

Research Paper :

Impact of anxiety relaxation techniques on the anxiety level of IIT students

GARIMA CHOUDHARY

Accepted : October, 2009

ABSTRACT

The research "Impact of Anxiety Relaxation Techniques on Anxiety Level of IIT Students" was undertaken in Indian Institute of Technology Delhi, the study was conducted on total sample of 50 adolescent boys through purposive random sampling. All the students were taken from B.Tech 1st year. The major objectives of this research were to assess anxiety among IIT students, to prepare and evaluate the effect of Anxiety Relaxation Techniques on the anxiety level of students. The tool used for the present study was self constructed by the researcher. Design of the study was based on pre and post testing. For the result the data was tabulated, coded and analysed by using appropriate statistical calculations. The result revealed that there is significant difference between the pre and post scores of students, which represent that Anxiety Relaxation Techniques have its beneficial effect on the students. Thus it can be concluded that anxiety is found in the students of IIT and Anxiety Relaxation Techniques are effective for the reduction of anxiety level in students.

Correspondence to:

GARIMA CHOUDHARY

Department of Human
Development and Family
Studies, College of Home
Science, G.B.Pant University
of Agriculture and
Technology, Pantnagar,
UDHAM SINGH NAGAR
(UTTARAKHAND) INDIA

Key words : Anxiety, Relaxation, Adolescents, Effects, Beneficial, Reduction.

Anxiety is a part and parcel of human existence. All people feel it in moderate degree and it is adaptive response. In words of a researcher, "without it, we would probably all be asleep at our desk" (Stephen M Paul, quoted in Schmeck, 1982).

The term anxiety is usually defined "A diffuse, vague, very unpleasant feeling of fear and apprehension." The anxious person worries a lot, particularly about unknown dangers. It is an unpleasant state that includes fear, apprehension and worry. It is accompanied by physical sensation such as heart palpitation, nausea, chest pain, shortness of breath or tension headache. Anxiety affects our whole being, it effects how we feel, how we behave and has very really physical symptoms.

However anxiety is preventing us for living our life the way we would like to, we may be suffering from an anxiety disorder. It may be caused due to a number of situations. It may be aroused in past, present or in future.

Anxiety in IIT students:

As IIT is one of the most competitive exams in the world. Even after crossing it students feel anxiety as they all are the best in their field. But there everyone is superior so the touch and competitive environment and other reasons may causes anxiety among IITians.

Anxiety is increases day by day in IITians. The anxiety on an IITian can get even worse. Back to home they are hailed as f they came down from planet krypton. Parents, relatives and peers expect them to keep Outperforming just as they don't consider that here the

competition in many times tougher. Such expectations put a student under immense stress. For most of the students IITs is the first place where they are challenged academically, personally as well as socially.

This pressure becomes so hog. They sometimes commit suicide. The prevalence shows its results that due to stress/anxiety sometimes IITians commits suicide. The suicides related to the IIT students who live in enriched life of books, CGPA and IIT campus. They cannot manage themselves to get rid of depression until they feel the sense of life.

In 2005 a 4th year student of IIT Bombay committed suicide after getting xx grades in there courses .XX is awarded when our attendance falls short.

In 2004 one girl killed herself by committed suicide due to the immense pressure and she has tried to kill herself few times earlier before death.

Same as in December 2005 a 21 years students of B.tech IIT Kanpur attempt suicide due to excessive pressure.

In 2007 a third year student of civil engineering commits suicide in IIT kanpur. This was the fourth suicide by IIT K student on the campus in past two years.

Anxiety provoking situations:

Although the causes of anxiety are difficult to pinpoint, there appears to be four situations in which it is most likely to occur.

We have conflicting motives. Such as wanting to dedicate your life to helping others, yet at the same time