

A STUDY OF ANXIETY AMONG 12TH STANDARD STUDENTS

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Abstract :

The present investigation aim's to study of anxiety level among 12th standard students of Aurangabad district in Maharashtra. The sample consists of 200 12th standard Arts and Science students. Which are 100 male (50 Arts and 50 Science faculty) and 100 Female students (50 Arts and 50 Science faculty) using random sampling method from various colleges of Aurangabad District. using random sampling method from various junior colleges of Aurangabad District. Two-way ANOVA was used for dependent variables of the total sample under study. A 2x2 factorial design was used to analyzing the data. The anxiety comprehensive test developed and standardized by Dr. Sinhas was used. The overall impression from the results shows Urban 12th standard Science students and female students having more Anxiety than Rural students and Arts faculty students. There were significant differences are found.

Key words : Anxiety

Introduction:

Education has unique place in human life from ancient time. And year of 12th standard is turning point of life because it decides future of life. Year of 12th standard is valuable as well as important for both students and their parents. Admission to various course are given on the basis of marks and percentage which student got in 12th standard. In this year students remain under mental stress. Increasing competition, extra expectation of parents and society create mental stress for students. They are always worry of questions such as will I succeed in exam ? what will happen. If I fail in exam .? If student anxiety/ tension in moderate level there is no problem, but if cross the limit (Boundary) it becomes harmful for students. It acquires whole his/her mind, night and day. In this situation students feel insecure, therefore they accept the way of addiction to relieve tension. some students commit suicide , day after day the tendency of committing suicide is increasing therefore it proves beneficial to check the level of anxiety in which period it create.

Definition of Anxiety:

Anxiety is a feeling of fear, uneasiness, and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue and problems in concentration

Types of Anxiety:

- Real Anxiety
- Neurotic Anxiety
- Moral Anxiety

Objectives of the study:

To study the Anxiety level of 12th standard Arts and Science faculty students from Urban and Rural area of Aurangabad district.

Hypothesis:

- There will be no significant difference between Arts and Science faculty students of Anxiety
- There will be no significant difference between Male and Female students of Anxiety

Sample:

The sample consists of 200 12th standard Arts and Science students. Which 100 male (50 Arts and 50 Science faculties) and 100 Female (50 Arts and 50 Science faculty students) were select using random sampling method from various colleges of Aurangabad District.

Design of the study:

2 X 2 factorial design was used for this research

Faculty (A)	Gender (B)	
	Male B1	Female B2
Arts A1	A1, B1	A1, B2
Science A2	A2, B1	A2, B2

Variable:**Independent Variable:**

- (A) Faculty: 1. Arts
2. Science
- (B) Gender of Students: 1. Male
2. Female

Dependant Variable: Anxiety Level

Tools: Sinha's Comprehensive anxiety test

Discussion:

Table: 01- Mean and SD of 12th standard students of Anxiety

Group	No of Sample	Mean	SD
Arts	100	6.62	1.57
Science	100	8.02	1.78
Male	100	6.95	1.58
Female	100	7.69	1.96
Arts Male	50	6.38	1.61
Arts Female	50	6.86	1.51
Science Male	50	7.52	1.34
Science Female	50	8.52	2.02

Table: 02- ANOVA Table of Anxiety of 12th standard students

	Ss	df	Mean squ	F Value
Faculty (A)	98.00	1	98.00	36.32**
Gender (B)	27.38	1	27.38	10.14**
Faculty X Gender	03.38	2	03.38	1.15
Total		196		

0.05 level table value 3.89 **. 0.01 level table value 6.76 *

In the above ANOVA table the Main effect A which is represented faculty of students. That is F value 36.32 and $df=1,196$, highly significant at 0.01 levels. And (The Mean score of Arts faculty participant is 6.38 and Science faculty participant mean score is 8.52) The F value, Mean and SD score denote that the Arts faculty students are differing from science faculty students about Anxiety.

In the above ANOVA table the main effect B which is represented Gender of students. That is F value 10.14 and $df=1,196$, highly significant at 0.01 level. And (The Mean score of Male participant is 6.95 and Female participant mean score is 7.69) The F value, Mean and SD score denote that the Female students are differing from Male students about Anxiety.

Conclusion:

- There was found significant difference between 12th standard Arts and Science faculty students towards anxiety
- There was found significant difference between 12th standard Male and Female students towards anxiety

Limitation of the study:

- The findings of the study are based on only 200 sample .
- Data was collected only from Aurangabad District.
- The limitations of any paper–pencil tests such as social desirability, response biases and basic human tendencies could have been affected the responses. Hence, this study is not free from all such biases.

References:

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