A Study On Level Of Anxiety In College Going Students

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Abstract: A study was conducted on 180 undergraduatestudents of different streams (Arts, Science and Commerce) at Govt. V. Y. T. P. G. Autonomous College, Durg, Chhattisgarh, India to assess the anxiety level. Overall average score (24.7) indicates normal anxiety level. It shows in general, the students are mentally healthy with regard to anxiety but the average score for girls (26.95 High anxiety level) is slightly overtaking the normal threshold (score 26 to 23). Results show girls have significantly higher anxiety level than boys and science students are more anxious than arts and commerce students. Commerce students seem very cool.

Key Words: Level of Anxiety, College going students.

INTRODUCTION:

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure, increased heart rate, nervousness, unease, a sense of impending danger or doom, sweating and trembling, inability to maintain focus, uncontrollable worry, insomnia, feelings of restlessness, fatigue, and difficulty in maintaining focus. However, when a person regularly feels disproportionate levels of anxiety, it might become a medical disorder.

Anxiety is prevalent among college students in part because they are in the midst of a major life transition, often have to manage heavy loads of coursework, in addition to participating in extracurricular activities and holding part-time or full-time jobs.

The sharpest increase in anxiety occurs during the initial transition to college. According to the American College Health Association Blog Fall 2018 National College Health Assessment, 63% of college students in the US felt overwhelming anxiety in the past year. In the same survey, 23% reported being diagnosed or treated by a mental health professional for anxiety in the past year.

The present study examined the prevalence rate of anxiety among college students studying in Govt. V. Y. T. P. G. Autonomous College, Durg. It is the largest and an A+ grade college of Chhattisgarh state.

Aim of the study:

- To examine level of anxiety among students studying in Govt. V. Y. T. P. G. Autonomous College, Durg.
- To know whether there is any association between anxiety and gender
- To know whether there is any association between anxiety and courses offered by the students

MATERIALS AND METHOD

- **Sample of the study:**

The sample chosen for this research is the 180 student of Government V.Y.T.P.G. Autonomous College, Durg, Chhattisgarh. The students were selected by random sampling method during 2022-2023.

- **Tools** –In the present study to measure anxiety level, comprehensive anxiety test questionnaire developed by A.K. P. Sinha and L.N.K. Sinha was used. It can be used as a group of individual test. It takes about 15 to 20 minutes to complete all ninety items of the test. Its test- retest reliability is 0.85 and using the Spearman Brown formula, the reliability coefficient of the test is .092 there by showing higher reliability of this test.

- **Procedure of data collection:**

- Students were randomly selected and asked to fill the questionnaire (Sinha's Comprehensive Anxiety Test). Data was collected and subjected to Statistical analysis. Average and standard deviation was calculated. 't' test was applied to know the significant difference between boys and girls students .

- As per manual for Sinha's comprehensive anxiety test, level of anxiety in girls and boys is interpreted according to following tables.

Percentile	Score	Interpretation
P99 to P33	89 to 30	Extremely high anxiety
P32 to P27	29 to 24	High anxiety
P26 to P18	23 to 17	Normal Anxiety level
P17 to P15	16 to 14	Low anxiety level
P14 to P1	13 to 01	Extremely low anxiety

Percentile Equivalent to test score for Boys

Percentile	Score	Interpretation
P99 to P32	89 to 29	Extremely high anxiety
P31 to P30	28 to 27	High anxiety
P29 to P22	26 to 20	Normal Anxiety level
P21 to P17	19 to 15	Low anxiety level
P46to P1	14 to 01	Extremely low anxiety

Percentile Equivalent to test score for Girls

RESULT AND DISCUSSION:

| S.no	Gender	No. of student	Total score	Average score	STD	T value
1.	Girls	90	2425	26.949	±12.626	0.0281
2.	Boys	90	2021	22.455	±14.517	Significant(< 0.05)
3.	Girls+ Boys	180	4446	24.7	±13.752	

Table 1: Total score, mean, standard deviation and t value for boys and girls

Overall average score is 24.7 which fall under normal anxiety level. It shows in general, the students are mentally healthy with regard to anxiety but the average score for girls is 26.95 (High anxiety level) i.e. slightly overtaking the normal threshold (score 26 to 23), and for boys it is 22.45 (Normal Anxiety level). Table shows

female students showing higher mean ($M = 26.95$, $STD = \pm12.626$) than male students ($M = 22.45$, $STD = \pm14.517$) i.e. girls have significantly higher anxiety level than boys (**MimozaKamberi*et.al.*2018, Marthoenis *et.al.*2018,PatouMasikaMusumari*et.al* 2018, Mohammad Parvez*et.al*. 2018,Dalia Saleh*et.al.* 2017, Dr. M. Prabhu 2014)** .

S.No.	Level of anxiety	Boys	Girls	Overall
1.	Extremely high anxiety	25 (27.77%)	36 (40%)	61 (33.89%)
2.	High anxiety	03 (3.33%)	03 (3.33%)	06 (3.33%)
3.	Normal Anxiety level	29 (32.22%)	22 (24.44%)	51 (28.33%)
4.	Low anxiety level	05 (5.55)	10 (11.11%)	15 (8.33%)
5.	Extremely low anxiety	28 (31.11%)	19 (21.11%)	47 (26.11%)

Table 2: Level of anxiety in boys and girls
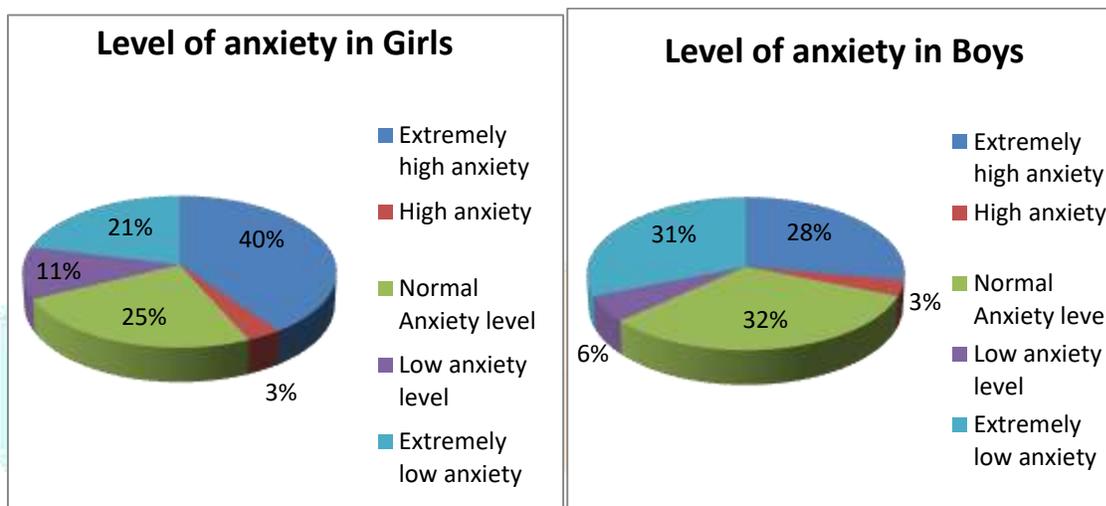
Graph 1: Level of anxiety in girlsGraph 2: Level of anxiety in boys

Table shows that about 37% students are above normal anxiety level suffering from high or extremely high anxiety. The result is in consensus with **NehaTaneja*et.al*. 2018** and **Xinqiao Liu*et.al*.2019** (38 to 40%) and is much lower than the percentage observed in American college students (63%, **American College Health Association Blog, 2018**) and French university students (86.3%,**Dalia Saleh*et.al*.2017**). Table 3 clearly depicts that girls experience higher anxiety level than boys. 43.33% girls and 31.1% boys are above normal anxiety level. 24.44% girls and 32.22% boys have normal anxiety level. 32.22% girls and 35.66% boys showed below normal anxiety level. An individual with an extremely high score of above 75th percentile may be regarded as hyper-anxiety individual and may be in need of counseling and psychotherapy. No such student was found in our study. The highest percentile for boys was P_{62} (score 56) for boys and P_{68} (score 61) for girls.
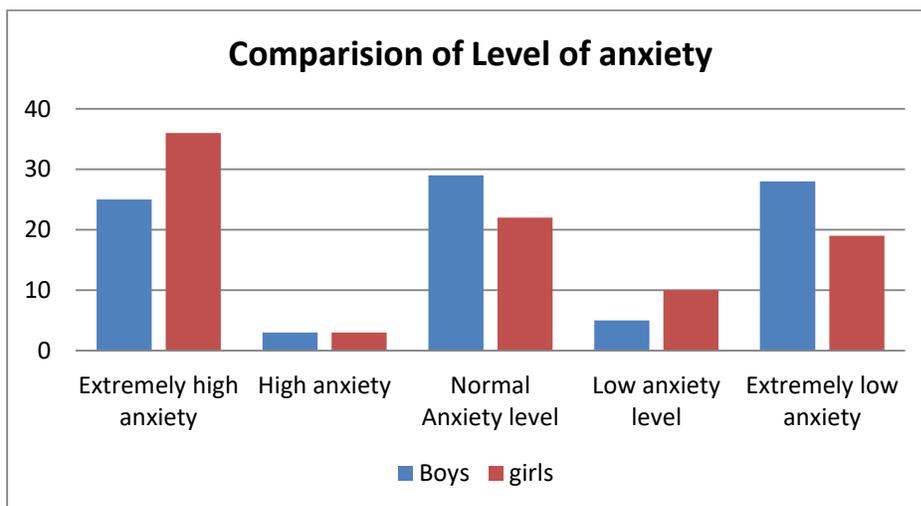
Graph 3: Comparison of Level of anxiety in boys and girls

S.no.	Stream	No. of student	Total score	Average score	STD
1.	Science	60	1639	27.31667	±10.469
2.	Arts	60	1485	24.75	±12.3544
3.	Commerce	60	1322	22.03333	±13.0448

Table 5: Stream wise score, mean and standard deviation

In table 4 the mean score and standard deviation shows that science students are more anxious than arts and commerce students. Commerce students seem very cool.

S.no.	Stream	T value	Level of significance
1.	Science/Arts	.3157	Significant(< 0.05)
2.	Arts/Commerce	.2438	Significant(< 0.05)
3.	Science/Commerce	.4140	Significant(< 0.05)

Table 6: Stream wise level of significance

Level of anxiety is Science students> Arts students> Commerce students.

Conclusion

A large number of students are having high level of anxiety. Female student experiences higher anxiety level than male students may be due to social reasons. Students from science stream are more anxious than Arts and Commerce Students. Based on the results of this study, we suggest that college should provide students with trained psychological guidance. College students in different years may have differentiated psychological well-being status. Universities may offer proper psychological counseling for fresher students in order to relieve their anxiety and pay special attention to improve the psychological well-being of the students.

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