

A STUDY ON ANXIETY LEVEL OF STUDENTS WHO ARE STUDYING IN 10TH STANDARD IN MADURAI DISTRICT, INDIA

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ABSTRACT

We need a certain level of anxiety in our life for success. Anxiety acts as an indicator to mental health. One who is anxiety ridden is called ill health personality. Anxiety involves a state of tension and discomfort. The individual is motivated to avoid or reduce it. The high level of anxiety leads to negative results in our life. They cannot stand to fail. So, they will either take no risk to achieve a goal or a great risk. Especially in the 10th standard not only students, not only the parents, the whole family is under anxiety till the exams are over. The investigator fined the following Male and Female students of 10 the standard school student differs in their anxiety level. Female students have more anxiety than the male students. Urban and Rural students of 10th standard school student do not differ in their level of anxiety. Government and Metric school students of 10 th standards differ in their level of anxiety. The Government school students have more anxiety than the Metric School students.

KEYWORDS: *Anxiety, Students, 10th standard*

INTRODUCTION

According to Eysenck "Personality is the more less stable and enduring organization of a person's character, temperament, intellect and physique which determine his unique adjustment to the environment". Anxiety can be a mood, a feeling, an emotional response, a symptom or an illness. Anxiety of an individual interferes with his performance. Anxiety ridden individual is not to do good work. The test anxiety is considered to be good. Individuals experience anxiety at times like interview, marriage, childbirth, examination, etc., The best example for situation anxiety is examination. Till the examination is over, the anxiety will continue. We need a certain level of anxiety in our life for success. Anxiety acts as an indicator to mental health. One who is anxiety-ridden is called ill health personality. Anxiety involves a state of tension and discomfort. The individual is motivated to avoid or reduce it. The high level of anxiety leads to negative results in our life. According to David McClelland high level of achievement motivation is not the something as high need to achieve tends to make moderate risks. They really want to achieve their objectives. On the other hand, people with high need to avoid failure often suffer from low self esteem. They cannot stand to fail. So they will either take no risk to achieve a goal or a great risk. Especially in the 12th standard not only students not only the parents the whole family is under anxiety till the exams are over. Here we are going to observe the students anxiety level .

STATEMENT OF THE PROBLEM

The problem is stated as below : What will be the anxiety level of students who are studying in 10th standard in

Madurai district.

OPERATIONAL DEFINITION OF THE TERMS

Anxiety: A vague, objective fear, an uneasy, fearful feeling.

Level of Anxiety: Which is classified on the basis of the Taylor's Anxiety Manifest Scale as Normal, Significantly anxious and Very highly anxious?

10th Standard: The students studying 10th standard in samacheer kalvi syllabus.

OBJECTIVES OF THE STUDY

The study entitled "A study on anxiety level of students who are studying in 10th standard in Madurai district" was taken up with the following objectives:

- To assess the level of anxiety among students of 10th standard.
- To find out the difference between the mean scores of the level of anxiety among males and females.
- To find out and compare the level of anxiety among rural and urban students.
- To find out and compare the level of anxiety among Government and Matric school students.

SAMPLE

Random sampling technique was adopted. Out of the various schools in Madurai district as many as possible schools are chosen. On the principle of Stratified Random sampling Method was used in the selection of all these schools were selected totalling 200 students among them 107 were females and 93 were males and all of them were involved for the investigation.

Instrumentation

The investigator made a thorough analysis of theoretical consideration of questionnaire and select Taylor's anxiety manifest scale.

LIMITATIONS

The study limits only with Madurai district schools only

The study conducted with only 200 samples

The Study Takes onto Account the Following Variables Only

- Sex Male and Female
- Place of Residence – Urban and Rural

STATISTICAL TREATEMENT

For analysis the collected data we use 't' test.

ANALYSIS

Hypothesis – 1

There is no significant difference in the level of anxiety among male and female students studying 10th standards.

Table 1

Sample	N	Mean	S.D	't' Value	Significant/Not Significant
Male	93	12.23	1.53	5.02	Significant
Female	107	15.04	5.21		

The table 't' value 0.05 level 1.96. The obtained calculated 't' value for the above is 5.02. The obtained 't' value is greater than the table value. Hence the null hypothesis is rejected. It is found that there is a significant difference between male and female students in their level of anxiety. The mean value of Female of female is high than the male. So it shows that female students have more anxiety than the male students.

Hypothesis – 2

There is no significant difference in the level of anxiety between urban and Rural students.

Table 2

Sample	N	Mean	S.D	't' Value	Significant/Not Significant
Urban	120	15.91	4.94	0.439	Not Significant
Rural	80	15.64	2.93		

The table 't' value is 1.96 for the level 0.05. The obtained calculated 't' value for the above is 0.439. The obtained 't' value is less than the table value. Hence the null hypothesis is accepted. It is found that there is no significant difference between Urban and Rural students in their level of anxiety.

Hypothesis – 3

There is no significant difference in the level of anxiety between government school students and Matric school students.

Table 3

Sample	N	Mean	S.D	't' Value	Significant/Not Significant
Government	125	11.89	5.42	4.72	Significant
Matric School	75	8.74	2.22		

The table 't' value for the level of 0.05 is 1.96. The obtained calculated 't' value for the same is 4.72. The obtained 't' value is greater than the table value. Hence the null hypothesis is rejected. It is found that there is a significant difference between Government school students and Matric School students in their level of anxiety. The mean value of Government school students is higher than the metric school students. So, Government school students have more anxiety level than the matric school students.

CONCLUSIONS

From the analysis and interpretations, the following conclusions have been made.

- Male and Female students of 12th standard school student differ in their anxiety level. Female students have more anxiety than the male students.
- Urban and Rural students of 12th standard school student do not differ in their level of anxiety.
- Government and Matric school students of 12th standards differed in their level of anxiety. The Government school students have more anxiety than the Matric School students.

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