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A Study of Anxiety Level In Relation To Boys and Girls Students

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Abstract:

The COVID-19 outbreak, which happened at the end of 2019 had a severe impact on people. While much has been made of the massive physical destruction it has caused, but the psychological impact should not be underestimated. The main purpose of this study is to explore the anxiety level of students. We conducted an offline questionnaire survey of students. The present study was conducted on a sample of 100 student of Ahmedabad district. Where boys members are 50 and girls members are 50. The data were gathered through a stratified random sampling method. Sinha's Anxiety Test was administered to measure the Anxiety level. After collecting the data the same was analyzed by using 't' test to check the significant difference between the groups under study. The result shows that there is no significant difference found between boys and girls students in relation to their Anxiety level.

Key words:

Anxiety level, boys and girls students.

Introduction:

Anxiety is a feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress. For example, you might feel anxious when faced with a difficult problem at work, before taking a test, or before making an important decision. It can help you to cope. The anxiety may give you a boost of energy or help you focus. But for people with anxiety disorders, the fear is not temporary and can be overwhelming.

Anxiety disorders are mental health conditions characterized by excessive fear, worry, or nervousness. When considering tribal people—also known as Indigenous or Adivasi populations, depending on the region—there are unique cultural, environmental, and systemic factors that influence how anxiety disorders manifest, are experienced, and are treated.

Tribal communities often face unique social, economic, and cultural challenges that can contribute to mental health issues, including anxiety disorders. Factors such as poverty, displacement, discrimination, loss of traditional lands, and limited access to healthcare and education can increase stress and vulnerability to anxiety among tribal people.

However, anxiety disorders in these communities are often underdiagnosed due to stigma, lack of awareness, and limited mental health services. Cultural beliefs may also

influence how symptoms are expressed and understood, sometimes leading to traditional healing practices rather than formal treatment.

Efforts to address anxiety disorders in tribal populations must consider cultural sensitivity, community involvement, and integration of traditional and modern healthcare approaches to ensure effective support and care.

Students are facing problems like study related, teenage problems, physical and mental health, personality, familiarly, social all these problems are obstacles for their overall development. They need help to solve these problems.

Present research will be done keep in mind about all these factors students related variables like boys and girls students, stream independent variables are chosen in this present research.

Objectives of the study:

1. To study the difference between boys and girls students in relation to their Anxiety level.
2. To examine the stream difference with in the Male tribal people.

Research methodology:

The entire research work mainly depends upon the method adopted by the researcher. The aim of present research is to study the level of anxiety in relation to boys and girls students.

Sample: 50 boys and 50 girls students were randomly selected for the present study. In all 100 students.

Tool: For the measurement of Anxiety level, 'Sinha's Anxiety Test' developed by Sinha was used.

Variables:**Independent variable**

1. Boys and girls students
2. Stream – Arts and Commerce

Dependent variable

1. Score on Sinha's Anxiety Test

Research design:

Ex post facto design is adopted.

Hypotheses:

1. There will be no significant difference in mean score of anxiety level between boys and girls student.
2. There will be no significant difference in mean score of anxiety level between arts and commerce student.

Statistical analysis of the data:

“t” test was used to test the significant difference between the student under study.

Procedure:

The collection of data was spread over a period of 30 days. The researcher personally visited the selected boys and girls student of Ahmedabad district. The researcher took the permission of the students and their college principal and for administering the test and fix dates. On the schedule date the researcher met the students and made clear to them the purpose of administration. The researcher sought their cooperation.

The instruction was explained by the researcher and the doubts were clarified. They were assured that their response will be used for research purpose only and will be kept confidential. They were suggested to give free frank and honest response without any hesitation. The scales were administered to the boys and girls student. The scales were collected only after they were responded by the subject. After the completion of the administration the investigator conveyed her gratitude and thanks to the students and heads of the people their kind cooperation.

Result and discussion:

The raw scores were statistically analyzed in terms of means, standard deviation, ‘t’ test were used to compare anxiety level among boys and girls student in relation to their profession.

Table No.1

Showing mean, S.D. and ‘t’ value of anxiety level boys and girls student.

Group	N	M	SD	‘t’ value	Level of significant
Boys	50	26.88	4.03	1.36	No significant
Girls	50	25.86	3.41		

The above result table No. 1 we can see that t’ test was used to know the anxiety level among boys and girls student, here mean anxiety level of 50 boys is 26.88 & SD is 4.03, similarly mean of 50 girls is 25.86 & SD is 3.41, different between their 't' value is 1.36 it can no significant with 0.01 level. Here null hypothesis was accepted and result shows that the type of gender status does not play a defining role in the anxiety level of boys and girls student. Thus, the hypothesis 1 which states “There is no significant difference in mean score of anxiety level between boys and girls student.”

Table No.2

Showing mean, S.D and 't' value of anxiety level of arts students and commerce students.

Group	N	M	SD	't' value	Level of significant
Arts students	25	21.73	1.41	1.57	No significant
Commerce students	25	20.96	1.75		

The above result table No. 2 we can see that t' test was used to know the anxiety level among arts students and commerce students., here mean anxiety level of 25 arts students is 21.73 & SD is 1.41, similarly mean anxiety level of 25 commerce is 20.96 & SD is 1.75, different between their 't' value is 1.57 it can no significant with 0.01 level. Here null hypothesis was accepted and result shows that the type of stream does not play a defining role in the anxiety level of Arts students and commerce students. Thus, the hypothesis 2 which states "There is no significant difference in mean score of anxiety level between arts students and commerce students."

Conclusion:

Major finding of the present study are:

- (1) There is no significant difference in mean score of anxiety level between boys and girls.
- (2) There is no significant difference in mean score of anxiety level between arts students and commerce students.

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