

# STUDY OF THE ANXIETY OF HIGHER SECONDARY SCHOOL STUDENTS OF GUJARAT

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**Abstract:** This paper focus on the study of the anxiety of higher secondary school students of Gujarat. The objectives of this research are (1) To study the anxiety of Higher Secondary School Students, (2 & 3) To study the main effects of Gender as well as Area on anxiety of Higher Secondary School Students and (4) To study the interaction effects of Gender and Area on anxiety of Higher Secondary School Students. The students studying in the year 2014-15 in the Higher Secondary Schools of Gujarat State was the population of the study. So from population 3000 higher secondary school students were selected by random sampling method. The study would be pertaining to the areas of Psychological Studies. It was an applied type of research as well as normative survey in nature. As a tool Desai Anxiety scale was used. Collected data calculated by use of SPSS – 15. Result of this research was, there is no difference between anxiety of boys and girls as well as urban and rural area students of higher secondary school of Gujarat.

**Key Words:** Anxiety, Higher Secondary School and Students.

## 1. INTRODUCTION:

Today we are all faced with greater choice, more competition and less time to consider our options or seek out the right advice in our career and day to day life. In the field of education the climate of competition is increasing regularly. In this situation our schools provide multiple options for choosing the faculties and subjects in different standards. Higher secondary stage of schooling is an important one so far as the future and career opportunities are concerned. Students at this stage work hard and face so many challenges, anxieties and problems to achieve the best. In this journey he/she needs to be more concentrated, confident, competent and positive each and every day. For this purpose he/she has to put some extra efforts by taking care of some psychological aspects that may help to balance the personality as well as to cope with the stress. Anxiety induced by the need to choose between similar options is increasingly being recognized as a problem for individuals and for organizations. Anxiety does not only consist of physical effects; there are many emotional ones as well. They include feelings of apprehension or dread, trouble concentrating, feeling tense or jumpy, anticipating the worst, irritability, restlessness, watching (and waiting) for signs (and occurrences) of danger and feeling like your mind has gone blank as well as nightmares/bad dreams, obsessions about sensations.

In the very busy schedule of school and individual learning, our students are becoming more and more conscious, sensitive, losing their natural smile. This situation can be a harmful one for their betterment and future. It may also affect their scores, their performance. It is very important to become aware about the level of Anxiety of the Higher Secondary School students if we want to guide and teach them in better way. The present study is an attempt in this direction.

## 2. STATEMENT OF THE RESEARCH PROBLEM:

The study undertaken by the researcher has been entitled as “**Study of the Anxiety of Higher Secondary School Students**”

The research mainly proposed to study the Anxiety of the Higher Secondary School students was also carried out in the context of two variables – gender and area.

## 3. DEFINITIONS OF KEY TERMS:

In the present study, the important key words are :

### 3.1 Anxiety

Concern or solicitude respecting some event, future or uncertain, which disturbs the mind and keeps it in a state of painful uneasiness. (Webster’s Dictionary)

The literature defines anxiety as an emotional state that is often considered analogous to fear (Sweeney, 2004). Anxiety or fear is comprised of cognitions (e.g., worry), behaviors (e.g., avoidance), emotions (e.g., scared), physiological responses (e.g., increased heart rate), and relational aspects. (Morris and March, 2004)

A state of restlessness and agitation, often with general indisposition and a distressing sense of oppression at the epigastrium.

In the present study, Anxiety is taken as uneasiness of the Higher Secondary School students regarding achievement, progress, career etc. Tool of Dr. K.G. Desai's Manifest Anxiety Scale has been used. The score on the Dr. K.G. Desai's Manifest Anxiety Scale was the Anxiety of the present study.

### 3.2 Higher Secondary School Student

Student is a person of studious habits. A student is one who undergoes a formal kind of training, under a particular institution for a fixed period. Student is one who attends an institution of higher secondary level; or a person engaged in serious study, especially one doing independent study.

Here, the students who are studying in Std. XI and XII as per the education system followed by Gujarat Secondary Education Board are called Higher Secondary School from urban and rural area.

## 4. VARIABLES OF THE STUDY:

**Table 1 Types of Variable and levels**

Sr. No.	Type of Variable	Name of Variable	Levels	Tool Primary Data
1	Dependent	Anxiety	-----	Desai Manifest Anxiety Scale
2	Independent	Gender	1. Male 2. Female	Primary Data

## 5. OBJECTIVES OF THE STUDY:

The present study will be carried out with the following objectives:

- To study the Anxiety of Higher Secondary School Students.
- To study the main effects of Gender on Anxiety of Higher Secondary School Students.
- To study the main effects of Area on Anxiety of Higher Secondary School Students.
- To study the interaction effects of Gender and Area on Anxiety of Higher Secondary School Students.

## 6. HYPOTHESES OF THE STUDY:

**H<sub>01</sub>** There will be no significant difference between the mean anxiety score of boys and girls of Higher Secondary School on Desai's Manifest Anxiety Scale.

**H<sub>02</sub>** There will be no significant difference between the mean anxiety score of Urban and Rural area's Higher Secondary School Students on Desai's Manifest Anxiety Scale.

**H<sub>03</sub>** There will be no significant interaction effect between gender and area on the mean anxiety score of Higher Secondary School Students on Desai's Manifest Anxiety Scale.

## 7. TYPES AND AREA OF RESEARCH:

The study would be pertaining to the areas of Psychological Studies because of study of Anxiety of Higher Secondary School Students. The field of the present study was Higher Secondary school, Psychological field and Measurement and Evaluation. The results will be useful to guide students to reduce the anxiety so it was applied research.

## 8. RESEARCH METHOD:

Present study has been conducted on anxiety of higher secondary students. So the present study was normative survey. In the present research, the researcher used certain specific methods, which was suitable for this study. Researcher used the descriptive method.

For study of Anxiety of higher secondary school students of Gujarat, researcher used a readymade tool was Desai Manifest Anxiety Scale which was constructed and standardized by of Dr. K.G. Desai.

## 9. POPULATION AND SAMPLE:

The present research was related to study of the anxiety of the students of Higher Secondary Schools. Students studying in the year 2014-15 in the Higher Secondary Schools of Gujarat State were the population of the study. The state of Gujarat was divided in four zones. From each zone two districts were selected by drawing a chit. From selected districts rural and urban area wise schools were selected by drawing chit. From selected schools, 3000 students were selected through Stratified random sampling.

## 10. DATA COLLECTION:

Data for the present study was collected by the administration of Desai Manifest Anxiety Scale during the academic year 2014-15. The data was collected personally by the researcher. The data pertaining to variables Anxiety, Gender and Area of schools were collected from all the students from std. XI and XII who were studying in the selected schools which comprise the sample.

## 11. DATA ANALYSIS AND INTERPRETATION:

The data was compiled in tabular form for each variable. The significant difference of mean was computed. Data were further analyzed and interpreted on the basis of F-values to study the significance of interactions as explained. With the help of the above statistical techniques, the results were interpreted, in the light of the hypotheses citing them wherever appropriate. For the analysis of the data SPSS 15 programme was used.

## 12. TESTING OF HYPOTHESE:

In the present study the null hypothesis have been tested are given below table:

**Table No. 2 Hypotheses and Their Testing**

Sr. No.	Hypotheses	F-value	Level of Significance	Rejected / Not Rejected
1	There will be no significant difference between the mean anxiety score of boys and girls of Higher Secondary School on Desai's Manifest Anxiety Scale.	.122	N.S.	Not Rejected
2	There will be no significant difference between the mean anxiety score of Urban and Rural area's Higher Secondary School Students on Desai's Manifest Anxiety Scale.	.827	N.S.	Not Rejected
3	There will be no significant interaction effect between gender and area on the mean anxiety score of Higher Secondary School Students on Desai's Manifest Anxiety Scale.	.067	N.S.	Not Rejected

## 13. FINDINGS OF THE STUDY:

Major finding of this research were mentioned below:

- There was no effect of gender on the Anxiety of the Higher Secondary School Students. The boys and girls both have equal Anxiety.
- There was no effect of area on the Anxiety of the Higher Secondary School students. The urban and rural area students of Higher Secondary Schools had equal Anxiety.
- There was no interaction effect of gender and area on the Anxiety of Higher Secondary School students.

## 13. DISCUSSION:

Every research gives a message to the society in general and the concerned in particular. The present study was related to the anxiety of Higher Secondary School students and two important related variables. So the results can be discussed in the following direction.

- The school and society should always be ready to facilitate for reduce the anxiety by organizing related activities.
- On the basis of informative experience about the subjects, situations arising in solving a problem, preservation of democratic procedures, through assimilation of environment should be thought to the students.
- All educators in general and teachers in particular shall try to nourish and not only promote but also facilitate the process of the cultivation and reduction of the anxiety among the generation.
- Parents and teachers should give proper guidance in selection of professional considering gender of students and area of schools.
- The teachers should administer similar tests or scales on their students at regular intervals for measuring anxiety and try to know its causes and organize anxiety reduction activities in school and make the environment of schools healthy and social.
- The parents should also provide necessary materials, freedom for choice, facilities, proper environment, consider their opinions and guidance to their children to reduce anxiety.

## 14. EDUCATIONAL IMPLICATIONS:

- The scale will be useful to the teachers to know the status of anxiety of Higher Secondary School students.
- After identifying the anxiety of the Higher Secondary School students, programme can be implemented to reduce the anxiety.
- With the help of this Scale, the talent/skill of the students can be identified. School students can be guided further to develop the talent/field in the field.
- Students are sometimes weak in performance or fail in routine exam or tests because of anxiety. This scale will be useful to measure anxiety of students for reduction and inspiring them.

## 15. LIMITATIONS OF THE STUDY:

In the present study following limitations:

- As a tool Dr. K.G. Desai constructed and standardized tool Desai Manifest Anxiety Scale was used.
- Only Gujarati medium schools were selected.
- As sample 3000 higher secondary school students studying in 2014-15 were selected.

## 16. CONCLUSION:

In the present study, Anxiety and its effect of gender and area have been studied. The anxiety of boy and girls as well as urban and rural area students was equal. The significant interactive effect between gender and area were not found. The tool of Dr. K.G. Desai's constructed and standardized "Desai Manifest Anxiety Scale" was used. Researcher hoped that in future shall be encouraged to undertake further follow up work in this area, to reduce the anxiety of the next generation by studying them.

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