



A COMPARATIVE STUDY OF ANXIETY LEVEL AMONG UNDERGRADUATE & POSTGRADUATE ART STREAM STUDENTS

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Abstract

The purpose of the study was to reveal the anxiety among undergraduate and postgraduate art stream students. This was an empirical research with a sample of 100 students studying in four colleges belonging to undergraduate art stream and postgraduate art stream selected randomly from Rewari city of Haryana. The study was conducted through descriptive survey method. Anxiety of the college students was assessed by using Comprehensive Anxiety Scale by Sinha & Sinha,(2011). Statistical technique: t- test was applied to find out the significance of difference between means. The results indicated there was no significant difference in anxiety between undergraduate and postgraduate students. The results also indicated that there was no significant difference in the anxiety of rural undergraduate and urban undergraduate students. There is no significant difference in the anxiety of rural postgraduate and urban postgraduate students.

Key words: Anxiety, Undergraduate students, Postgraduate students



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Introduction

One of the most common problems facing college students is anxiety. Certainly the added pressures of being in a new environment, being away from home and the stress of wanting to do well in college can overwhelm some people. Anxiety disorders are among the most common or frequently occurring problems facing college students. Typically, anxiety disorders involve disturbances in mood, thinking, behavior and physiological activity. In the college student they may take many forms. Often they present as adjustment disorders with anxious features, test or performance anxiety, social phobia, or substance induced anxiety disorders. Like depression, anxiety disorders and panic disorders often run in families. Therefore, genetics, biochemical and environmental factors may all be involved. It is important to remember that with help the symptoms are treatable and you can learn alternative ways of coping with anxiety. It is usually not very helpful to pretend that anxiety will simply go away on its own.

Anxiety is a psychological disorder that is associated with significant suffering and impairment in functioning. It is a blend of thoughts and feelings characterized by a sense of uncontrollability and unpredictability over potentially adverse life events (Wilson, Nathan, O'leary, & Clark, 1996) Fisher (1970) defined anxiety as the experiences of being impelled to actualize for which abilities have already been apprehended as uncertain. Dutt (1974) stated anxiety consists of nine components- insecurity, loneliness, emotional instability, hypothetical tendencies, inferiority, complexity, guilt, proneness, paranoid – suspiciousness & romantic reality. Vyas (2008) investigated comparative study of anxiety, emotional maturity among adolescent of co-edu. & unisex education schools found that insignificant difference in anxiety as well as emotional maturity of adolescence boys coming from co-edu. & unisex education schools from girls.

Statement Of The Problem

The present study stated as “A COMPARATIVE STUDY OF ANXIETY OF UNDER GRADUATE & POST GRADUATE ARTS STUDENTS”

Operational Definitions Of The Related Terms

Anxiety: - K. Harney defined anxiety as a threat to what she called the case of essence of personality. Individuals develop some patterns as the basis of one's safety. Anything that is likely to obstruct the individual's specific protective pursuits may provoke anxiety.

Under Graduate & Post Graduate Arts Students: - B.A. and M.A. students fall under this category and take B.A. and M.A. Students of Rewari district for this present study.

Objectives Of The Study

The followings are the objectives of the present study:

- To compare the anxiety of undergraduate & postgraduate art students.
- To compare the anxiety of rural undergraduate & urban undergraduate art students.
- To compare the anxiety of rural postgraduate & urban postgraduate art students.

Hypotheses Of The Study

The following hypotheses are framed for verification in the present study:

- There is no significant difference between the anxiety of undergraduate & postgraduate art students.
- There is no significant difference between the anxiety of rural & urban undergraduate art students
- There is no significant difference between the anxiety of rural & urban postgraduate art students.

Design Of The Study

Descriptive survey method used to collect raw data.

Population

The undergraduate & postgraduate students of art colleges of Rewari district of Haryana comprised the population of the present study.

Sample

For the present study the investigator randomly selected of 100 students from four art colleges studying in B.A. & M.A. belonging to urban and rural area from Rewari district of Haryana.

Tools Used:

Sinha's Comprehensive Anxiety Test (SCAT):- This scale constructed by Dr. A.K.P. Sinha & Dr. L.N.K. Sinha. This scale consists 90 items in hindi of five areas. The scale according to the author is highly valid. The coefficient of validity was determined by computing of correlation between scores on Taylor's manifest anxiety scale and it was 0.62. Reliability of the scale has been measured by test-retest method, which was found 0.85, and by internal consistency method, reliability coefficient of the test was found to be 0.92. Results given below indicate that the scale is highly reliable.

Statistical Techniques Used For Data analysis:

In the present study the following statistical measures used: Descriptive analysis (Mean, Standard Deviation) & inferential analysis (t-test)

Analysis And Interpretation Of The Data

Table 1: Mean, Standard Deviation & ‘t’ Value of Anxiety of Undergraduate and Postgraduate Students

Variable	Sample	N	M	SD	t-value	Level of Significance
Anxiety	Undergraduate students	50	33.44	11.29	0.79**	Not Significant
	Postgraduate students	50	31.06	18.24		

****0.05 level**

Table1 revealed that the mean scores of anxiety of undergraduate and postgraduate students are 33.44 and 31.06 with SD’s 11.29 and 18.24 respectively. The t-value came out from the above two groups is 0.79. Therefore, the hypothesis (H_1) is not to be rejected which means there is no significant difference between the anxiety of undergraduate and postgraduate students. Mean score compare showed that undergraduate students ($M=33.44$) are anxiety as compare to postgraduate students ($M=31.06$).A graphical representation is also given in figure 1 showing mean scores of anxiety of undergraduate and postgraduate students through bar diagram.

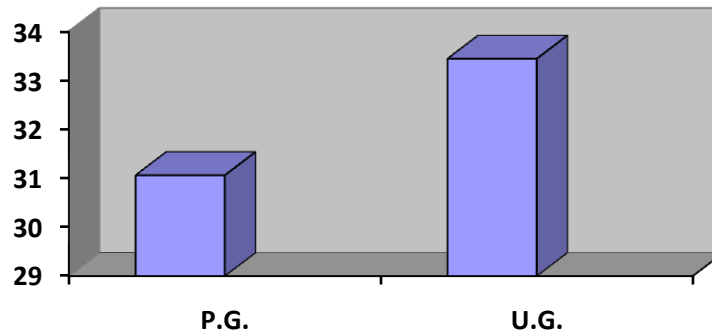


Figure 1: Showing Mean Scores of Anxiety of Undergraduate & Postgraduate Students

Table 2: Mean, Standard Deviation and ‘t’ value of the Anxiety of Rural Undergraduate and Urban Undergraduate

Variable	Sample	N	M	SD	t-value	Level of Significance
Anxiety level of Undergraduate Students	Rural	25	17.50	11.29	0.58**	Not Significant
	Urban	25	20.01	18.24		

****0.05 level**

Table 2 revealed that the mean scores of anxiety of rural undergraduate students and urban undergraduate students are 17.50 and 20.01 with SD’s 11.29 and 18.24 respectively. The t-value came out from the above two groups is 0.58. Therefore, the hypothesis (H_2) is not to be rejected i.e. accepted which means there is no significant difference between the anxiety of rural undergraduate students and urban undergraduate students. By comparing mean scores, it reveals that urban undergraduate students have more anxiety level ($M=20.01$) from rural undergraduate students($M=17.50$). A graphical representation is also given in figure 2 showing mean scores of anxiety of rural undergraduate students and urban undergraduate students through bar diagram

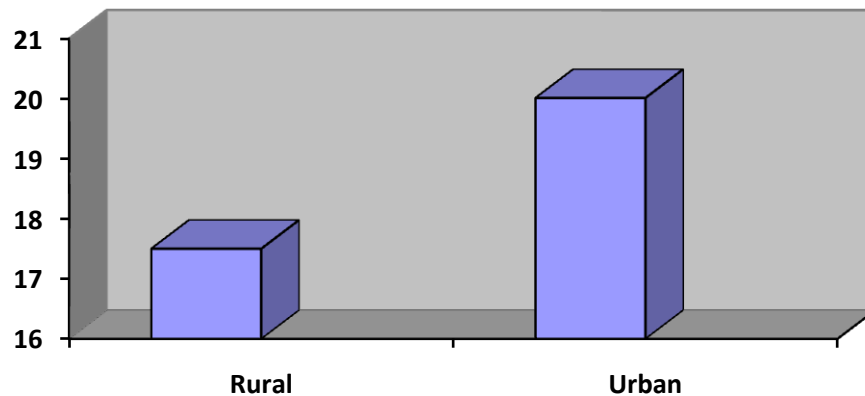


Figure 2: Showing Mean Scores of Anxiety of Rural Undergraduate Students and Urban Undergraduate Students

Table 3: Mean, Standard Deviation and ‘t’ value of the Anxiety of Rural Postgraduate and Urban Postgraduate Students

Variable	Sample	N	M	SD	t-value	Level of Significance
Anxiety of Postgraduate Students	Rural	25	111.56	29.61	0.43*	Not Significant
	Urban	25	115.16	29.63		

* 0.01 level

From Table 3, it revealed that t-value came out from the above two groups is 0.43. Therefore, the hypothesis (H₃) is accepted which means there is no significant difference between the anxiety of rural and urban postgraduate students. The mean scores of anxiety of rural postgraduate students is 111.56 and urban postgraduate students is 115.16 respectively, it means that urban postgraduate students have more anxiety level as compare to rural postgraduate students. A graphical representation is also given in figure 3 showing mean scores of anxiety of rural and urban postgraduate students through bar diagram.

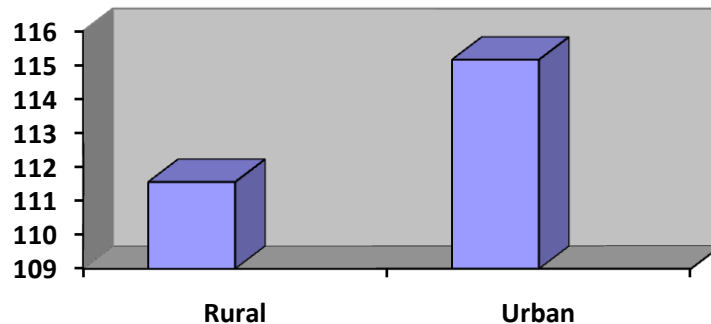


Figure 3: Showing Mean Scores of Anxiety of Rural and Urban Postgraduate Students

Conclusions:

The result of this study concluded there is no significant difference between anxiety levels of undergraduate and postgraduate students because they have provided same environment by their parents. By comparing mean scores, undergraduate students have more mean score revealed that students come from senior secondary schools have anxiety but level goes down in postgraduate as they are adult. There is no significant difference between anxiety level of urban and rural undergraduate and postgraduate students. The results show that educational level, age, environment and area affect the anxiety level among college students.

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