Research Paper :

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

GARIMA CHOUDHARY

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

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.

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 researches, "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

wanting to make a lot of money.

We experience a conflict between our behaviour and an inner standard.(As when we do something we believe to be wrong).

We encounter some unusual event that we can not immediately understand and adjust to (for e.g.-When arriving on a new campus, not knowing what kind of behaviour is expected.

We are faced with events whose outcome is unpredictable (For e.g. the score we will make on an important test).

METHODOLOGY

The present chapter deals with method followed in present investigation. The study aims to assess anxiety among IIT students.fousing on the contributing factors towards anxiety.

Locale of the study:

The study was conducted in Indian Institute of Technology, Delhi and analysis was done at Banasthali University, Tonk, and Rajasthan.

Sample and its selection:

The sample for the present study was consisted of 50 adolescents' boys within the age group of 17 – 19 years, studying in B.tech 1st year, selected by purposive random sampling. Who fulfilled the criteria and were willing to co-operative for the present study, were selected.

Tools and its discription:

For the assessment of Anxiety, An Anxiety scale was prepared by the investigator herself after viewing the relevant literature. Under the supervision of subject expert. The tool was consisted of twenty five questions with five options. The scale was evaluated by the expert suggestions. This scale was evaluated on the basis of language, statement sequence and content appropriateness.

Reliability test:

The entire tool was administered on a group of 10 students other than sample group. Total items of the tool (anxiety scale) were then divided into equal halves by putting the odd numbers items on one side and even number items on the other side. Both were considered as separate performas. To find out agreement between two sets of questions the tool correlation of co-efficient was calculated and put to spearman Brown Prophesy formula"

Validity test:

The intrinsic validity of the measuring tool was calculated by taking the square root of reliability co-efficient .The results are presented in the table.

Intrinsic validity =   r n

$$r_n \sqrt{\frac{2(roe)}{1 < roe}}$$

where r n = reliability co-efficient.

Table 1 : Value of reliability co-efficient and intrinsic validity of measuring tool			
Sr. No.	Aspect	Reliability	Intrinsic validity
1.	Anxiety among IIT students	.027	.052

Pre testing :

Pre Testing was in order to assess the prevalence of anxiety among IIT students .Anxiety Scale for students, self structured by the instigator under the supervision of subject expert, administered and responses were gathered and calculated.

Anxiety relaxation techniques :

Anxiety Relaxation Techniques were planned for IIT students for class B.tech. 1st year students. The Techniques were applied on the students for one month. Students also were provided one CD (consisted of all the techniques) for one month to the effective use of the techniques.

Post testing :

for assessing the impact of anxiety relaxation technique kit post testing was done with anxiety scale for the students invented by the investigator herself under the supervision of subject expert.

FINDINGS AND DISCUSSION

The results obtained from the present investigation are summarized below:

Assessment of anxiety in IIT student (pre test):

The anxiety among the respondents was assessed in this section. The table shows data of different levels of anxiety i.e. High, Moderate and Low and students range show in terms of frequency and percentage.

It is revealed that minimum percentage of respondents i.e.26% lie in low anxiety level. Moderate percentage of respondents i.e.22% lie in moderate anxiety level and the highest percentage of respondents i.e. 52% lie in maximum anxiety level (Table 2). So it was concluded
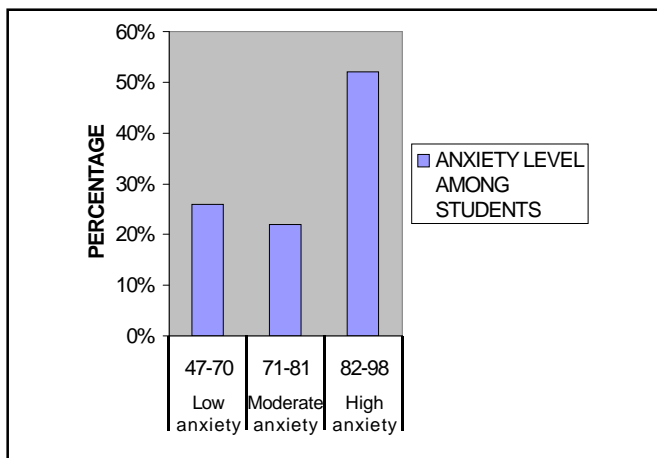
Fig. 1 : Anxiety level among students in pre test

Table 2 : Assessment of anxiety in IIT students (Pre Test)			
Anxiety level	Range	Frequency	Percentage (%)
Low anxiety	47—70	13	26%
Moderate anxiety	71—81	11	22%
High anxiety	82—98	26	52%

that high level of anxiety is present in the B.Tech. 1st year students of IIT Delhi.

Thus it is revealed by the scores of the table that students feel anxious in their daily life .some feel anxiety about their future, while others are suffer from anxiety due to the family pressure. Therefore, there are the lots of causes of adolescence anxiety. Most of the students were suffer from anxiety at times in their life.

Assessment of anxiety after implementation of anxiety relaxation techniques in IIT students (Post test):

After three months of the implementation of anxiety relaxation techniques on students post test was administered for the assessment of anxiety level in the students. Same tool was used for the post test.

After implementing the Anxiety Relaxation Techniques the students result of anxiety reveals that Maximum Percentage of respondents *i.e.*50% lie in low anxiety level .minimum percentage of respondents *i.e.*24% lie in moderate anxiety level and moderate percentage of respondents *i.e.* 26% lie in highest anxiety level (Table 3).

When these scores were compared boys of high anxiety level were found that maximum % boys of boys lie in low anxiety.

This data shows that the anxiety relaxation techniques proved beneficial and effective to the students

Table 3 : Assessment of anxiety after implementation of anxiety relaxation techniques in IIT students (Post Test)			
Anxiety Level	Range	Frequency	Percentage (%)
Low anxiety	85—105	25	5%
Moderate anxiety	68—84	12	24%
High anxiety	50—67	13	26%

of B.Tech. 1st year of IIT Delhi.

Therefore it has been shown by the results that after using the Relaxation Techniques students found improvement to cope up with anxiety in their daily life. As after using the anxiety relaxation techniques, the anxiety scale performas were again filled by the students and it is seen in the scores of the data that they show less symptoms of anxiety. Anxiety relaxation techniques proved to be beneficial or the students to access their inner strength that allow them to face sometimes-overwhelming fears, frustration and challenges of everyday life.

Comparison between pre and post scores of anxiety:

In the following table comparison between pre and oost scores of anxiety has been made. Anxiety assessed in pre test as well as assessed in post test was compared and 't' value has been calculated, which described that significant difference occur between the two scores (pre and post test)

If anxiety will be found decreased in the post test then it will reveal that the anxiety relaxation techniques is proved effective for the students.

This section enfolds comparison between the scores of anxiety of the students of pre and post testing. To ascertain significant difference between the scores of anxiety of students in pre test and the scores of anxiety in post testing a paired t test was applied and t value was found at 78 d.f. (degree of freedom) at 0.005 and 0.0001 per cent level of significance and depict in the Table 4.

The value of "t" calculated value at both 5 per cent level as well as at .001 per cent level was more than the tabulated values. Hence it reveals that there was a significant difference between the scores of anxiety of students in pre test as well as the post test. Thus it has been proved that anxiety relaxation techniques has become useful to remove and control the anxiety among B.Tech. Students of IIT Delhi. Because the anxiety level of anxiety has become low after using the Anxiety Relaxation Techniques.

Conclusion:

On the basis of findings it can be concluded that

Table 3 : Comaprison between pre and post scores of anxiety						
Sr. No.	Variable	IIT Boys				t'
		Mean pre test	S.D. pre test	Mean post test	S.D. post test	
1	Anxiety	76.3	28	73.2	16	5.0* *

” t “ value tabulated at 0.05 per cent level of significance = 1.96

there is high level of anxiety found in students in today life, there are various causes behind it. We have to create very clear environment for the relaxation of their anxiety. There are various relaxation techniques should be introduced to them for reliving anxiety.

Recommendations and suggestions:
Suggestion for parents:

It is very necessary for parents to be aware of their role in the development of their children

They need to create best possible environment by providing proper rearing experience. Motivational and emotional experience for the individual.

Parent should provide systematic guidance and motivation to their children

Parent should try their best to encourage their words by giving those prizes, incentives.

Don't citizen your child in the presence of their peer group.

Always keep communication lines open.

Family members should functional support to adolescents.

Suggestions for administrators:

In hostels such an environment should be provided which is free of tension, frustration and conflicts so that adolescents feel more secure and confident as well as emotionally more stable.

In hostels such an event should be provided where the children can easily discuss their problems as they discuss with their parent. So that they do not become anxious because of simple problem.

Suggestions for teachers and others:

Teachers, Educationists, Administrators, Social Worker, General Public and Other should be concerned with the idea of overall qualities and characteristics of adolescents. A teacher knowledge of adolescents development can be used to help students understand their own personal problems related to social and other adjustments. Overall, on the basis of the results of this study investigator may suggest that counselling programmes in the colleges are necessary in order to help adolescents to cope more successfully with anxiety.

Conclusion and implications:

Cost estimation of kitchen interiors was done with the help computer software programme. A suitable computer programming language "Visual Basic"was chosen to develop a software that can provide a Graphical User Interface (GUI) to the target audience, and is convenient to use and more informative.

Further it is recommended by the researcher that in house construction, planning part is the cumbersome job and everybody has to go through it. To make planning part more simpler, computer software programmes are very handy tools. Therefore, such type of software programmes should be developed and applied to such activities.

REFERENCES

Adelson, J. (Ed) (1980). *Handbook of Adolescent Psychology*, John Wiley & sons Inc: New York

Bhatia, J.w. (1981), Research in Education, New Delhi, prentice Hall.

Bootzin, R.R, et al (1993), abnormal psychology, (6th Ed), Mc Graw Hill: New York.

Gordon, J.E. (1963), Personality and Behavior, Macmillan Co: New York.

Sarason, R. & Barbara (1998), Abnormal psychology and problem of mal adaptive behavior, Prentice Hall: New Delhi.

Ziegler, Edward F. and Matina Finn Stevenson (1986), Children: Development and Social issues; D. C. Hesit and company. Toronto.

****
******