORDER

1. Generalized Anxiety Disorder (GAD)

Generalized Anxiety Disorder (GAD) is a chronic disorder characterized by excessive, long feel afraid and worry about health, money, family, work, or school, but they have trouble both identifying the specific fear and controlling the worries. Their fear is usually unrealistic or out of proportion with what may be expected in their situation. Sufferers expect failure and disaster to the point that it interferes with daily functions like work, school, social activities, and relationships.

2. Panic Disorder

Panic Disorder is a type of anxiety characterized by brief or sudden attacks of intense terror and apprehension that leads to shaking, confusion, dizziness, nausea, and difficulty breathing. Panic attacks tend to arise abruptly and peak after 10 minutes, but they then may last for hours. Panic disorders usually occur after frightening experiences or prolonged stress, but they can be spontaneous as well. A panic attack may lead an individual to be acutely aware of any change in normal body function, interpreting it as a life threatening illness - hyper vigilance followed by hypochondriasis. In addition, panic attacks lead a sufferer to expect future attacks, which may cause drastic behavioral changes in order to avoid these attacks.

3. Phobia

A Phobia is an irrational fear and avoidance of an object or situation. Phobias are different from generalized anxiety disorders because a phobia has a fear response identified with a specific cause. The fear may be acknowledged as irrational or unnecessary, but the person is still unable to control the anxiety that results. Stimuli for phobia may be as varied as situations, animals, or everyday objects. For example, agoraphobia occurs when one avoids a place or situation to avoid an anxiety or panic attack. Agoraphobics

will situate themselves so that escape will not be difficult or embarrassing, and they will change their behavior to reduce anxiety about being able to escape.

4. Social Anxiety Disorder

Social Anxiety Disorder is a type of social phobia characterized by a fear of being negatively judged by others or a fear of public embarrassment due to impulsive actions. This includes feelings such as stage fright, a fear of intimacy, and a fear of humiliation. This disorder can cause people to avoid public situations and human contact to the point that normal life is rendered impossible.

5. Obsessive-Compulsive Disorder (OCD)

Obsessive-Compulsive Disorder (OCD) is an anxiety disorder characterized by thoughts or actions that are repetitive, distressing, and intrusive. OCD sufferers usually know that their compulsions are unreasonable or irrational, but they serve to alleviate their anxiety. Often, the logic of someone with OCD will appear superstitious, such as an insistence in walking in a certain pattern. OCD sufferers may obsessively clean personal items or hands or constantly check locks, stoves, or light switches.

Common Symptoms of Anxiety

People with anxiety disorders present a variety of physical symptoms in addition to non-physical symptoms that characterize the disorders such as excessive, unrealistic worrying. Many of these symptoms are similar to those exhibited by a person suffering general illness, heart attack, or stroke, and this tends to further increase anxiety. The following is a list of physical symptoms associated with GAD:

- Trembling
- Churning stomach
- Nausea
- Diarrhea
- Headache
- Backache
- Heart palpitations
- Numbness or "pins and needles" in arms, hands or legs
- Sweating/flushing
- Restlessness
- Easily tired
- Trouble concentrating
- Irritability
- Muscle tension
- Frequent urination
- Trouble falling or staying asleep
- Being easily startled

OBJECTIVE

Objective of this study is to measure anxiety level of 12th Arts and Science Students with relation to their gender.

NULL - HYPOTHESIS

1. There are no any difference between the anxiety level of 12th Arts and Science Students.
2. There are no any difference between the anxiety level of 12th Arts Boys and Girls.
3. There are no any difference between the anxiety level of 12th Science Boys and Girls.
4. There are no any difference between the anxiety level of 12th Arts and Science Boys.
5. There are no any difference between the anxiety level of 12th Arts and Science Girls.

SAMPLE

The sample consisted 120 students-60 Arts and 60 12th Science students with the equal number of girls and boys drawn from the various School of north Gujarat Area.

TOOLS

This test is developed by A.K.P.Sinha and the Gujarati standardization was made by Dr.D.J.Bhatt. This test measures the level of anxiety of the subject. It consisted at 90 statements. The subject has to give his/her answer in just 'Yes' or 'No' It is a self-administrative test.

RELIABILITY

The reliability of as per test retest method is 0.85. As per Spearman Brown formula it is 0.92.

VALIDITY

The validity of the test is found out with the score of ‘Tailer’s Manifest Anxiety Test’ and ‘Sinha’a Anxiety Test ‘and it was reported to be significant.

PROCEDURE

The sample of 120 school Students North Gujarat was selected randomly. This sample consisted of 12th Arts 30 boys and 30 girls and Science 30 boys and 30 girls. After giving them proper instructions the test was administered and obtained data was analyzed.

RESULT AND DISSCISSION

TABLE-1

| Groups | N | Mean | S.D. | ‘t’ value | Level of sign. |
|---------|----|-------|-------|-----------|----------------|
| ARTS | 60 | 22.98 | 11.35 | 0.14 | N.S. |
| SCIENCE | 60 | 26.2 | 13.79 | | |

Table-1 shows the mean for 60 Arts and 60 Science 12thStudents are 22.98 and 26.2. The S.D value for 60 Arts and 60 Science 12thstudents are 11.35 and 13.79. the ‘t’ value for arts and Science students Which is 0.14 has been found no significant at 0.05 level. Thus, it shows the non-significant effect of factor on the anxiety level of the Students. This result support hypothesis (1).

TABLE 2

| Groups | N | Mean | S.D. | ‘t’ value | Level of sign. |
|------------|----|-------|-------|-----------|----------------|
| ARTS BOYS | 30 | 23.30 | 10.69 | 0.08 | N.S. |
| ARTS GIRLS | 30 | 22.67 | 11.98 | | |

Table-2 shows the mean for 12th Arts 30 Boys and 30 Girls are 23.30 and 22.67. The S.D value for 12thArts 30 Boys and 30 Girls are 10.69 and 11.98. the ‘t’ value for 12th Arts Boys and Girls Which is 0.08 has been found no significant at 0.05 level. Thus, it shows the non-significant effect of factor on the anxiety level of the students. This result support hypothesis (2)

TABLE 3

| Groups | N | Mean | S.D. | ‘t’ value | Level of sign. |
|---------------|----|-------|-------|-----------|----------------|
| SCIENCE BOYS | 30 | 33.17 | 15.19 | 0.15 | N.S. |
| SCIENCE GIRLS | 30 | 19.23 | 12.23 | | |

Table-3 shows the mean for 12th Science 30 Boys and 30 Girls are 33.17 and 19.23. The S.D value for 12th Science 30 Boys and 30 Girls are 15.19 and 12.23. the ‘t’ value for 12th Science Boys and Girls Which is 0.15 has been found no significant at 0.05 level. Thus, it shows the non-significant effect of factor on the anxiety level of the students. This result support hypothesis (3)

TABLE-4

| Groups | N | Mean | S.D. | ‘t’ value | Level of sign. |
|--------------|----|-------|-------|-----------|----------------|
| ARTS BOYS | 30 | 23.30 | 10.69 | 0.24 | N.S. |
| SCIENCE BOYS | 30 | 33.17 | 15.19 | | |

Table-4 shows the mean for 12th Arts 30 Boys and 30 Science Boys are 23.30 and 33.17. The S.D value for 12th Arts Boys and 30 Science Boys are 10.69 and 15.19. the ‘t’ value for 12th arts and Science Boys Which is 0.14 has been found no significant at 0.05 level. Thus, it shows the non-significant effect of factor on the anxiety level of the students. This result support hypothesis (4).

TABLE-5

| Groups | N | Mean | S.D. | 't' value | Level of sign. |
|---------------|----|-------|-------|-----------|----------------|
| ARTS GIRLS | 30 | 22.67 | 11.98 | 0.01 | N.S. |
| SCIENCE GIRLS | 30 | 19.23 | 12.23 | | |

Table-5 shows the mean for 12th Arts 30 Girls and 30 Science Girls are 22.67 and 19.23. The S.D value for 12th Arts Girls and 30 Science Girls are 11.98 and 12.23. the 't' value for 12th arts and Science Girls Which is 0.01 has been found no significant at 0.05 level. Thus, it shows the non-significant effect of factor on the anxiety level of the students. This result support hypothesis (5)

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