Anxiety among Higher Education Students

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ABSTRACT *An attempt has been made to measure the anxiety level of higher education students studying in various colleges of Ahmadabad city of Gujarat state. The sample consisted of 120 students studying arts and commerce faculty belonging from middle class and upper middle class. The anxiety level was measured by Sinha's Anxiety Test. The outcomes of the study indicated the significant difference between the anxiety level of arts students and commerce students. It could be also seen that significant difference found between the anxiety level of middle class students of arts and commerce. Significant difference found between the anxiety level of upper middle class students of arts and commerce.*

Keywords:

INTRODUCTION
Anxiety is a normal human emotion that everyone knows both. Many people feel anxious or nervous when faced with a problem at work before taking a test, or to make an important decision.Anxiety disorders, however, is different. They can cause anxiety that affects a person's ability to live a normal life.An anxiety disorder is a serious mental illness. For people who suffer from anxiety disorders, anxiety and fear are constant and overwhelming, and it can be devastating.

Symptoms vary depending on the type of anxiety disorder, but symptoms usually include:
• Feelings of panic, fear and anxiety
• Sleep problems
• Hands and / or feet are cold or sweaty
• Shortness of breath
• Palpitations
• The inability to be quiet and calm
• The dry mouth
• Numbness or tingling in the hands or feet
• Nausea
• Muscle tension
• Dizziness

The exact cause of anxiety disorders is not known; but anxiety disorders - like other forms of mental illness - are not the result of personal weakness, lack of character, or poor upbringing. As scientists continue their research on mental illness, it becomes clear that many of these disorders are caused by a combination of factors, including changes in the brain, and environmental stress.

Like other brain disorders, anxiety disorders can be caused by problems in the functioning of brain circuits that regulate fear and other emotions. Studies have shown that severe stress or long term may change how nerve cells in these circuits for transmitting information from a region of the brain to another. Other studies have shown that people with certain anxiety disorders were modified in certain brain structures that control the storage associated with the emotions. In addition, some studies have shown that anxiety disorders in some families, which means that they can at least partly be inherited from one or both parents, such as the risk of heart disease or cancer. In addition, some environmental factors - such as a trauma or an important event - can cause stress disorder in people with a genetic predisposition to the disease.

OBJECTIVE:-
Objective of this study is to measure anxiety level of higher education students with relation to their streams and socio-economic status.

HYPOTHESIS:-
1. There is no significant difference between the anxiety level of higher education students of arts and commerce.

2. There is no significant difference between the anxiety level of middle class students of arts and commerce.
3. There is no significant difference between the anxiety level of upper middle class students of arts and commerce.
4. There is no significant difference between the anxiety level of middle class and upper middle class students of arts.
5. There is no significant difference between the anxiety level of middle class and upper middle class students of commerce.

SAMPLE-
The sample consisted of 120 students-60 arts and 60 commerce students with the equal number of students selected form upper middle class and middle class while studying in various colleges of Ahmedabad city of Gujarat state.

TOOLS:-
This test is developed by A.K.P.Sinha and L.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 of 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 test is 0.85 as per the method of '-re test'. As per the Brownman's 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 students of higher education Ahmedabad city was selected randomly. This sample consisted of 30 upper middle class and 30 middle class students form arts as well as commerce. After giving them proper instructions the test was administered and obtained data was analyzed.

RESULT AND DISSCISSION:-

TABLE-1Showing Mean, SD and t among Arts and Commerce Students

Groups	N	Mean	S.D	't' value	Level of sign.
Arts	60	32.35	12.76	5.32	0.05
Commerce	60	15.42	5.78		

Table shows the mean for 60 arts students and 60 commerce students are 32.35 and 15.42. The S.D value for 60 arts students and 60 commerce students are 12.76 and 5.78. The 't' value is 5.32, has been found significant at 0.05 level. Thus, it shows the significant affect of faculty on the anxiety level of the higher education students. This result does not support hypothesis 1.

TABLE-2 Showing Mean, SD and t among Arts and Commerce Students belonging from Middle Class

Groups	N	Mean	S.D	't' value	Level of sign.
Middle Class students of Arts	30	31.73	12.63	4.78	0.05
Middle Class students of Commerce	30	12.35	6.23		

Table shows the mean for 30 arts students and 30 commerce students belonging from middle class are 31.73 and 12.35. The S.D value for 30 arts students and 30 commerce students belonging from middle class are 12.63 and 6.23. The't' value is 4.78, has been found significant at 0.05 level. This result does not support hypothesis 2

TABLE-3Showing Mean, SD and t among Arts and Commerce Students belonging from Upper Middle Class

Groups	N	Mean	S.D	't' value	Level of sign.
Upper Middle Class students of Arts	30	30.15	11.45	3.87	0.05
Upper Middle Class students of Commerce	30	10.45	4.16		

Table shows the mean for 30 arts students and 30 commerce students belonging from upper middle class are 30.15 and 10.45. The S.D value for 30 arts students and 30 commerce students belonging from upper

middle class are 11.45 and 4.16. The't' value is 3.87, has been found significant at 0.05 level. This result does not support hypothesis 3.

TABLE-4Showing Mean, SD and t among Arts Students belonging form upper middle class and middle class

Groups	N	Mean	S.D.	't' value	Level of sign.
Upper Middle Class students of Arts	30	30.15	11.45		
Middle Class students of Arts	30	31.73	12.63	1.24	N.S

Table shows the mean for 30 arts students form upper middle class and 30 arts students from middle class are 30.15 and 31.73. The S.D value is 11.45 and 12.63. The't' value is 1.24, has been no found significant. This result supports hypothesis 4.

TABLE-5Showing Mean, SD and t among Commerce Students belonging form upper middle class and middle class

Groups	N	Mean	S.D	't' value	Level of sign.
Upper Middle Class students of Commerce	30	10.45	4.16		
Middle Class students of Commerce	30	12.35	6.23	1.48	N.S

Table shows the mean for 30 commerce students form upper middle class and 30 commerce students from middle class are 10.45 and 12.35. The S.D value is 4.16 and 6.23. The't' value is 1.28, has been no found significant. This result supports hypothesis 5.

Conclusion:

The outcomes of the study indicated the significant difference between the anxiety level of arts students and commerce students. It could be also seen that significant difference found between the anxiety level of middle class students of arts and commerce. Significant difference found between the anxiety level of upper middle class students of arts and commerce. It shows the significant effect of faculty on the anxiety of higher education students but various socio economic statues do not effect on the anxiety of higher education students.

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