

A study of anxiety of graduate students in Vellore district

¹ Dr. A C Lal Kumar, ² Dr. M Muthamizhselvan

¹ Assistant Professor for M.Ed., G.E.T. College of Education, Vidyasankara Puram Village, Paradarami, Gudiyattam, Vellore, Tamil Nadu, India

² Assistant Professor, Department of Pedagogical Sciences, Tamilnadu Teachers Education University, Gangaimman Kovil Street, Karapakkam, Chennai, Tamil Nadu, India

Abstract

Anxiety as a normal phenomenon does not act as a drive or energizer to achieve or to perform. A moderate amount of anxiety energizes the individual and thereby improves performances but as a pathological phenomenon it impairs the capacity to think and act freely. The study aimed to assess the anxiety of graduate students. For the present investigation a sample of 290 graduate students from the Vellore District are selected by the method of Random sampling technique. The data so collected was analyzed using mean, SD, t-test and F-test. Findings of the results shows that all the samples of gender, type of management, group studied, religion, locality of residence, parental occupation, degree obtained and type of family have level of anxiety and they do not differ significantly towards anxiety of graduate students.

Keywords: anxiety, phenomenon, moderate

Introduction

Anxiety is peculiarly a human phenomenon and is considered to be a unique contribution of the 20th century to the mankind. So much so, the twentieth century is called "the age of anxiety". Fear or anxiety has evolved over countless generations as an adaptive mechanism for coping with danger and the two have been used synonymously, however distinction between fear and anxiety is that the former is episodic and the later in chronic. This state is characterized by all that is covered by the word nervous apprehension or anxious expectation and different discharge phenomenon. He also stressed the distinction between anxiety and fear. Freud proposed that there is an objective anxiety and a neurotic anxiety. Objective anxiety is somewhat more complex than fear, incorporating a sense of helplessness objective anxiety results from some source of danger in the external environmental. Neurotic anxiety has no source in the external world. Anxiety is a normal reaction to stress. It may help a person to deal with a difficult situation, for example at work or at school, by prompting one to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder.

Anxiety

Anxiety is an exceedingly complex concept with a variety of overtones and nuances of meaning from ordinary usage, as well as from psychology, psychiatry and psychoanalysis. The word anxiety means to designate a strongly personal, phenomenally experienced feeling of distress and anguish. Spielberger (1966) ^[13] holds that anxiety is a palpable but transitory emotional state or condition characterized by feelings of tension and apprehension and heightened automatic nervous activity. Anxiety has been defined as an

emotional state in which physiological and psychological indications like tremor in the limbs, sweating of hands, flushing of the face and neck, heart palpitations, blood pressure, inability to sit still, pacing the room, chain smoking, tenseness, restlessness etc. are clearly visible. It is an abstract construct advanced to make various facets of performance comprehensible. Medical dictionary defines anxiety as 'apprehension of danger accompanied by restlessness and a feeling of oppression in the epigastrium'. Anxiety is defined by Drever (1958) ^[4] as 'a chronic complex, emotional state with apprehension or dread as its most prominent and mental disorders'. According to Cattell (1966) ^[3] anxiety is a function of the magnitude of all unfulfilled needs and the degree of uncertainty that they will be fulfilled or more simply stated, anxiety corresponds to uncertainty of rewards or of total need fulfillment. Ikegami (1970) ^[9] terms anxiety as 'nervousness'. The conceptualization of anxiety itself is somewhat confused with anxiety status (Harman and Johnson, 1952; Morgan, 1970) ^[8, 11], chronic anxiety as personal trait (Bren, 1959) ^[2] and manifest anxiety (Smith, 1958; Hammer, 1970) ^[12, 7] However in recent years, there have been attempts to clarify the confusion with reference to the meaning and types of anxiety.

Need of the study

Failure and poor achievement among high school students are serious problems faced by educationists, teachers, parents and administrators in the present time despite the fact that high school students have anxiety. Whether these failures are due to high level of anxiety or whether these are due to lack of emotional or due to low general is to be seen. Therefore, there is an urgent need to explore this field further. In the modern age of competition, all parents are worried about future of

their children. It is therefore important for the parents, teachers and administrators to know and understand their level of general anxiety.

Significance of the study

The study aims to make some positive addition to the increase of knowledge connected with the academic achievement of high school students. Precisely, it will try to gather clinching evidence through the sample of the study to know whether general anxiety of high school students. Depending upon the nature and quantum of this relationship and the understanding of the variables under study, the teachers, administrators, and policy makers can devise their teaching methods, curriculum and selection criteria respectively. It would also help the students to bring desired changes in their socio-psychological behaviour. The Counsellors and psychologists can also be benefited from the findings of the study, if and when some students are referred to them to enhance their social and to raise their confidence, to remove their problems of anxiety and depression. Even sociologists and social workers stand to gain by the findings of the study. They can plan ways in which to replenish the personal, interpersonal and social adequacies of the students, if they are found wanting in these traits.

Sample of the Study

Normative survey method is adopted for the present study. For the present investigation a sample of 290 graduate students from the Vellore District are selected by the method of random sampling.

Statistical Techniques Used

The investigator used the statistical techniques, Mean, Standard Deviation 't' test and 'F' test to accept or reject hypotheses.

Operational Definitions of Key Term Used

Anxiety can be interpreted as a mental condition in which the subject is perpetually in a state of restlessness and fear which may arise from idiosyncratic apprehensions about the future or sense of remorse or un-fulfillment related with past.

Tool used in the present study

Anxiety Scale by Anxiety Scale constructed and standardized by Prof. D.N. Srivastava & Dr. Govind Tiwari, Psychology Department, Agra College, Pune.

Description of the tool

Anxiety Anxiety is a common symptom which is found in almost every individual of the world and especially in students of today. Anxiety is one of the most important problems in Psychology. Operationally, anxiety can be defined as the automatic response pattern characteristic of a particular individual organism after the administration of a noxious stimulus. The Anxiety Scale constructed and standardized by Prof. D.N. Srivastava & Dr. Govind Tiwari. The tool contains 100, Yes or No questions. The scoring of the each item is checked 'YES' is awarded score of one. The score of every individual would be the total number of items checked positively.

Objectives of the study

1. To find out the level of anxiety of graduate students.
 - Gender : Male/ Female
 - Type of Management : Government / Private / Aided
 - Group Studied : Arts / Science
 - Religion : Hindu / Muslim / Christian
 - Locality of Residence : Rural / Urban
 - Parental Occupation : Employed / Unemployed
 - Degree Obtained : UG / PG
 - Type of Family : Nuclear / Joint Family
2. To find out the significant difference between gender of graduate students towards Anxiety.
3. To find out the significant difference between sub-sample Type of management of graduate students towards Anxiety
4. To find out the significant difference between Arts and science of graduate students towards Anxiety.
5. To find out the significant difference between sub-sample religion of graduate students towards Anxiety
6. To find out the significant difference between rural and urban of graduate students towards Anxiety.
7. To find out the significant difference between employed and unemployed of graduate students towards Anxiety
8. To find out the significant difference between sub-sample UG and PG of graduate students towards Anxiety
9. To find out the significant difference between nuclear and joint of graduate students towards Anxiety

Hypotheses of the Study

The following hypotheses have been formulated by the investigator for the present study,

1. There is no significant difference between the following sub-samples with respect to the anxiety of graduate students high.
 - Gender : Male/ Female
 - Type of Management : Government / Private / Aided
 - Group Studied : Arts / Science
 - Religion : Hindu / Muslim / Christian
 - Locality of Residence : Rural / Urban
 - Parental Occupation : Employed / Unemployed
 - Degree Obtained : UG / PG
 - Type of Family : Nuclear / Joint Family
2. There is no significant difference between gender of graduate students towards anxiety.
3. There is no significant difference between sub samples of type of management of graduate students towards anxiety.
4. There is no significant difference between Arts and science of graduate students towards anxiety.
5. There is no significant difference between sub samples of religion of graduate students towards anxiety.
6. There is no significant difference between rural and urban of graduate students towards anxiety.
7. There is no significant difference between employed and unemployed of graduate students towards anxiety.
8. There is no significant difference between UG and PG of graduate students towards anxiety.
9. There is no significant difference between nuclear and joint of graduate students towards anxiety.

Analyses and Interpretation of Data

Table 1: Mean and Standard Deviation Scores of Anxiety towards Graduate Students

Demographic Variables	Sub - samples	N	Mean	Sd
Gender	Male	120	50.16	4.48
	Female	170	50.23	4.70
Type of Management	Government	77	50.14	3.35
	Aided	117	50.27	3.61
	Private	96	50.18	3.75
Group studied	Arts	189	50.16	4.63
	Science	101	50.30	4.64
Religion	Hindu	155	50.26	3.77
	Muslim	62	50.08	3.37
	Christian	73	50.22	3.48
Locality of Residence	Rural	113	50.21	4.54
	Urban	177	50.22	4.70
Parental occupation	Employed	150	50.18	3.67
	Unemployed	140	50.25	3.60
Degree obtained	UG	184	50.22	4.68
	PG	106	50.20	4.56
Type of family	Nuclear	180	50.36	3.61
	Joint	110	50.20	3.64

The table: 1 shows the anxiety mean scores of entire sample of Graduate students are found to be 54.85 and 45.57 respectively. The anxiety mean scores of all the sub samples of graduate students are in between normal curve value of 54.85 and 45.57 respectively. Therefore, it is found that all the sub samples of gender, type of management, group studied,

religion, locality of residence, parental occupation, degree obtained and type of family of graduate students have average level of anxiety.

Gender and Anxiety

Table 2: 't' test between Mean Scores of gender of Graduate student towards Anxiety

Gender	N	Mean	SD	't' Value
Male	120	50.16	4.48	0.859 NS
Female	170	50.23	4.70	

It is evident from the Table: 2; the calculated 't' value is 0.859, which is not significant at 0.05 level. Hence, the framed null hypothesis is accepted and research hypothesis is rejected. It is inferred that there is no significant difference found out

between male and female graduate students with respect to their anxiety.

Type of Management and anxiety

Table 3: 'F' test among the Sub- samples of Type of management with Respect to Their anxiety

Type of Management	Sum of Squares	Df	Mean Squares	'F' Value
Between Groups	.804	2	3.402	0.973 NS
Within Groups	118.510	287	3.413	
Total	119.314	289		

It is evident from the Table: 3; the calculated 'F' value is 0.973, which is not significant at 0.05 level. Hence, the framed null hypothesis is accepted and research hypothesis is rejected. It is inferred that there is no significant difference among sub

samples of type of management with respect to their anxiety of graduate students.

Group studied and Anxiety

Table 4: 't' test between Mean Scores of group studied of Graduate student towards Anxiety

Group studied	N	Mean	SD	't' Value
Arts	189	50.16	4.63	1.744 NS
science	101	50.30	4.64	

It is evident from the Table: 4; the calculated 't' value is 1.744, which is not significant at 0.05 level. Hence, the framed null hypothesis is accepted and research hypothesis is rejected. It is inferred that there is no significant difference found out

between Arts and science graduate students with respect to their anxiety.

Religion and anxiety

Table 5: ‘F’ test among the Sub- samples of Religion with Respect to Their anxiety

Religion	Sum of Squares	Df	Mean Squares	‘F’ Value
Between Groups	1.503	2	.51	1.834 NS
Within Groups	117.196	286	.410	
Total	118.699	288		

It is evident from the Table:5; the calculated ‘F’ value is 1.834, which is not significant at 0.05 level. Hence, the framed null hypothesis is accepted and research hypothesis is rejected. It is inferred that there is no significant difference among sub samples of type of management with respect to their anxiety of graduate students.

Locality of Residence and Anxiety

Table 6: ‘t’ test between Mean Scores of locality of residence of Graduate Students towards anxiety

Locality of Residence	N	Mean	SD	‘t’ Value
Rural	113	47.01	8.24	0.103 NS
Urban	177	47.75	9.47	

It is evident from the Table: 6; the calculated ‘t’ value is 0.103, which is not significant at 0.05 level. Hence, the framed null hypothesis is accepted and research hypothesis is rejected. It is inferred that there is no significant difference found out between rural and urban locality of residence of graduate students with respect to their anxiety.

Parental occupation and Anxiety

Table 7: ‘t’ test between Mean Scores of parental occupation of Graduate Students towards anxiety

Parental occupation	N	Mean	SD	‘t’ Value
employed	150	50.18	3.67	0.838 NS
unemployed	140	50.25	3.60	

It is evident from the Table: 7; the calculated ‘t’ value is 0.838, which is not significant at 0.05 level. Hence, the framed null hypothesis is accepted and research hypothesis is rejected. It is inferred that there is no significant difference found out between employed and unemployed of parental occupation of graduate students with respect to their anxiety.

Degree obtained and Anxiety

Table 8: ‘t’ test between Mean Scores of degree obtained of Graduate Students towards anxiety

Degree obtained	N	Mean	SD	‘t’ Value
UG	184	50.22	4.68	0.195 NS
PG	106	50.20	4.56	

It is evident from the Table: 8; the calculated ‘t’ value is 0.195, which is not significant at 0.05 level. Hence, the framed null hypothesis is accepted and research hypothesis is rejected. It is inferred that there is no significant difference found out between UG and PG graduate students with respect to their anxiety.

Type of family and Anxiety

Table 9: ‘t’ test between Mean Scores of type of family of Graduate Students towards anxiety

Type of family	N	Mean	SD	‘t’ Value
Nuclear	180	50.36	3.61	1.347 NS
Joint	110	50.20	3.64	

It is evident from the Table: 9; the calculated ‘t’ value is 1.347, which is not significant at 0.05 level. Hence, the framed null hypothesis is accepted and research hypothesis is rejected. It is inferred that there is no significant difference found out between nuclear and joint family of graduate students with respect to their anxiety.

Major findings of the study

1. It is found that all the sub samples of gender, type of management, group studied, religion, locality of residence, parental occupation, degree obtained and type of family of graduate students have average level of anxiety.
2. It is inferred that there is no significant difference found out between male and female graduate students with respect to their anxiety.
3. It is inferred that there is no significant difference among sub samples of type of management with respect to their anxiety of graduate students.
4. It is inferred that there is no significant difference found out between Arts and science graduate students with respect to their anxiety.
5. It is inferred that there is no significant difference among sub samples of type of management with respect to their anxiety of graduate students.
6. It is inferred that there is no significant difference found out between rural and urban locality of residence of graduate students with respect to their anxiety.
7. It is inferred that there is no significant difference found out between employed and unemployed of parental occupation of graduate students with respect to their anxiety.
8. It is inferred that there is no significant difference found out between UG and PG graduate students with respect to their anxiety.
9. It is inferred that there is no significant difference found out between nuclear and joint family of graduate students with respect to their anxiety.

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