



Full Length Research Article

AN INVESTIGATION ABOUT ANXIETY AMONG SECONDARY SCHOOL STUDENTS

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ARTICLE INFO

Article History:

Received 26th May, 2015
Received in revised form
05th June, 2015
Accepted 17th July, 2015
Published online 31st August, 2015

Key words:

Surrounding,
Environment,
Achievement,
Maladjustment.

ABSTRACT

Education is the process of developing the power of adaptation to ever changing social environment. New challenges are there before every society and education plays a vital role in meeting these challenges. Anxiety is a general feeling of not being able to cope with the world. Anxiety has a psychological component, a cognitive aspect, particularly in narrowing attention and subjective experience of discomfort. Almost any change in surrounding makes some sort of anxiety in an individual. Over anxiety leads to frustration, stress, maladjustment and then it finally affects achievement. In the present study the investigators study about anxiety among secondary school students.

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INTRODUCTION

Education is the backbone of everyone's life. Education as an instrument of change, enables the students to cope up with the changes in society. Any deviation from a normal state or a person's unsuccessful adjustments can result in anxiety. Anxiety can harm students' mental and emotional well being. If the intensity of anxiety exceeds beyond the optimum or affordable level it causes harmful drastic change in individual as well as society. The investigators made a humble attempt to investigate the extent of anxiety in students.

Need and significance of the study

The students have a sort of anxiety problems triggered by the safety concerns of according to psycho social assessment and also have fear and anxiety about their exams. Class room climate also influences the anxiety level of an individual. Anxious nature represents a behavior dominated by anxiety related reactions, which interfere with the individual's personal and social adjustment. It is the necessity of individuals to make adjustments to their changing environment. The increased anxiety level will adversely affect students and may cause lowering of educational aspiration.

Since anxiety influences the students' performance, the investigator made a humble attempt to study anxiety among secondary school students. The present study may be significant for teachers, parents and students.

Statement of the problem

An investigation about anxiety among secondary school students.

Anxiety

Anxiety is a painful uneasiness of mind concerning impending or anticipated ill; it represents a danger or threat within the individual rather than an external danger (Hurlock, 1976). In the present study the investigator considers anxiety as the total score obtained by an individual in Anxiety Scale developed and standardized by the investigator.

Objectives of the study

- To assess the extent of anxiety of secondary school students.
- To find whether the subsamples of secondary school students differ significantly with respect to anxiety.

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Hypothesis

- The subsamples of secondary school students differ significantly with respect to academic achievement.

Methodology

The investigator adopted survey method for the study

Sample

The data was collected from 360 Secondary School students of Mullaperiyar region in Idukki district of Kerala. Sampling technique gives due representation to factors like gender and type of management.

Tool

Anxiety scale developed by the investigator

Statistical techniques used for the study

For the present study Percentage Analysis, Descriptive statistics such as Arithmetic mean and Standard deviation and the inferential statistics t-test were used.

Analysis and interpretation

Descriptive statistics showing anxiety among secondary school students

The investigator found out anxiety among secondary school students. The students were divided into three categories namely low average and high based on the following criteria.

Table 1. Grouping of secondary school students into different categories

Category	Criteria
Low	Score < 74.2
Average	Score between 109.6 & 74.2
High	Score > 109.6

Table 2. Percentage distribution of secondary school students according to anxiety

Category	Count	Percentage
Low	58	16.11
Average	240	66.67
High	62	17.22

Above table shows the percentage distribution of anxiety among secondary school students for the total sample. 17.22% of the sample, that is 62 students come under high group. 66.67% of the sample, that is 240 students come under average group and 16.11%, that is 58 students come under low group.

Comparison of anxiety based on gender

Anxiety of secondary school students were compared based on gender. The results are given in the following table

Table 3. Comparison of anxiety among secondary school students based on gender

Gender	N	Mean	S.D	Critical Ratio
Male	180	89.57	18.14	2.51
Female	180	94.22	16.98	

The table shows that the critical ratio (calculated value of t) for the comparison of anxiety of male and female secondary school students was obtained as 2.51, which is greater than the table value 1.96 for 0.05 level of significance. So it means that there is significant difference in of male and female students at 0.05 level.

Comparison of anxiety among secondary school students based on type of management

Anxiety of secondary school students were compared based on type of management. The results are given in the following table

Table 3. Comparison of anxiety among secondary school students based on type of management

Type of management	N	Mean	S.D	Critical Ratio
Aided	180	89.08	16.86	
Government	180	94.71	18.11	3.05

The table shows that the critical ratio (calculated value of 't') for the comparison of anxiety among aided and government school students was obtained as 3.05, which is greater than the table value, 2.58 for 0.01 level of significance. It means that there is a significant difference in the anxiety of aided and government school students at 0.01 level.

RESULTS AND DISCUSSIONS

- Percentage distribution of anxiety among the total sample shows that 17.22% of sample (62 students) belongs to high group, 66.67% of sample (240 students) belongs to average group and 16.11% of sample (58 students) belongs to low group. The result shows that majority of students have average anxiety.
- There is significant difference in anxiety among secondary school students of based on gender.
- There is significant difference in anxiety among secondary school students of Mullaperiyar region based on type of management.

Conclusion

Anxiety is a generalized emotional state results from a person's unsuccessful adjustments to his surroundings. The present study emphasizes the responsibility of researchers, teachers and parents to identify the problems of students of Mullaperiyar region and provide remedial measures for the betterment of their life. The findings of the study show the need to offer reassurance, encouragement and support to the students of Mullaperiyar region. Teachers at can spread optimism in their students by having a nonthreatening and encouraging atmosphere in and outside classroom.

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