ACADEMIC ANXIETY AND MENTAL HEALTH AMONG HIGH SCHOOL STUDENTS IN CUDDALORE DISTRICT

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ABSTRACT

Academic anxiety is the anxious state of the students to accomplish a task in academics. It is a construct that understands the students nature of anxiety in their academics. Mental health is the set of mental conditions that make the students to be peaceful in their mind and to be harmonious with self and with others and to have a balanced emotional and social well being with adaptation and emotional set up.

The present study aims to find out the relationship between the academic anxiety and mental health among high school students. 250 students of ninth class formed the sample. Findings indicate that there is significant negative correlation between the academic anxiety and mental health of the students. With respect to background variables periodical study habits influences the academic anxiety of the students.

KEYWORDS: *Academic Anxiety, Mental Health, Study Habits*

INTRODUCTION

Anxiety

Spielberger (1971) defines anxiety as a "state of arousal caused by threat to well being". He explains the term 'state' as a "condition involving the entire organism" and the term 'arousal' as a condition of tension, unreal, or uneasiness i.e, a "readiness to act to the response".

Academic Anxiety

It is the anxious state of the students in their academics like to complete a task or to complete a work , to study , to prepare for exam or to complete an assignment in an assigned time or to understand new concepts.

Components of Academic Anxiety

Four components constitute the academic anxiety of students viz:

- **Emotionality:** which include biological aspects like sleeplessness, tiredness, increased heart palpitation, head ache, giddiness.

- **Task Generated Interference:** It is the lack of focus in doing a task in studies leading to be unproductive.

- **Study Skill Deficits:** improper study methods, poor study habits, less participation, less time allotted towards studies.

- And **worry:** excessive thoughts and unnecessary fears created due to lack of doing a tasks.

Objectives of the Study

- To study the level of academic anxiety among the high school students in Cuddalore district.

- To study the influence of academic anxiety on the mental health of the high school students in Cuddalore district.

- To study the influence of the background variable study habits on the academic anxiety of high school students in Cuddalore district.

RESEARCH METHODOLOGY

Descriptive survey research method is used in the present study,

Variables of the Study

- **Independent Variable:** Academic Anxiety, Study Habits

- **Dependent Variable:** Mental Health

Selection of the Sample

250 students of the ninth class students formed the sample of the present study selected with random sampling method.

Limitations of the Study

- The study is conducted only for ninth class students as the sample.

- The study is delimited to only 250 students.

TOOLS USED IN THE STUDY

'Academic Anxiety' Scale for Children (AASC) developed by Dr. A.K. Singh and Dr. A. Sen Gupta.

The 'Academic Anxiety' Scale for Children (AASC) has been developed for use with school students of class VIII, IX and X (age range: 13-16 years).

Mental health scale

Mental Health Battery by Arun Kumar Singh and Alpana Sen Gupta was used to assess the mental health of the students. Mental health battery intends to assess the status of mental health in the age range of 13 to 22 years. The tools has the following dimensions viz: They have given the following six indices:1.Emotional stability, 2.Over-all-adjustment, 3.Autonomy, 4. Security-insecurity, 5. Self-concept and 6. Intelligence

STATISTICAL ANALYSIS AND INTERPRETATION

In the present study measures of the central tendency are used for descriptive statistics, pearson product movement correlation is used for correlation analysis and t- test is used for measures of differential analysis.

Analysis and Interpretation

Table 1: Showing Mean and Standard Deviation of Academic Anxiety

Variables	N	Max. Scores	Whole sample	
			Mean	S.D
Academic anxiety	250	30	21.51	7.93

From table 1 it is evident that the obtained mean value for academic anxiety is 21.51 indicating that the level of the academic anxiety is above average among the high school students.

Table 2: Showing Correlation Coefficient between Academic Anxiety and Mental Health

Independent Variable	Dependent Variable	N	df	r- value	Level of Significance at .05 level
Academic anxiety	Mental health	250	248	-.415	significant

From the table 2 it is found that academic anxiety have significant relationship at 0.5 level of significance with mental health. Thus there is negative relationship between the academic anxiety and mental health.

Table 3: Showing the Mean, Standard Deviation and 't'- value of the Academic Anxiety with Respect to the Less Study Hours and Study Habits and More Study Hours and Study Habits High School Students

Variable	Groups	n	Mean	S.D	t-value	df	Level of significance at .05 level
Academic anxiety	Less study hours and study habit students	181	21.29	12.05	4.0667	248	significant
	More study hours and study habit students	69	26.45	16.04			

From the table 3 it is found that the computed t – value (4.0667) is higher than the table value at 0.05 level of significance, Therefore there is significant mean difference among less study hours and study habits and more study hours and study habits students in their academic anxiety. Thus students who have more study hours and study habits have less academic anxiety when compared to students who have less study hours and study habits. Thus the study hours and study habits influences the academic anxiety of the high school students.

RESULTS OF THE STUDY

- The level of academic anxiety is above average among high school students in Cuddalore district.

- There is negative correlation between the academic anxiety and mental health among the high school students in Cuddalore district.

- Study hours and study habits influences the academic anxiety of the high school students in Cuddalore district.

CONCLUSION

Thus it is concluded that the high school students in Cuddalore district display above average level of the academic anxiety. Academic anxiety influences the mental health of the students. Study duration and study habits influence the academic anxiety of the high school students.

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