

Anxiety level of college going students across the gender

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■ **ABSTRACT** : Anxiety is a common condition noticed in people of all age groups. It may be caused by a physical condition, mental condition, effects of drugs or due to a combination of these. The concept of anxiety is characterized most commonly or a diffused, unpleasant vague sense of comprehension, often accompanied by autonomic symptoms such as headache, perspiration, palpitation tightness of the chest, mild stomach discomfort, and restlessness, indicated by an inability to sit or stand still for a long time. (Sadock and Sadock, 2007). The study aimed to assess the anxiety level of college going students across gender. Two colleges namely, Kamla Nehru Institute of Physical and Social Sciences College and Ganpat Sahay college were selected from Sultanpur city. For the collection of information, 60 students were selected randomly from that college. These 60 college going students were divided into two categories in which 30 boys and 30 girls were included. The questionnaire schedule was used to elicit the general information pertaining to respondents. For specific information, Sinha's Comprehensive Anxiety test (1971) developed by A.K.P. Sinha and L.N.K. Sinha was used in this study. The results were carried out through the frequency and percentage method. The findings of study concluded that most of the respondents (63.33%) had extremely high anxiety.

■ **KEY WORDS**: Anxiety, College students, Anxiety test

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Anxiety is a common condition noticed in people of all age groups. It may be caused by a physical condition, mental condition, effects of drugs or due to a combination of these. The common types of anxiety include: Panic disorder, Generalized Anxiety Disorder or GAD, Phobic disorders, Obsessive compulsive disorder (OCD), separation anxiety and stress disorders. The concept of anxiety is characterized most commonly or a diffused, unpleasant vague sense of comprehension, often accompanied by autonomic symptoms such as headache, perspiration, palpitation tightness of the chest, mild stomach discomfort, and restlessness, indicated by an inability to sit or stand still for a long time. (Sadock and Sadock, 2007). The research conducted by Busari (2012) showed that male and female respondents differed significantly in their perceptions of frustrations financials, conflict and self-expectations stressors but did not significantly differ in their perceptions of pressures and change related stressors. Regarding reaction to stressors, male and female

respondents differed significantly in their perceptions of physiological and behavioural reaction to stressors. Purfeerst, (2011) reported that high levels of anxiety during clinical can decrease learning. It is important for clinical faculty to support and promote a positive learning environment. Strategies to help reduce anxiety include providing consistent clinical placement, peer mentoring, counselling, faculty role modelling and developing positive student and staff relationships at clinical sites. Amponsah (2010) conducted a study on Non-U.K. university students anxiety levels and their coping strategies. Key finding indicated that, time pressure and work demands were the Non-U.K. students' most anxiety full experiences. Anxiety academic alienation and future academic prospects and unfamiliarity with the educational and cultural norms added to their difficulties.

Objective :

To assess the Anxiety Level of college going students

Table 1 : Distribution of respondents according to gender with their anxiety level

Sr. No.	Level of anxiety	Boys (n=30)		Girls (n=30)		Total (n=60)	
		F	%	F	%	F	%
1.	Extremely high anxiety	20	66.67	18	60.00	38	63.33
2.	High anxiety	5	16.67	7	23.33	12	20.00
3.	Normal anxiety	2	6.67	5	16.67	7	11.67
4.	Low anxiety	–	–	–	–	–	–
5.	Extremely anxiety	3	10.00	–	–	3	5
	Total	30	100.00	30	100.00	60	100.00

Note: F= Frequency, %=Percentage

across gender.

Locale of the study :

The present study was conducted in Sultanpur city from two colleges such as K.N.I.P.S.S., College and Ganpat Sahay, College.

Sample selection :

From the two colleges, 30 each (total 60 respondents) were selected by using purposive random sampling.

Method of enquiry and data collection :

Sinha's Comprehensive Anxiety Test (1971) developed by Sinha and Sinha was used in this study. The test was administered on college going students who were approached for psychological assistance compel of one or several symptoms of anxiety. The inventory consisted of general and specific information required for study.

Analysis of the data :

Collected data were coded, tabulated and master chart was prepared. The results were carried out through the frequency and percentage method.

Table 1 indicates that most of the respondents (66.67%) in boys sample had extremely high anxiety and 16.67 per cent respondents had high anxiety and 10.00 per cent respondents had extremely anxiety. Only 6.67 per cent respondents had normal anxiety.

On other hand in girls sample, majority of the of

respondents (60%) had extremely high anxiety and 23.33 per cent respondents had high anxiety and only (16.67%) respondents had normal anxiety. Thus it was found that 63.33 per cent respondents had extremely high anxiety.

Conclusion :

Above the study concluded that most of the girls were having extremely high anxiety rather than boys.

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