



## Comparing general anxiety level in secondary school students

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### Abstract

Anxiety is a common phenomenon that constitutes a universal cause of poor academic performance among students worldwide. It is a common undisputable fact in human life's that influence an individual's accomplishment in numerous situations, an average level of anxiety is useful in sustaining people hardworking and being responsible of what they have to do. The present research study is an attempt to assess the level of anxiety in secondary school students of Aurangabad city. A sample of 100 secondary students (50boys and 50 girls) from Std. VIII were selected from 05 English medium schools of Aurangabad city by adopting random sampling technique. The tool used for data collection was Sinha's Comprehensive Anxiety Test constructed and standardized by A.K.P Sinha and L.K.P Sinha. The statistical techniques used for the data analysis was mean, S.D and t-test. The findings revealed that the overall anxiety level in the secondary students was high. Significant difference was found in the anxiety level of male and female secondary school students.

**Keywords:** General anxiety, secondary school students

### Introduction

Anxiety is a common phenomenon that constitutes a universal cause of poor academic performance among students worldwide. It is a common undisputable fact in human life's that influence an individual's accomplishment in numerous situations, an average level of anxiety is useful in sustaining people hardworking and being responsible of what they have to do (Kahan, 2008 )<sup>[7]</sup>. Anxiety was defined by (Asadullapoor, Fati, & Gharaee, 2010) <sup>[2]</sup> as feeling that undesirable and unclear like when person predicts a danger situation. Extreme level of anxiety impends individual's mental and physical health and also has a negative effect on their personal, social, familial, occupational, and educational performance (Zahrakar, 2008) <sup>[16]</sup>.

Anxiety is a subjective feeling of tension, apprehension, nervousness, and worry associated with arousal of the nervous system (Spielberger, 1983) <sup>[13]</sup>. The high level of anxiety causes a person's normal life being difficult such as interfered activities and social life. Anxiety is one of the wide varieties of emotional and behaviour disorders (Rachel and Chidsey, 2005) <sup>[3]</sup>. Students with anxiety disorder exhibit a passive attitude in their studies such as lack of interest in learning, poor performance in exams, and do poorly on assignments. The anxiety's psychological symptoms among students include feeling nervous before a tutorial class, panicking, going blank during a test, feeling helpless while doing assignments, or lack

interest in a difficult subject whereas the physiological symptoms include sweaty palms, cold, nervousness, panic, fast pace of breathing, racing heartbeat, or an upset stomach. The prevalence of anxiety among university students has been acknowledgement by students and educators. However, study anxiety is a real phenomenon, the importance of study anxiety is particularly related to the sources of anxiety and how to handle them.

### Need and significance of research

Anxiety is one of the determinants of human behavior. It is most likely to arise internal response or behavior that conflict with the satisfaction of other needs or motives. The concept of anxiety is utilized for explaining many psychological problems and has become a useful construct in the field of psychology. In the developing country like ours we see economic difference in the society. Some are rich and some are poor, they have different life styles according to their income. All the parents want to provide better educational facilities to the children. Parents who can not to afford expensive private school education for their children send them to government which is comparatively cheap. Most of the private schools in India are better than government. This difference affects some personality traits of the children like self-concept, academic achievement and academic anxiety. One of the most important in a life of child is the academic achievement. It is more

important to understand the factors that influence the achievement of children. The abilities of students, types of school, and their locality parent’s encouragement of students’ interaction are the main factors. It is surprising that in India, much attention is given on academic achievement of the children rather than on their academic anxiety, which must be reduced for the growth of academic success

**Reasons of anxiety may include (Khemka et al. 2016)**

1. Excessive absence, school refusal, truancy or illness related to the anxiety.
2. Anxiety or fear about particular school activities (Would vary according to the type and level of anxiety)
3. Difficulty keeping scheduled appointments (Secondary students)
4. Difficulty beginning or completing activities or assessments Inability to think and act (High anxiety can paralyze these functions)
5. Physical responses such as becoming ill or highly agitated Physical responses that inhibit learning (Material is not absorbed and or the material is not recalled)
6. Responding to perceived stressful situations with anger, aggression or withdrawal.

**Review of related research**

Anxiety is a normal reaction to certain situations. A small level of anxiety is normal, but severe anxiety can be a serious problem. Academic anxiety can become more detrimental over time. According to Huberty (2012), a student’s academic performance suffers, the anxiety level related to certain academic tasks increases. According to Ader and Erkin (2010), teaching student’s self-regulation can reduce anxiety and increase academic performance. Bryme (2000) [4], suggested that males present significant decrease of anxiety and fear in 12th grades instead of girls who show increase in anxiety and by this time both males and females use different coping strategies in order to deal with fear and anxiety. Pramod (1996) [10], concluded that boys manifest more future orientations than girls, therefore boys had more academic anxiety. Wang et al. (2008) [15], Prakash and Kiuru (2009) [8], were based on student populations where girls achieve better academically.

**Objectives of the research**

1. To study the overall anxiety level in secondary school students.
2. To study the anxiety level in male secondary school students.
3. To study the anxiety level in female secondary school students.
4. To compare the anxiety level in male and female secondary school students.

**Hypotheses**

1. The overall anxiety level in the secondary school students is average.
2. The anxiety level in the male secondary school students is average.
3. The anxiety level in the female secondary school students is average.
4. There is no significant difference in the anxiety level of male and female secondary school students.

**Sample**

A sample of 100 secondary school students (50 girls and 50 boys) of Std. VIII was selected from 05 English medium schools of Aurangabad city.

**Sampling technique**

A sample of 100 students were selected using random sampling technique.

**Tool**

The tool used for data collection was Sinha’s Comprehensive Anxiety Test constructed and standardized by A.K.P Sinha and L.K.P Sinha.

**Statistical techniques**

Mean was used to analyse the level of anxiety in students, S.D and t-test were used to compare the anxiety level in the male and female students.

**Analysis and interpretation of data**

**Table 1:** Table showing the standard Norm table for Interpretation of scores.

Aspect	Range of interpretation for Boys Scores for	Range of interpretation for girls	Interpretation
Anxiety level	30-69	29-71	Extremely High Level of Anxiety
	28-29	27-28	High anxiety
	17-23	20-26	Normal anxiety level
	14-15	15-16	Low anxiety
	3-12	4-13	Extremely low Anxiety

**Table 2:** Table showing the general anxiety level in the secondary school students

Aspect	Category	Obtained score(Mean)	Range of scores	Interpretation
Anxiety level	Overall	28.24	28-29	High of anxiety
	Male students	35.52	30-69	Extremely High anxiety
	Female students	20.96	20-26	Normal anxiety level

**Table 3:** Table showing the comparison of anxiety level in male and female secondary school students

Aspect	Category	Mean	S.D	t-value	Level of significance	Interpretation
Anxiety level	Male students	35.52	14.10	5.20	1.96 at 0.05 level of significance	Significant difference
	Female students	20.96	13.86			

### Discussion of the results

After analysing and interpreting the data from standard Interpretation/Norm table, it can be inferred that the overall anxiety level in the secondary school students lie in the normal range. There was a significant difference found in the anxiety level of male and female secondary school students. Female students have normal range of anxiety level.

### Testing of hypotheses

- a. The overall mean value of anxiety level found in the secondary school students was 28.24 which lie in the range of 27-39 scores and is interpreted as high anxiety. Hence the,
 

H1: The overall anxiety level in the secondary school students is average, is rejected.
- b. The mean value of anxiety level found in the male secondary school students was 35.52 which lie in the range of 30-69 scores and is interpreted as Extremely High anxiety. Hence the,
 

H2: The anxiety level in the male secondary school students is average, is rejected.
- c. The mean value of anxiety level found in the female secondary school students was 20.96 which lie in the range of 20-26 scores and is interpreted as average anxiety. Hence the,
 

H3: The anxiety level in the female secondary school students is average, is accepted.
- d. The mean value of anxiety level found in the male secondary school students was 35.52 and S.D is 14.10. The mean value of anxiety level found in the female secondary school students was 20.96 and S.D is 13.86. The t-value obtained is 5.20 which is more than 1.96 at 0.05 level of significance. Thus the difference between anxiety level of male and female secondary school students is significant.
 

H4: There is no significant difference in the anxiety level of male and female Secondary school students, is rejected.

### Reduce anxiety symptoms right now

1. Take a deep breath.
2. Accept that you're anxious.
3. Realize that your brain is playing tricks on you.
4. Question your thoughts.
5. Use a calming visualization.
6. Be an observer - without judgment.
7. Use positive self-talk.
8. Focus on right now.

### Conclusion

Severe anxiety can harm children's mental and emotional wellbeing, affecting their self-esteem and confidence. They may become withdrawn and go to great lengths to avoid things or situations that make them feel anxious. Parents and teachers should always keep a cordial relationship and have open discussions regarding the anxiety causing factors in the child.

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