A COMPARATIVE STUDY ON ANXIETY AMONG COLLEGE STUDENTS FROM RURAL AND URBAN AREAS

Sibananda Mishra[1], Ph. D. & Miss. Bijayalaxmi Muduli[2]

[1]*Principal, Institute of Health Sciences, Bhubaneswar, Odisha, India.*

[2]*PG in Psychology, Ravenshaw University, Cuttack*

Affiliation: The Institute is affiliated to Utkal University, Bhubaneswar and Odisha.

Email Id: dr.sibanandamishra@gmail.com.

Abstract

The objective of the present study was to compare the level of anxiety and difference between the rural and urban college students on the basis of dimensions of anxiety. A total number of 120 college students (Rural – 60 and Urban – 60) were selected from two Junior colleges in both rural and urban areas of Odisha State. In the present study, Sinha Anxiety Scale (1991) was used to collect the data. The obtained data was analysed by using 't' test to find out the significant difference between rural and urban college students. Results revealed that in majority dimensions of anxiety, rural college students have more anxiety compared to urban college students.

INTRODUCTION

An anxiety is a painful emotional experience produced by excitations which may turn over to panic or severe fear. In fact, it is a form of fear not based upon present alone, but also upon the actual or imaginative experience of the past and future. The victim shows anxiety under different situations without any specific or real reason.

In today's environment, anxiety is a common phenomenon of everyday life. At different times in our lives we all worry about things in our health, finances or family concerns. Feeling of anxiety can be a result of life experiences, such as job less, relationship breakdown, serious illness, major accident, or the death of someone close. Feeling anxious in these situations is appropriate and usually we feel anxious for only a limited time.

Anxiety disorders can arise in response to life stresses such as financial worries or chronic physical illness. Anxiety among adolescents and young adults is common due to the stress of social interaction, evaluation and body image. On the other hand, anxiety disorder is sometimes misdiagnosed among elder adults.

Anxiety has been observed to manifest in different spheres. An individual shows anxiety when he has to meet the head of the company or in a group gathering (social relationship) or he is about to start travelling or take a test. Anxiety shows itself in the form of certain bodily symptoms like sweating and tremor, restlessness, worry and lack of sleep. It may be seen in the form of shame or guilt, lack of confidence, indecision, worry etc like psychological symptoms. In Sinha Anxiety scale, the questions were intended to rate on items descriptive of anxiety reactions to the following dimensions 1) health, appearance and injury 2) ambition and success or failure in work, money and occupation) 3) family anxiety 4) anxieties regarding friendship and love 5) social relations and social approval 6) worries regarding the future 7) worries about civilization, war and virtue 8) guilt and shame 9) physical and physiological manifestation and 10) purely psychological manifestation(Sinha ,1991).

A number of previous studies related to anxiety and other issues have been reviewed before undertaking the present study. Surya Prava and associates (2017) conducted a comparative study of anxiety and depression among adolescents from rural and urban areas in and around Visakhapatnam. 368 adolescents were selected for the study. Results revealed that anxiety reported more in urban areas (35.41% boys), Whereas in case of girls it was 29.41%.

Shaikh & others (2018) conducted a study on depression, anxiety, stress and stressors among rural adolescents (461 students) studying in Pune and a rural block of Nanded district of Maharashtra, India. The prevalence of depression, anxiety and stress among these students was 54%, 60% and 44% respectively. Rural Students in Pune city were having significantly higher level of stress than the students studying in the rural area.

In another study by Shilpa Modi and K. Singh (2018) it was found that gender difference was in anxiety and stress level among young adults from rural and urban areas of Punjab. The study was conducted on 200 participants having 100 males (50 urban and 50 rural) and 100 females (50 urban and 50 rural). Results showed that gender difference in stress level, but there was no significant difference in anxiety. But, significant difference was found among rural and urban females on anxiety as well as on stress.

Kirubasankar& others (2020) carried out a study on 462 adolescents studying in rural and urban Government Schools to assess anxiety disorders. It was found that adolescent students from the urban schools had a higher prevalence of any anxiety disorder as well as for specific subtypes than the students from the rural schools.

Keeping the above facts in mind, the proposed study was investigated on the following objectives.

OBJECTIVES

- To compare the different level of anxiety among rural and urban college students.
- To find out the difference between the rural and urban college students on the basis of dimensions of anxiety.

RESEARCH METHOD

Sample

A total number of 120 College students were selected from Junior Colleges in both rural and urban area of Odisha State, India. Out of which 60 college students (adolescents) were selected with rural background from Banpur College, Khordha district and the remaining 60 students were from Junior College, Ravenshaw University, Cuttack district, Odisha with urban background.

Tools for Data Collection

In the present study "Sinha Anxiety Scale (1991)" was used to collect the data as it is considered to be sample and user friendly questionnaire. The "Sinha Anxiety Scale" was developed by Dr. Durgananda Sinha in 1961. The scale has been developed and standardized on an Indian sample. The test constitutes an useful research tool. It gives a quick measure of anxiety for experimental clinical and counseling purposes. This test could be successfully used for screening out students who suffer from high degree of anxiety which has a disruptive, in habiting or interfering influence on the performance of the high reliability and validity. This test is eminently suitable for group administration as well as for individual testing. The test was developed which could tap the various areas or dimension as well as form of manifestation of anxiety. Therefore, questions were designed to elicit self-ratings on items descriptive of anxiety reactions to the following areas (1) health appearance, and injury (2) area of ambition, (3) family anxiety, (4) anxiety regarding friendship and love, (5) social relations and social approval, (6) worries regarding the future, (7) worries about civilization,

(8) guilt and shame, (9) physical and physiological manifestations and (10) purely psychological manifestation (Sinha, 1961).

Statistical Techniques

Obtained raw scores of the sample was converted into standard scores using SPSS subsequently the mean and SD was calculated. The data was subjected to independent sample "t" analysis to find the significant difference between the rural and urban students of college students.

Methodology

After establishing a proper rapport with the subjects, the questionnaires were distributed with clear instructions. On an average 15-20 minutes interaction with the subjects was required. Then answered questionnaires were collected from the subjects and scored as per manual. Data was analysed by entering the data into SPSS and performing a t-test with level of anxiety among college students.

RESULTS & ANALYSIS OF DATA

In order to analyse the data, descriptive statistics such as mean and standard deviation and inferential statistics students "t" test have been used. According to the information obtained from the sample, descriptive findings of the respondents were as below.

Table-1

Level of Anxiety of Rural College Students (N = 60)

Score Range	Level of anxiety	No. of Respondents(Rural)	Percentage (%)
1 – 25	Very Low	o	0
25 – 40	Low	2	3.3
40 – 70	Normal	44	73.33
70 – 80	High	8	13.33
80 -100	Very High	6	10

As shown in the table, it was found that 73.33% of respondents (rural college students) had normal anxiety level. But, it was observed that 10% and 13.33% of respondents (rural college students) have very high and high level of anxiety respectively. Whereas, no respondent among the rural college students was observed in case of very low anxiety level.

Table-2

Level of Anxiety of Urban College Students (N = 60)

Score Range	Level of anxiety	No. of Respondents(Rural)	Percentage (%)
1 – 25	Very Low	5	7.13
25 – 40	Low	19	31.66
40 – 70	Normal	32	53.33
70 – 80	High	4	6.66
80 -100	Very High	0	0

As shown in the table, it can be seen that 53.33% of respondents (Urban college students) was normal anxiety level. But, it was observed that6.66% of respondents found with high level of anxiety and there was not a single subject with very high level of anxiety. Whereas, only 7.13% and 31.66% of respondents among the rural college students was observed in case of very low anxiety and low anxiety level.

Table-3

Comparison of the anxiety level among rural and urban students.

Level of anxiety	Percentage(%) of rural	Percentage(%) of urban
Very Low	0	7.13
Low	3.3	31.66
Normal	73.33	53.33
High	13.33	6.66
Very High	10	0

The above graph showed that the level of anxiety of both rural and urban college students differ from each other. It can be seen that 73.33% of rural respondent and 53.33% of urban respondent had normal anxiety. The very low, low, high and very high anxiety level of the rural respondents were 0%, 3.3%, 13.33% 10% and the urban respondents are 7.13%,31.66%, 6.66%, 0%   respectively. The table showed that the urban respondents were not having very high anxiety level but 10% of rural respondents are having high anxiety level. In contrast there was no very low level of anxiety among the rural respondent but the 7.13% of the urban respondent had. The percentage varied from rural to urban in case of low and high anxiety level.

Table -4

Means, Standard Deviations and 't' Values of Dimensions of Anxiety between Urban and Rural College Students.

Sl. No	Dimension	Mean		SD		t - value	p- value
		Rural	Urban	Rural	Urban		
1.	Health, appearance, & injury	3.45	4.77	2.33	2.18	3.17	0.001
2	Area of Ambition	6.63	5.17	1.82	2.24	4.04	0.0001
3	Family Anxieties	3.82	2.38	6.41	1.45	1.67	0.0975
4	Anxieties regarding friendship and love	4.17	2.38	1.63	1.63	5.93	0.0001
5	Social relations and social approval	6.18	5.1	1.97	2.66	2.51	0.0134
6	Worries regarding the future	8.6	6.92	2.07	2.75	3.76	0.0002
7	Worries about civilization, war, &virtue	7.12	5.07	2.03	2.48	4.92	0.0001
8	Guilt & Shame	7.67	6.05	3.03	3.34	2.75	0.0068
9	Physical & Physiological manifestation	5.5	4.13	2.03	2.13	3.57	0.0005
10	Purely Psychological manifestation	6.17	4.83	2.08	2.08	3.48	0.0007
11	Total scores of anxiety	45.4	59.9	14.03	17.10	5.03	0.0001

The table showed the values of mean, standard deviation and 't' of all dimensions of anxiety with respect to rural and urban college students. It was observed from the above table that out of ten number of dimensions of anxiety, in majority of dimensions (nine) of anxiety, significant differences were observed between rural and urban college students. With regard to one dimension of anxiety – family anxiety no significant difference was observed.

DISCUSSION AND CONCLUSION

The present study was conducted to study and compare the level of anxiety among the college students in relation to rural and urban environments. At the same time, another purpose of the study was to find out the differences between the rural and urban college students in relation to the dimensions of the anxiety. It was hypothesized that rural and urban college students differ significantly with respect to their anxiety level.

The findings of the study revealed that the rural college students had more anxiety then urban college students. It was observed from the above table that out of ten dimensions of anxiety in majority of the dimensions (9 numbers), significant differences were observed

between rural and urban college students. With regard to one dimension of anxiety – family anxiety, no significant difference was observed.

As revealed in the table, the findings could be discussed that 73.33% of respondents (Rural college students) have normal anxiety level. But, it was observed that 10% and 13.33% of respondents (rural college students) have very high and high level of anxiety respectively. Whereas, no respondent among the rural college students was observed in case of very low anxiety level.

CONCLUSION

When compared among urban and rural college students (adolescents) the level of anxiety in most of the dimensions was more among college students from urban areas. . Based on the previous studies, the researcher found many sources of anxiety among college students from rural and urban environment such as health, appearance and injury, ambition, , family anxiety, anxiety regarding friendship and love, social relations and approval, worry about the future, worry about civilization, war and virtue, guilt and shame etc. Student cannot perform well if they are having a problem regarding anxiety. Anxiety and conflicting situations may confront the adolescent almost continuously in his growing up process. In the attempts to meet their personal and social needs the adolescent makes a variety of adjustments. They may satisfy their own need and those of society. They may experience inadequate adjustment. A college student who adjusts well can be regarded as a young man who experiences relatively less tension and anxiety in his daily routine activities. On the other hand, a student who habitually adjusts poorly tends to experience tension and anxiety to a marked degree.

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